

2026 RULER Spotlight School Application

<https://forms.gle/AiFUubMekc4RK2rZ9>

The RULER Spotlight Schools Program recognizes schools with strong, effective, and innovative RULER implementation practices. Selected schools serve as models for best practices and support the continuous growth and improvement of RULER content. Teams from Spotlight schools contribute to webinars, conferences, and newsletters for other schools. They also serve as references to prospective RULER schools and districts.

If you are interested in becoming a RULER Spotlight School, please complete the application below by May 7, 2026.

The application should take about one hour to complete, including the submission of a three-to-five minute video.

The application includes the following:

1. Email:
2. Applicant's first and last name
3. Applicant's role
4. School leader's first and last name (If different from applicant)
5. School leader's email (If different from applicant)
6. School name
7. School address (number, street)
8. School address (city)
9. School address (state, zip code)
10. School address(country)
11. School district:
12. Type of School:
 - a. Charter
 - b. Independent
 - c. Private
 - d. Public
 - e. Other
13. Grade levels (Select all that apply)
 - a. Pre-K
 - b. Kindergarten
 - c. Grade 1
 - d. Grade 2

- e. Grade 3
- f. Grade 4
- g. Grade 5
- h. Grade 6
- i. Grade 7
- j. Grade 8
- k. Grade 9
- l. Grade 10
- m. Grade 11
- n. Grade 12

14. Estimated student enrollment

15. Please describe the function and structure of your school's implementation team?

16. We recommend that schools implement RULER in phases, beginning with staff before focusing on students and families. (Select all that apply.)

- a. Staff development
- b. Student curricula
- c. Family and community engagement
- d. We're Innovating with RULER!

17. In 1-2 sentences each, please provide specific examples of how RULER has been implemented in the areas identified above.

18. Which area of RULER content is a strength for your school? (Select all that apply)

- a. RULER Principles: all emotions matter, permission to feel, emotion scientist
- b. RULER Skills: Recognizing, Understanding, Labeling, Expressing and Regulating
- c. Charter
- d. Mood Meter
- e. Meta-Moment + *Best Self*
- f. Blueprint
- g. Student Curricula

19. In 1-2 sentences, provide specific examples to illustrate each area of strength identified above.

20. What improvements have you noticed since implementing RULER? Please share relevant data related to attendance, behavior, school climate, academic performance, etc. For example, "In the 3 years since implementing RULER, we've seen a 20% decrease in suspensions."

21. How might your school benefit from serving as a RULER Spotlight?

22. Please submit a three to five-minute video that showcases your school's use of a RULER resource from RULER Online. Perhaps it is a segment of, or artifact from, staff participating in an activity from RULER Online, a portion of a lesson taught from the student curriculum, or footage from a Take 10 workshop at a family RULER night. Be creative! Show us what RULER looks like in your school. Be sure to note the resource you

are highlighting in the video. The video is for internal use only and will be assessed on content, not production value.

23. What else would you like the selection committee to know about your school?
24. Is your school willing to host an open house where others can observe RULER in action?