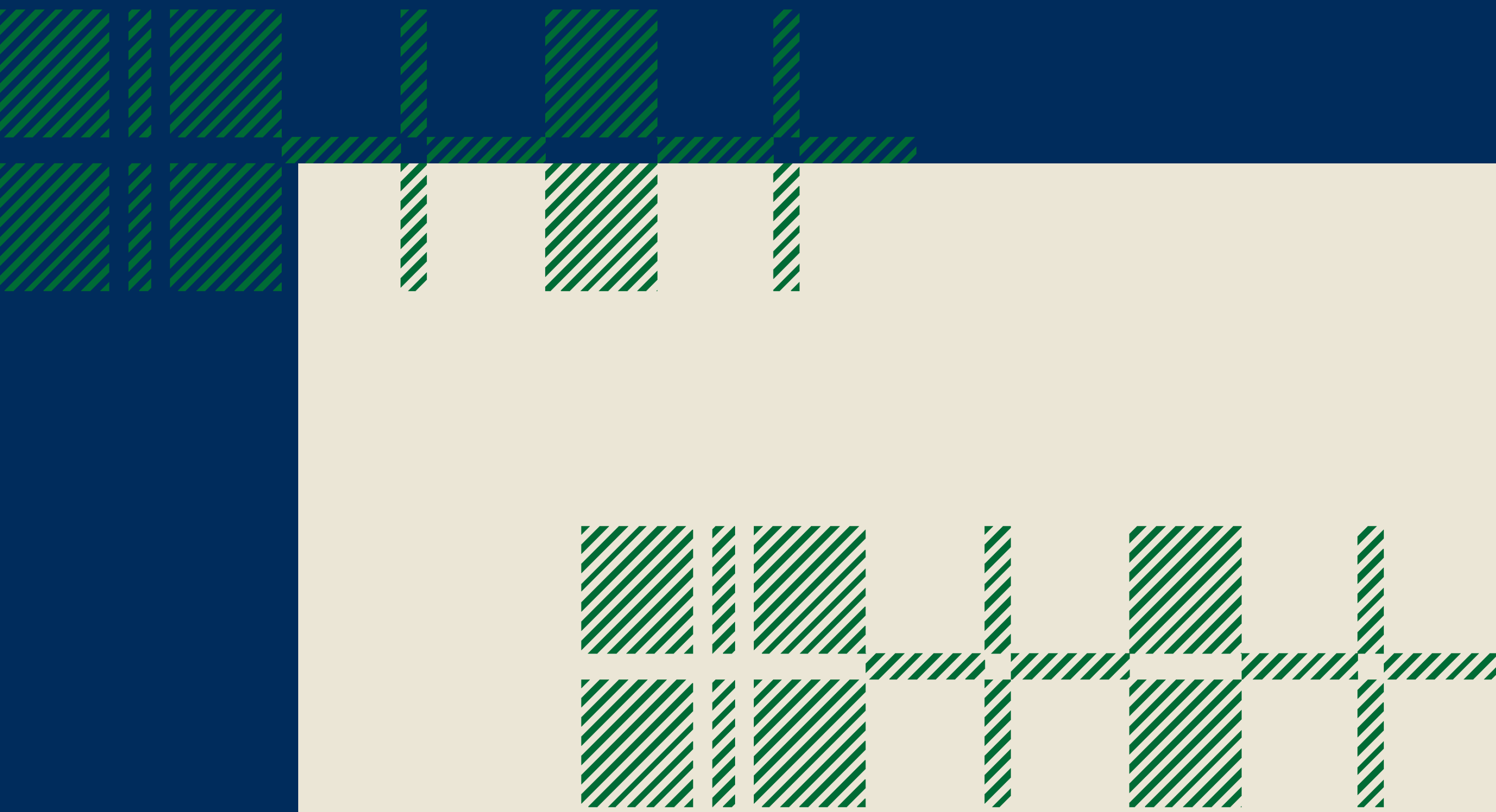


THE RULER APPROACH— A Whole School Approach to Social and Emotional Learning





FRAMEWORK

STAFF TRAINING

AUDIT

MEASUREMENT

BOARDING

PASTORAL CARE

VISIBLE WELLBEING

CURRICULUM

WELLBEING SERVICES

INITIATIVES AND PRACTICES

LIGHTHOUSE

EXTRA CURRICULAR

STRATEGIC PLAN

LEADERSHIP

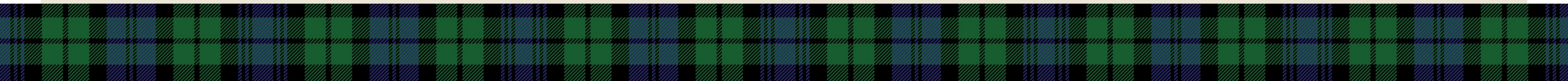
COMMUNITY

ORGANISATIONAL

PLC



PERTH



Strengths

Spirituality

Service

Values and Ethics

Character

Best Self

Emotions

Emotional literacy

Expression

Regulation

Mood

Pleasant emotions

Awareness

Attention management

Meditation

Mindfulness

Engagement

Savouring

Relationships

Friendships

Social Intelligence

Kindness

Forgiveness

Compassion

Coping

Meaning

Hope/Optimism

Psychological First Aid

Thinking style

Mindset

Resilience

Habits

Sleep

Nutrition

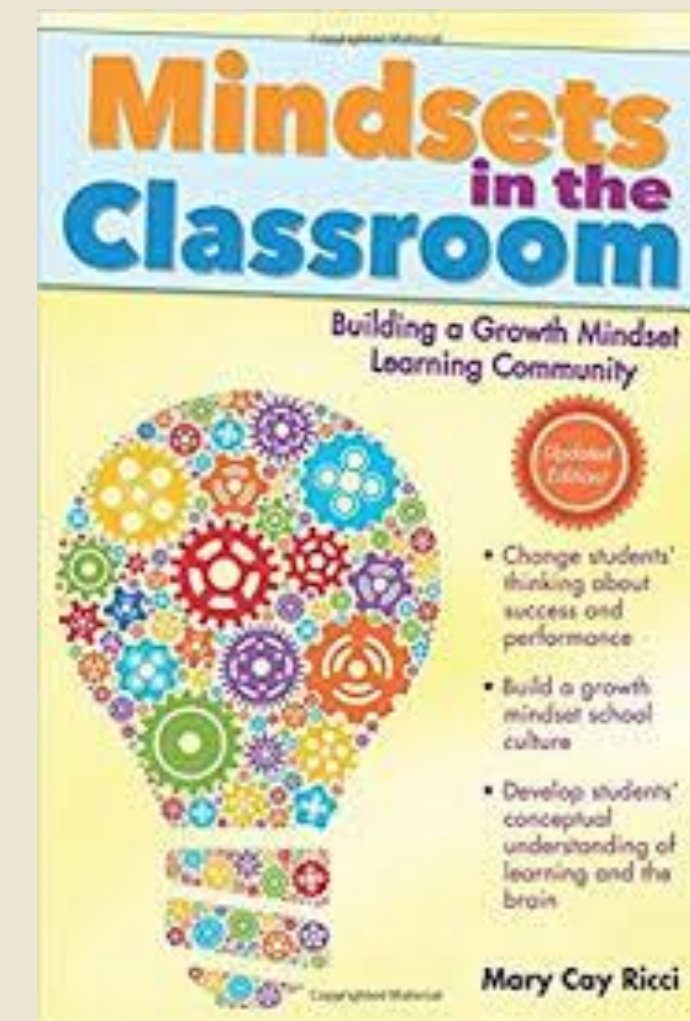
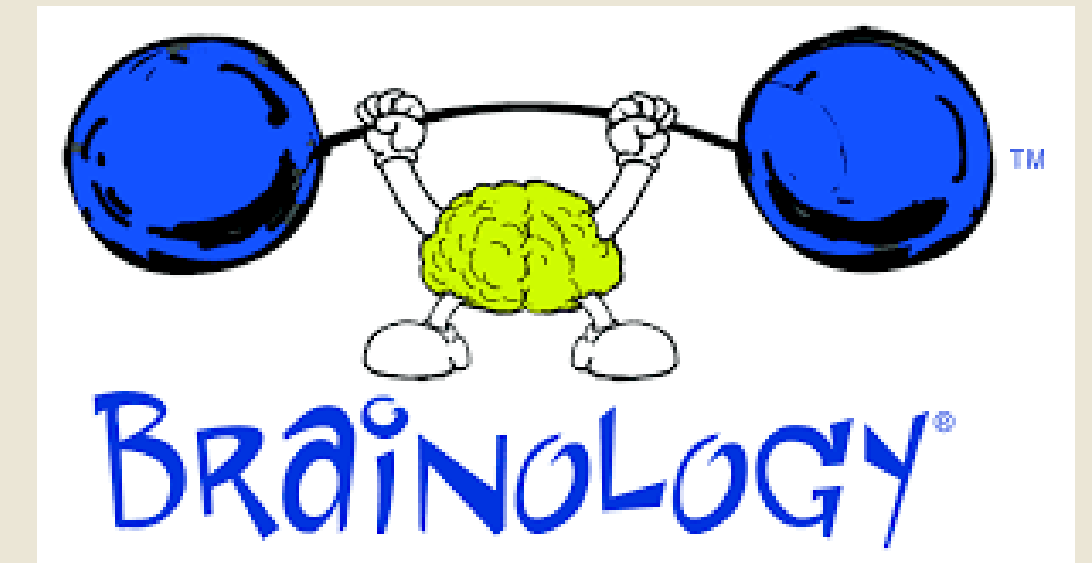
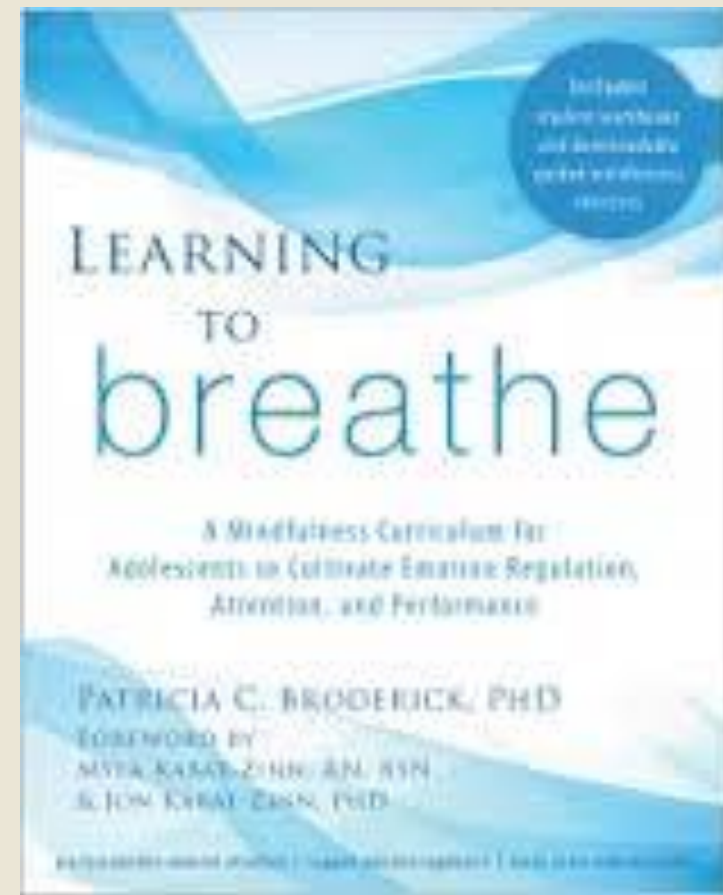
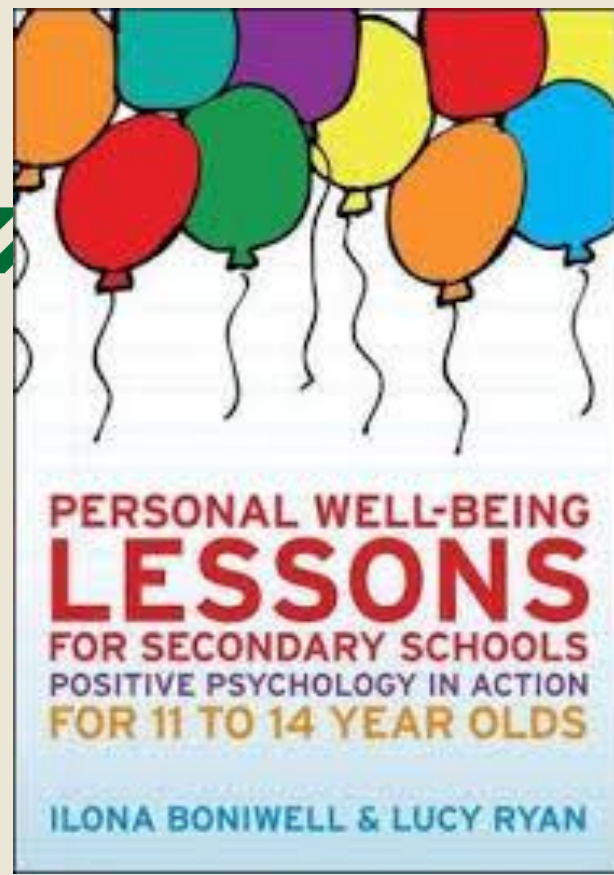
Exercise

Perseverance

Motivation

Goal Setting







R

ecognizing emotions in self and others

U

nderstanding the causes and consequences of emotions

L

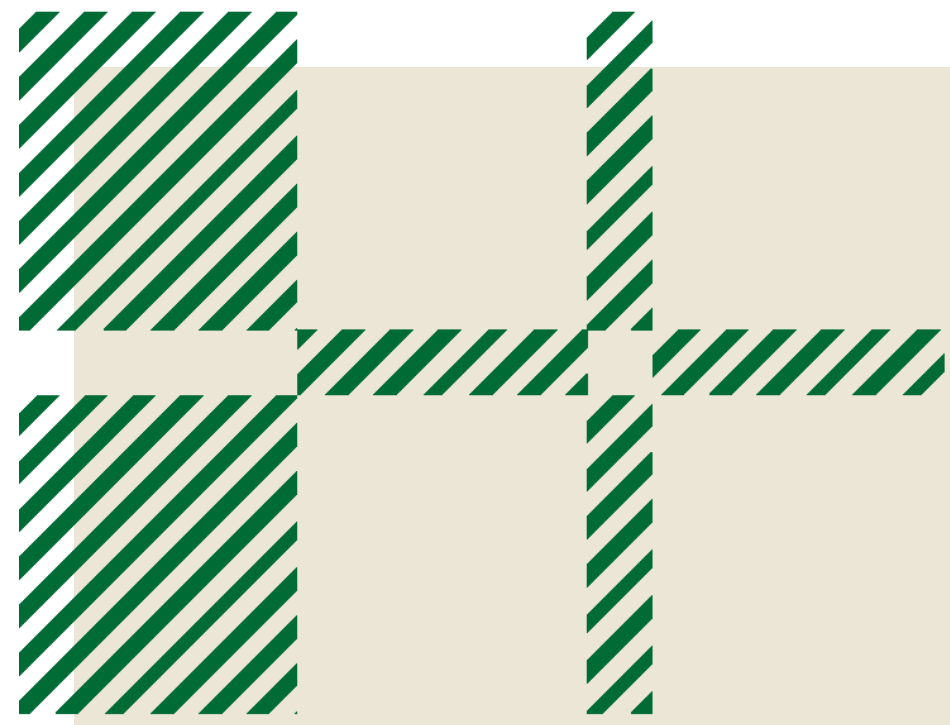
abeling emotions accurately

E

xpressing emotions appropriately

R

egulating emotions effectively



4 ANCHORS

Charter

Mood Meter

Meta – Moments

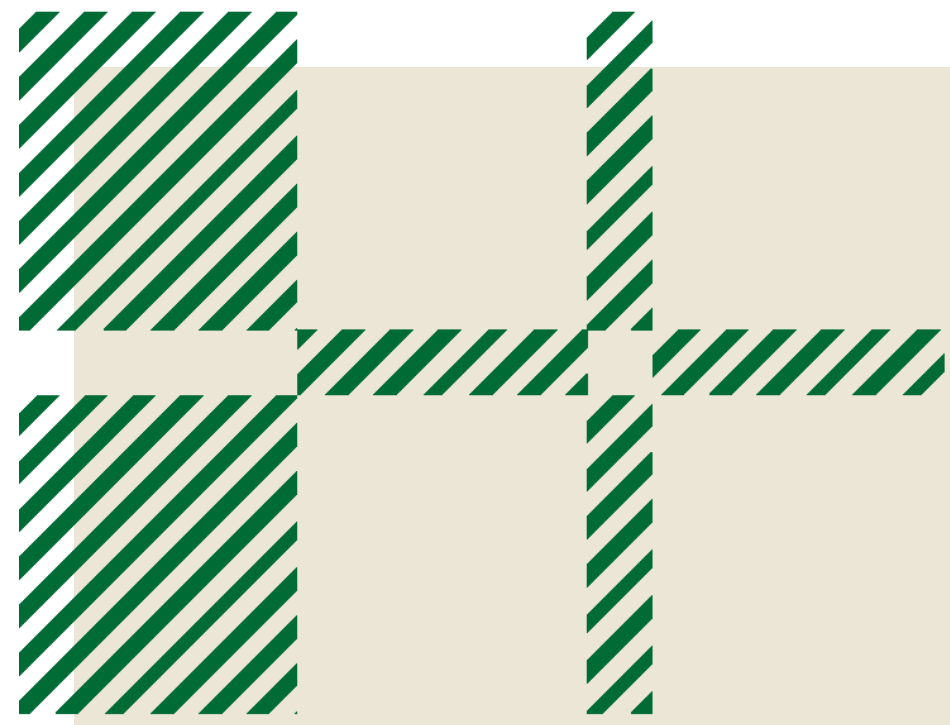
BluePrint

Each is based on scientific research and helps children and adults to develop their emotional intelligence skills.

P L C



PERTH



THE CHARTER

A working document that helps schools establish supportive and productive learning environments.

THE MOOD METER

Learning to identify and label emotions.
Helping students to recognise and communicate their feelings.

Figure 2. The Mood Meter (Lower Elementary)

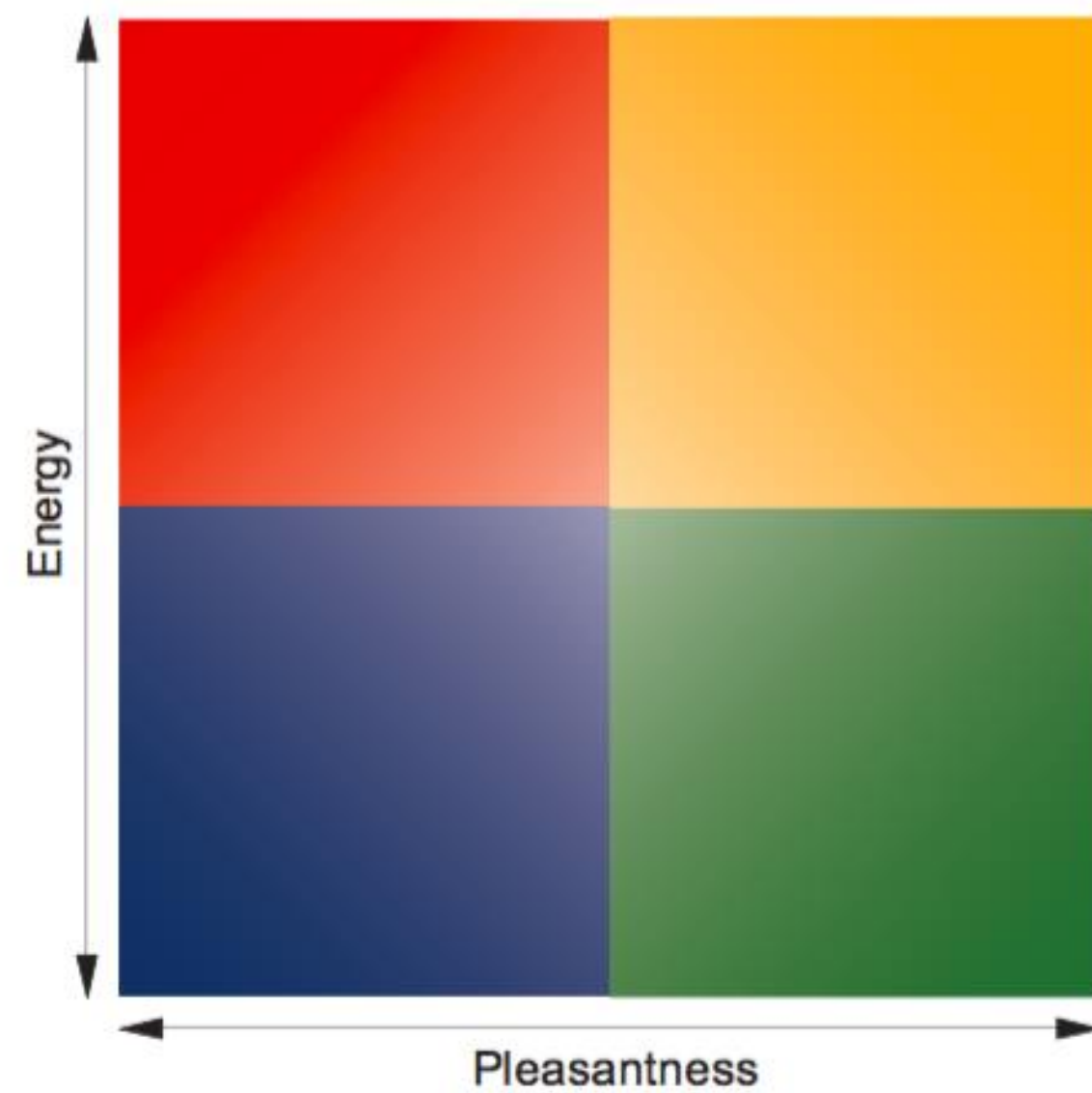
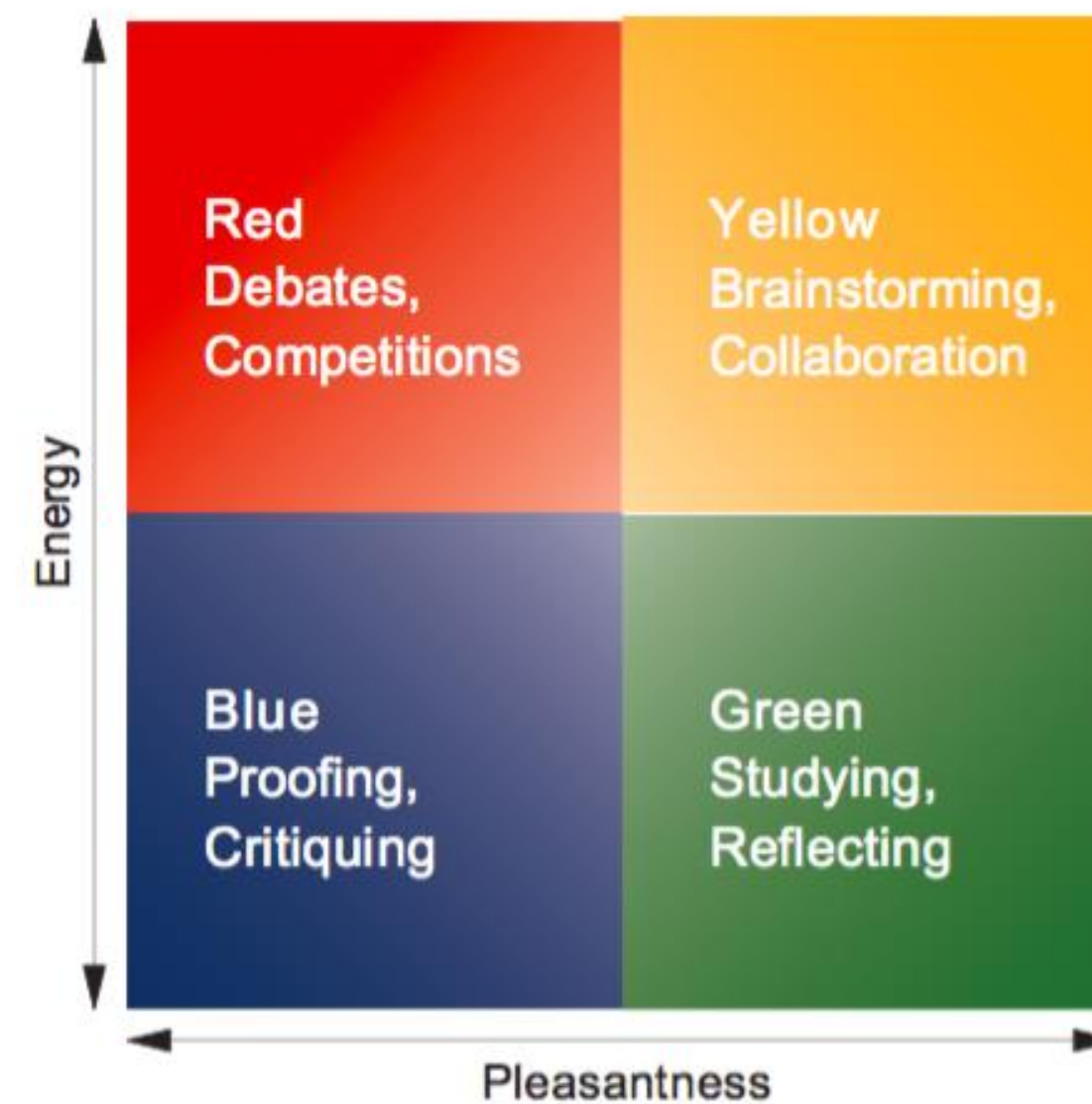
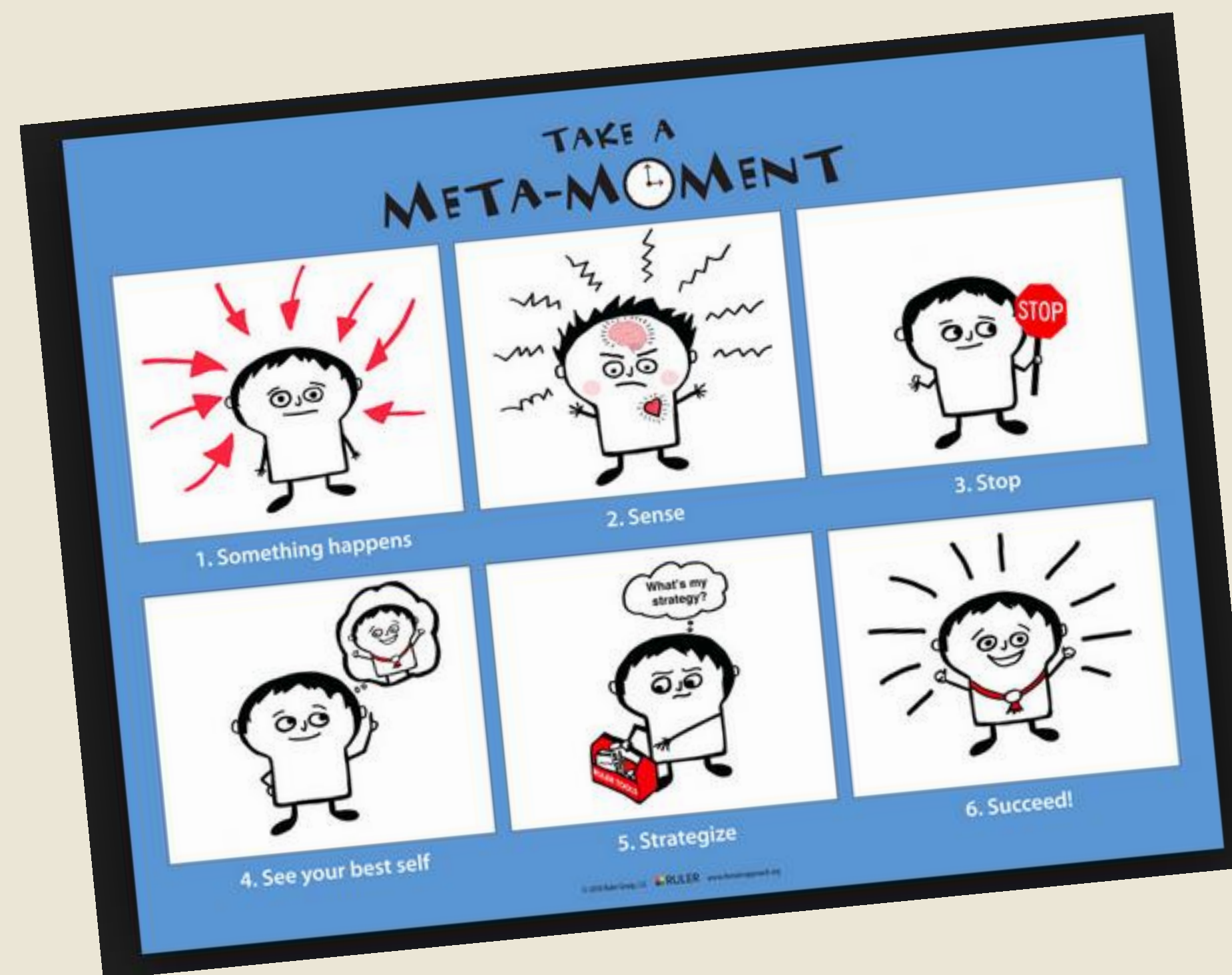


Figure 3. Matching Moods to Learning Activities



THE META-MOMENT

A brief step back from the situation when we pause and think before acting.



BLUEPRINT

Developing empathy by considering each other's feelings and working collaboratively to identify healthy solutions to conflicts.





Katy Howes

PLC Wellbeing and Service Co-ordinator

