



EMOTIONS MATTER

Emotional Intelligence Framework



STEP ONE

RULER's Underlying Skill Set

Listening

Reflecting

Identifying Emotions

Decision Making

Stress Management

Focus/Mindfulness

Perspective

Peer Relationships

Conflict Resolution



STEP TWO

Supports the Development of Emotional Intelligence

Self-awareness

Self-regulation

Motivation

Empathy

Social Skills



EQUALS

Growth in the Skills Needed Within The Seeds of Civility

and enables our students to become reflective contributing members of our community

Listen, Observe, Reflect

Allow for Emotional Reactions

Speak One's Truth

Assume Good Intentions

Face to Face

Find Similarities, Value Differences

Debate the Issue, Respect the Person