








Program Alignment: RULER and SELweb

The Yale Center for Emotional Intelligence and xSEL Labs created this program alignment document between RULER and SELweb. The purpose of this document is to show the ways in which RULER programming for kindergarten through fifth grade relates to the competencies assessed by SELweb Early Elementary (EE) for grades K through 3 and SELweb Late Elementary (LE) for grades 4 through 6.






RULER is an evidence-based approach to social and emotional learning (SEL) developed at the Yale Center for Emotional Intelligence. RULER also is an acronym for the five skills of emotional intelligence, including *recognizing* emotions in oneself and others, *understanding* the causes and consequences of emotions, *labeling* emotions with a nuanced vocabulary, *expressing* emotions in accordance with cultural norms and social context, and *regulating* emotions with helpful strategies. RULER supports school communities in understanding the value of emotions, building the skills of emotional intelligence, and creating and maintaining positive climates. RULER for Elementary School programming is designed for students in grades K through 5 and includes routines that embed into classroom activities as well as a curriculum divided into 5 units focused on (1) community, safety, and climate, (2) the RULER skills, (3) self- and social awareness, (4) personal values and emotion regulation, and (5) empathy, perspective taking, and community restoration.

SELweb is a web-based system designed to assess key social-emotional skills that are associated with success in school and life and that are the targets of evidence-based social-emotional learning programs. SELweb directly assesses children's understanding of others' emotions and perspectives, their social problem-solving skills, and their self-control. SELweb EE for grades K to 3 takes about 25 minutes and SELweb LE for grades 4 to 6 takes about 30 minutes. SELweb can be administered in more than one session—when students return, the assessment will continue to their next item.






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Unit		SELweb Competence			
		 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Lesson	Kindergarten				
I: Emotions Matter	1. How we experience emotions in bodies and minds	✓✓			
	2. Recall and describe experiences when felt emotions				✓
	3. Make choices based on emotions				✓
	4. Share the information emotions provide		✓		✓
2: Community, Safety, and Climate	1. Introduce charter		✓	✓	
	2. Name and describe roles in a community		✓✓	✓	
	3. Describe roles played and how this contributes to climate		✓✓		
	4. Describe roles played by ants and explain relation to success				
3. Self and Social Awareness	1. Use mood meter	✓			✓
	2. List many different emotion words	✓			✓
	3. Categorize emotion words into pleasant or unpleasant	✓			✓
	4. Categorize emotion words into high and low energy	✓			✓✓
4-7	Feelings words				
8. Community, Safety, and Climate II	1. Assessing the classroom Charter			✓	
	2. Maintaining a positive climate			✓	✓✓
	3. Sharing emotions	✓✓	✓✓		
	4. Maintaining a safe climate		✓✓		✓
9. Emotion regulation and personal values	1. Articulating your best self			✓	✓
	2. Steps to the meta-moment			✓✓	✓✓
	3. How your best self acts in different situations			✓✓	✓✓
	4. Your best self and decision-making in difficult situations			✓✓	✓✓
10-13	Feelings words				
14. Empathy, Perspective-Taking, and Community Restoration	1. Defining conflict		✓	✓✓	✓
	2. Practicing perspective-taking		✓✓		
	3. Identifying conflicts			✓✓	
	4. Consider conflicts from all perspectives		✓✓	✓✓	
15-18	Feelings words				






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Unit			SELweb Competence			
			 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Lesson	First Grade					
I: Emotions Matter	1. How we experience emotions in bodies and minds	✓✓				
	2. How emotions influence body language and facial expressions	✓✓				
	3. Relationship between situations and emotions	✓	✓✓			
	4. Importance of expressing emotions				✓✓	
2: Community, Safety, and Climate	1. Introduce charter		✓	✓		
	2. Develop emotion vocab--consider emotion/situation	✓	✓✓			
	3. More on contexts and the emotions they evoke	✓	✓✓			
	4. Articulate desired emotions by designing class tour	✓	✓✓	✓		
3. Self and Social Awareness	1. Introduction to the Mood Meter	✓			✓	
	2. Describe different emotion families	✓			✓	
	3. Continue studying emotion families	✓			✓	
	4. Create emotionally expressive toy	✓✓	✓✓			
4-7	Feelings words					
8. Community, Safety, and Climate II	1. Evaluate effectiveness of charter			✓		
	2. Explore relation between others' and own emotions	✓✓	✓✓			
	3. Consider emotions peers experience in situations		✓✓			
	4. Write a scene to demonstrate perspective-taking skill	✓✓	✓✓			
9. Emotion regulation and personal values	1. Making difficult decisions based on values			✓✓	✓✓	
	2. Four steps of the meta-moment			✓✓	✓✓	
	3. Practice applying meta-moment			✓✓	✓✓	
	4--No lesson in the scope and sequence					
10-13	Feelings words					
14. Empathy, Perspective-Taking, and Community Restoration	1. Create definition of conflict		✓	✓✓	✓	
	2. Practice conflict resolution--ideal outcomes		✓✓	✓✓	✓	
	3. Practice conflict resolution--generating solutions		✓✓	✓✓		
	4. Write a fairy tale from two perspectives		✓✓	✓✓		
15-18	Feelings words					





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		 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Lesson					
Second Grade					
I: Emotions Matter	1. How we experience emotions in bodies and minds	✓✓			
	2. Tracking emotions during an activity				✓
	3. Effects of emotions on decisions, learning, health, relationships		✓		✓
	4. Storybooks illustrating emotion --> Outcome		✓		
2: Community, Safety, and Climate	1. Introduce charter		✓	✓	
	2. Students have agency over their emotions				✓✓
	3. Story: How ones' actions affect others' emotions		✓✓		✓
	4. Story: How framing affects emotions		✓		✓✓
3. Self and Social Awareness	1. Introduction to the Mood Meter	✓			✓
	2. Introduction to five RULER skills	✓	✓	✓	✓
	3. Recognizing and labeling emotions	✓✓			
	4. Recognizing emotion cues, part 2	✓✓			
4-7	Feelings words				
8. Community, Safety, and Climate II	1. Evaluate effectiveness of charter			✓	
	2. Recognizing cues about unwanted emotions	✓✓	✓✓		
	3. What an emotion regulation strategy is				✓✓
	4. Designing emotion regulation strategies				✓✓
9. Emotion regulation and personal values	1. Difficult decisions and acting according to values			✓✓	✓✓
	2. Introducing the meta-emotion steps			✓✓	✓✓
	3. Strategies for being your best self			✓✓	✓✓
	4. Choosing and enacting strategies for being best self			✓✓	✓✓
10-13	Feelings words				
14. Empathy, Perspective-Taking, and Community Restoration	1. Defining conflict		✓	✓✓	✓
	2. Understanding empathy	✓✓	✓✓		
	3. Asking questions to cultivate empathy	✓✓	✓✓		
	4. Conducting an empathy interview	✓✓	✓✓		
15-18	Feelings words				





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		 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Lesson					
Third Grade					
I: Emotions Matter	1. How emotions affect thoughts and actions		✓		✓✓
	2. How social norms affect emotion expression	✓✓	✓✓		
	3. How personal experiences influence emotions		✓		✓
	4. Stories about factors affecting emotion responding		✓✓		
2: Community, Safety, and Climate	1. How unsafe climates cause distress		✓✓	✓	
	2. Understanding emotion contagion	✓✓			
	3. Impact of actions on emotional climate		✓✓	✓	
	4. Causes and consequences of emotions		✓✓		
3. Self and Social Awareness	1. Introduction to the Mood Meter	✓			✓
	2. Recognizing emotions cues in body and mind				✓✓
	3. Recognizing and labeling others' emotions	✓✓			
	4. Recognizing emotions in music				
4-7	Feelings words				
8. Community, Safety, and Climate II	1. Evaluate effectiveness of charter			✓	
	2. Reviewing emotion regulation strategies			✓✓	✓✓
	3. Strategies for maintaining a safe emotional climate			✓✓	✓
	4. Putting strategy for positive climate into practice			✓✓	✓
9. Emotion regulation and personal values	1. Articulating your best self			✓	✓
	2. Introducing the meta-emotion steps			✓✓	✓✓
	3. Strategies for being your best self across situations			✓✓	✓✓
	4. The role of context in understanding best selves			✓✓	✓✓
10-13	Feelings words				
14. Empathy, Perspective-Taking, and Community Restoration	1. Defining conflict		✓	✓✓	✓
	2. Blueprint reflections and conferences		✓	✓✓	✓
	3. Understanding perspective-taking		✓✓		
	4. Reflecting on personal conflict from another's perspective	✓	✓✓		
15-18	Feelings words				

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Unit			SELweb Competence		
			 Understanding Others	 Problem- Solving	 Self- Control
Fourth Grade					
I: Emotions Matter	1. How emotions affect thoughts and actions	✓		✓✓	
	2. How different emotions affect decision-making		✓	✓	
	3. Design emotion regulation and problem-solving app		✓✓	✓✓	
	4. No fourth lesson				
2: Community, Safety, and Climate	1. Understand principles and purpose of the Charter	✓	✓	✓	
	2. Understanding differences	✓✓			
	3. Effective allies	✓✓	✓✓		
	4. Role-playing being an effective ally		✓✓		
3. Self and Social Awareness	1. Introduction to the Mood Meter			✓	
	2. Introduction to the five RULER skills	✓	✓	✓	
	3. Practicing using the mood meter for problem-solving		✓✓	✓✓	
	4. Writing an advice column for emotion regulation		✓	✓✓	
4-7	Feelings words				
8. Community, Safety, and Climate II	1. Evaluate effectiveness of charter		✓		
	2. Reviewing identities, allies, and advocates	✓	✓		
	3. Advocacy through public art		✓		
	4. Creating public art to support the Charter	✓✓	✓		
9. Emotion regulation and personal values	1. Articulating your best self		✓	✓	
	2. Introducing the meta-emotion steps		✓✓	✓✓	
	3. Practicing using the meta-moment: writing exercise		✓✓	✓✓	
	4. Graphic novel illustrating how to be one's best self		✓✓	✓✓	
10-13	Feelings words				
14. Empathy, Perspective-Taking, and Community Restoration	1. Defining conflict	✓	✓✓	✓	
	2. Practice resolving conflict using Blueprint Conference	✓	✓✓	✓	
	3. Successful active listening	✓✓	✓	✓	
	4. Practicing active listening during debate	✓✓		✓	

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Unit	SELweb Competence			
	 RULER	 Understanding Others	 Problem-Solving	 Self-Control
Lesson				
Fifth Grade				
I: Emotions Matter	1. Reflecting on the past: How emotions influence lives	✓		✓✓
	2. How emotions influence relationships	✓✓	✓✓	✓
	3. Using emotions to strengthen relationships	✓✓	✓✓	✓
	4. Act out helping others use emotions to strengthen relationships	✓✓	✓✓	✓
2: Community, Safety, and Climate	1. Read about how unsafe environments can affect emotions	✓		
	2. Comparing emotion responses to different situations	✓✓		
	3. The varied relationships that make up community	✓		
	4. Design strategies to maintain a positive climate	✓	✓✓	
3. Self and Social Awareness	1. Introduction to the Mood Meter			✓
	2. Understanding the quadrant you "live" in			✓
	3. Understanding mood patterns are influenced by context	✓		✓
	4. Collecting and analyzing mood meter data			✓
4-7	Feelings words			
8. Community, Safety, and Climate II	1. Evaluate effectiveness of charter		✓	
	2. Understanding the diversity of emotions in a classroom	✓	✓	
	3. Strategies for restoring relationships	✓	✓✓	✓
	4. Help wanted ads for community members			
9. Emotion regulation and personal values	1. Articulating your best self		✓	✓
	2. Explain and apply basics of meta-moment tool		✓✓	✓✓
	3. Describe two areas of the brain and describe their functions			✓✓
	4. Calming the body by breathing			✓✓
10-13	Feelings words			
14. Empathy, Perspective-Taking, and Community Restoration	1. Defining conflict	✓	✓✓	✓
	2. Practice resolving conflict using Blueprint Conference	✓	✓✓	✓
	3. Approaches to conflict resolution		✓✓	
	4. Conflict resolution: Simulated UN conference		✓✓	
15-18	Feelings words			

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