Articles:
Top Ten Articles about RULER

Emotional Intelligence, RULER Anchor Tools, & Feeling Words Instructional Videos:
What is an emotion?
What is Emotional Literacy?
The Emotional Intelligence Charter
The Mood Meter
The Meta-Moment
The Blueprint
The Feelings Words Curriculum

RULER Anchor Tools in action (video):
The Emotional Intelligence Charter
Differentiation of Instruction Using the Mood Meter
Plotting Emotional Shifts with The Boy in the Striped Pajamas (Mood Meter)
The Meta-Moment
The Blueprint

RULER Anchor Tools Tip Sheets:
The Emotional Intelligence Charter
The Mood Meter
The Meta-Moment
The Blueprint

Badgestack Tutorial
Video
Sign-in Instructions

Working with Faculty
Using the Mood Meter to Reflect on a Typical Day