

Creating an Emotion Revolution in Connecticut Schools

MARC A. BRACKETT, PH.D.
 DIRECTOR, YALE CENTER FOR EMOTIONAL INTELLIGENCE
 PROFESSOR, YALE CHILD STUDY CENTER

@marcbrackett @YaleEmotion @RULERapproach #EMOTIONSMATTER
 Contact: marc.brackett@yale.edu

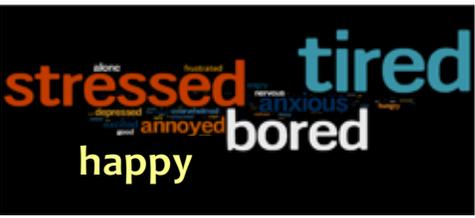



School: An Emotional Rollercoaster



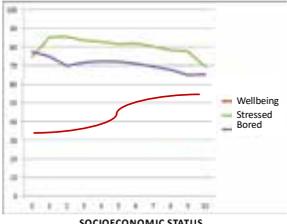



How High School Students Feel






How High School Students Feel: SES



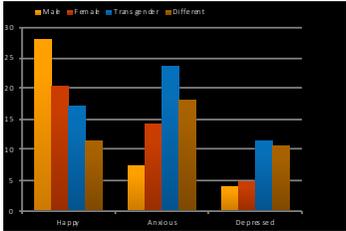



Students' Feelings Matter

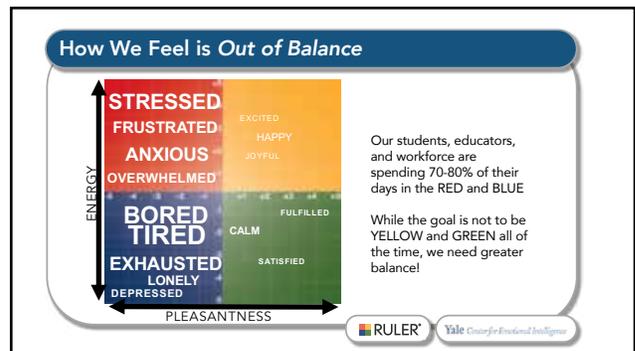
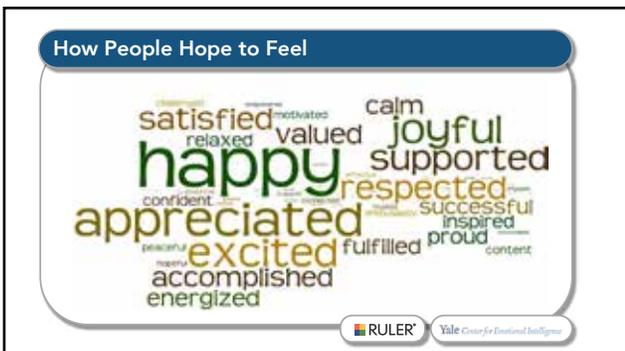
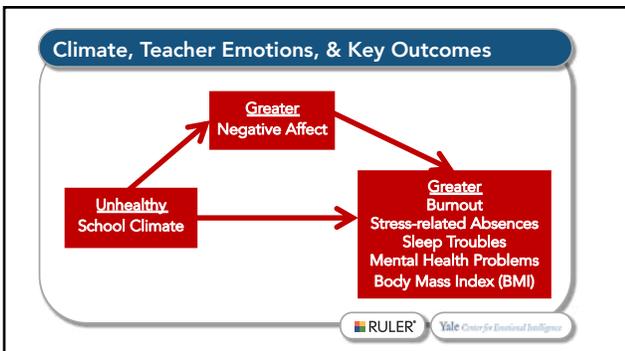
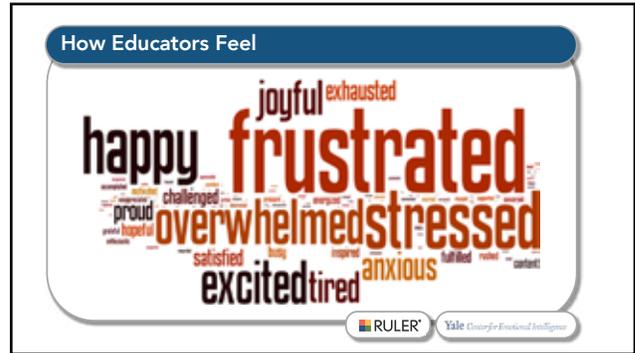
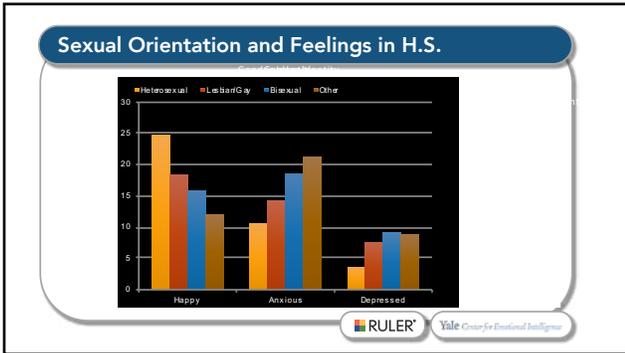
Students who experience:	Tend to Feel
Meanness & Cruelty	Fearful & Hopeless
Positive Relationships	Accepted & Connected
Engaging Instruction	Hopeful & Interested
Relevance & Meaningfulness	Happy & Respected




Gender Identity and Feelings in H.S.





Our Vision

TO USE THE POWER OF EMOTIONS TO CREATE A HEALTHIER AND MORE EQUITABLE, INNOVATIVE, AND COMPASSIONATE SOCIETY

Emotions Matter

ATTENTION, MEMORY, AND LEARNING

DECISION MAKING

RELATIONSHIP QUALITY

PHYSICAL AND MENTAL HEALTH

PERFORMANCE AND CREATIVITY

Emotions Matter

ATTENTION, MEMORY, AND LEARNING

All learning has an emotional base
-Plato

- Chronic disengagement and absenteeism are at record highs
- Emotions drive student motivation and engagement
- Linking emotions to learning ensures that instruction is personally relevant, that content is processed deeply, and helps students to discover their purpose and passion

Emotions Matter

DECISION MAKING

Your intellect may be confused, but your emotions will never lie to you
-Roger Ebert

- Emotions influence decisions both consciously and unconsciously
- How teachers feel influences their evaluations of students
- How students feel influences their choices around drugs and risky behavior

Emotions Matter

RELATIONSHIP QUALITY

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

-Maya Angelou

Emotions are signals to approach or avoid.

- When we feel joyful, pride, etc. we're likely to approach
- When we feel sad we are less likely to approach and we avoid social interactions

Emotions Matter

PHYSICAL AND MENTAL HEALTH

Emotional sickness is avoiding reality at any cost. Emotional health is facing reality at any cost.

-M. Scott Peck

- Our emotions cause physiological reactions within our brains, releasing powerful chemicals which, in turn, affect our physical health, which in impacts our emotional state. That's why physical sickness can be caused by a mind under emotional stress. But there's also the opposite phenomenon: physical wellness that's fostered by positive feelings.

Emotions Matter

PERFORMANCE AND CREATIVITY

Our feelings are not there to be cast out or conquered. They're there to be engaged and expressed with imagination and intelligence
-T.K. Coleman

- Creativity has been in decline for the past two decades. Children have become less emotionally expressive, less imaginative, less unconventional, less passionate...
- Creativity is especially important in the face of adversity
- Emotions are both the spark that fires the engine of creativity and the fuel that keeps the firing burning

RULER Yale Center for Emotional Intelligence

What is Emotional Intelligence?

Emotions matter!

What are the skills that comprise emotional intelligence?

RULER Yale Center for Emotional Intelligence

Emotional Intelligence

- R**ecognizing emotions in self and others
- U**nderstanding the causes and consequences of emotions
- L**abeling emotions accurately
- E**xpressing emotions
- R**egulating emotions effectively

RULER Yale Center for Emotional Intelligence

Emotional Intelligence among Youth

<p>LOWER IN EI</p> <ul style="list-style-type: none"> • Conduct problems • Aggressive behavior • Hyperactivity/attention problems • Risky sexual behavior • Substance abuse • Social deviance • Anxiety/depression 	<p>HIGHER IN EI</p> <ul style="list-style-type: none"> • Empathy • Well-being • Quality relationships • Prosocial behavior • Satisfaction with school • Leadership skills • Academic achievement
--	--

RULER Yale Center for Emotional Intelligence

Emotionally Intelligent Educators

- Have greater sensitivity and empathy
- Are rated as more effective
- Receive higher performance ratings
- Are less stressed and burnt out
- Have greater job satisfaction
- Build more positive classroom climates
- Have students who perform better

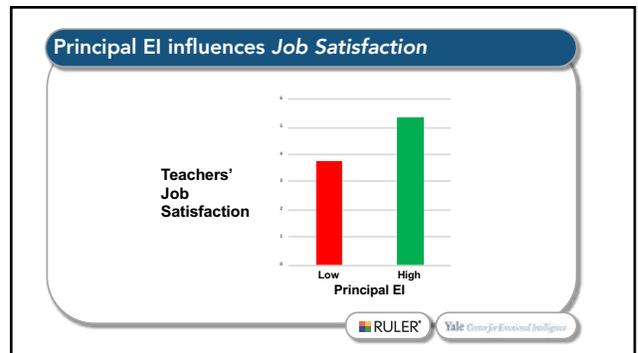
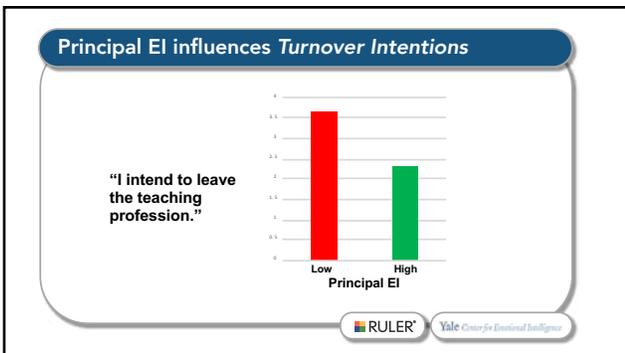
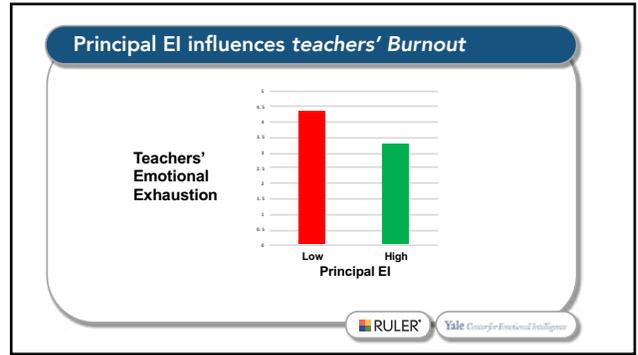
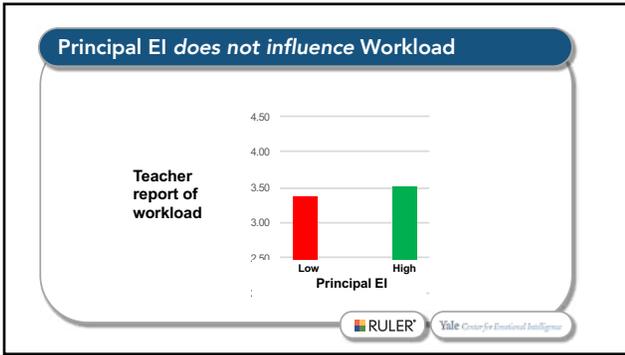


RULER Yale Center for Emotional Intelligence

Principal EI Matters for Teacher Wellness!

<p>Low EI</p> 	<p>High EI</p> 
---	---

RULER Yale Center for Emotional Intelligence



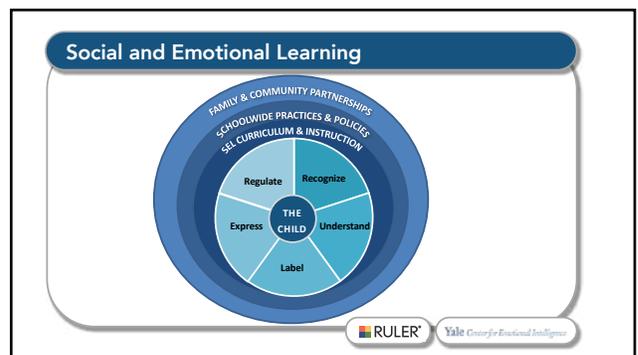
What is Emotional Intelligence?

Emotions matter!

Emotional intelligence is real!

How do we create emotionally intelligent schools?

RULER Yale Center for Emotional Intelligence



Social and Emotional Learning



Moving from:
a piecemeal model

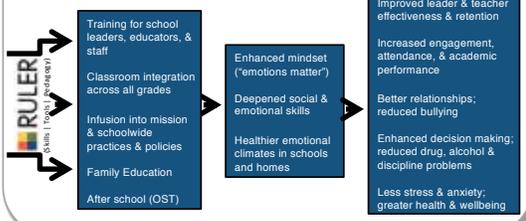
- Rules
- Assemblies
- Classroom kits
- Simple lessons
- Flavor of the month

To a:
Systemic Approach

- Theory-driven
- Evidence-based
- Training and support for all stakeholders
- Sustainable with lasting results



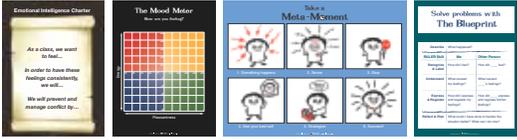
RULER Theory of Change



The flowchart shows the RULER Theory of Change process. On the left, a vertical stack of boxes lists implementation strategies: Training for school leaders, educators, & staff; Classroom integration across all grades; Infusion into mission & schoolwide practices & policies; Family Education; and After school (OST). An arrow labeled 'RULER Skills | Program' points from these strategies to a central box: Enhanced mindset ("emotions matter"), Deepened social & emotional skills, and Healthier emotional climates in schools and homes. A second arrow points from this central box to a final box on the right listing outcomes: Improved leader & teacher effectiveness & retention; Increased engagement, attendance, & academic performance; Better relationships; reduced bullying; Enhanced decision making; reduced drug, alcohol & discipline problems; and Less stress & anxiety; greater health & wellbeing.



Anchors of Emotional Intelligence



The slide displays four key resources: 1. Emotional Intelligence Charter, 2. The Mood Meter (a grid with color-coded zones), 3. Take a Meta-Moment (a grid of icons for self-awareness, self-regulation, social awareness, and social skills), and 4. Solve problems with The Blueprint (a flowchart for problem-solving).



The Charter: Too many rules, not enough feelings



The slide shows two examples of school charters. The left one is titled 'Inspiring' and lists values like 'Fulfilled', 'Soft', 'Pleasant', 'Respectful', and 'Flexible'. The right one is titled 'Social Emotional Learning Charter' and lists values like 'Balanced', 'Empowered', 'Proud, Safe', 'Passionate', 'Valued', 'Optimistic', and 'Connected'.



The Charter: Classrooms



The slide shows three classroom charters. The first is a handwritten list of rules. The second shows a group of students standing in front of a chart. The third is a colorful chart featuring a bee and the text 'W'S'.



The Charter: High school



The slide shows a high school charter created using many colorful sticky notes. The words 'Spurred', 'United', 'Respected', and 'Empowered' are prominent, along with 'Determined'.



The Mood Meter: Name it to Tame it

RULER Yale Center for Emotional Intelligence

Mood Meter: Feeling Words Curriculum

Nervous	anxious	overwhelmed
Sad	down	hopeless
Calm	serene	content
Happy	excited	ecstatic

- (1) Personal Association
- (2) Academic and Creative Link
- (3) School-home Partnership
- (4) Strategy Session

RULER Yale Center for Emotional Intelligence

The Mood Meter: Emotion Regulation

- Specific
- Personalized
- Age appropriate
- Culturally responsive
- Encouraged
- Practiced
- Evaluated
- Refined

RULER Yale Center for Emotional Intelligence

The Mood Meter: Teaching and Learning

RULER Yale Center for Emotional Intelligence

The Mood Meter

RULER Yale Center for Emotional Intelligence

The Mood Meter

RULER Yale Center for Emotional Intelligence

The Mood Meter

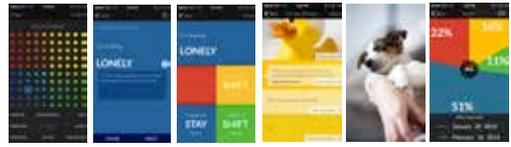


The Mood Meter is a large poster with a grid of colored squares (red, yellow, green, blue) representing different moods. A group of people is standing in front of it in an outdoor setting.

RULER Yale Center for Emotional Intelligence

The Mood Meter App

www.moodmeterapp.com



The Mood Meter app interface is shown on multiple devices, displaying the same color-coded mood grid and a small image of a dog.

RULER Yale Center for Emotional Intelligence

The Meta Moment

*“Between stimulus and response, there is a space.
In that space lies our freedom and power to
choose our response. In our response lies our
growth and freedom.”*

~Viktor E. Frankl

RULER Yale Center for Emotional Intelligence

The Meta Moment: From Suspensions to Skill-building



The diagram illustrates a six-step process for handling emotions: 1. Identifying Emotions, 2. Pause, 3. Breathe, 4. Express, 5. Regulate, and 6. Empower.

RULER Yale Center for Emotional Intelligence

The Meta Moment



A student's project titled "REACH for your best Self" is displayed. It includes a drawing of a girl and several small photos of people.

RULER Yale Center for Emotional Intelligence

The Blueprint: From Me to We

Solve problems with The Blueprint

Describe	What happened?	
RULER Skill	Me	Other Person
Recognize & Label	How did I feel?	How did _____ feel?
Understand	What caused my feelings?	What caused _____'s feelings?
Express & Regulate	How did I express and regulate my feelings?	How did _____ express and regulate his/her feelings?
Reflect & Plan	What could I have done to handle the situation better? What can I do next?	



Two students are shown working together on a project, looking at a document.

RULER Yale Center for Emotional Intelligence

Optimizing Intelligences for High School

Who am I?
(mindset, personality, motivation)

Where do I want to go?
(visioning, goal setting)

What do I need to get there?
(critical thinking, creativity, emotional intelligence, wellbeing)



RULER Phases of Implementation



RULER Makes a Difference

Students:

- Less anxious and depressed
- More developed emotional skills
- Fewer attention problems
- Better academic performance
- Greater leadership skills

Teachers:

- More engaging, supportive, and effective
- Less burnout and greater job satisfaction

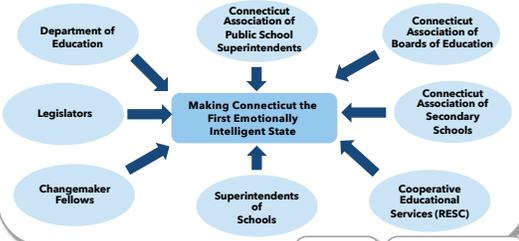
Classrooms/Schools:

- More positive climates and less bullying



A Statewide Approach for CT



Superintendent Retreat, Summer 2018

- Superintendent + 2 to 3 district-level administrators
- July 9, 10, 11 at Yale University
- Focus on leadership development and systemic integration of social and emotional learning
- Subsidized by the Seedlings Foundation
- Contact: Jennifer Allen – Jennifer.a.allen@yale.edu

It's time for an Emotion Revolution

- Emotions Matter
- Emotional Intelligence (EI) is real
- There are creative ways to develop EI and integrate SEL
- Systemic approaches to SEL will produce the best results
- It's never too early or late to cultivate EI
- Together, we can build a healthier, and more equitable, innovative, and compassionate CT so all children can thrive and achieve their dreams

It's time for an Emotion Revolution



Thank you!

"No one cares how much you know, until they know how much you care"

THEODORE ROOSEVELT

Social media: @marcbrackett @YaleEmotion @RULERapproach

My email: marc.brackett@yale.edu

My assistant: michelle.lugo@yale.edu

Websites: ei.yale.edu; ruler.yale.edu

RULER training: jennifer.a.allen@yale.edu