



Ivern's RULER Approach

The school uses a whole school programme called 'RULER' to teach emotional/mental health and wellbeing awareness and skills.

RULER was originally created by The Yale Centre for Emotional Intelligence and is supported by extensive research in the USA and Australia.

At the core of the approach is the importance of giving children an emotional vocabulary, the time and space to listen and reflect on how they feel and a set of tools to help them move to a more positive set of feelings, for example, when sadness, frustration, anger or loneliness, are experienced.

RULER stands for:

- **R**ecognising emotions in yourself and others
- **U**nderstanding the causes and consequences of emotions
- **L**abelling emotions accurately – if you can name it you can tame it
- **E**xpressing emotions appropriately
- **R**egulating emotions effectively

The children are taught these skills through a series of tools, and they regularly revisit their emotions, while unpicking the vocabulary of different feelings. Our termly focus vocabulary builds understanding of different emotions, as well as building emotional awareness and understanding. Alongside this, children sign up daily

on Ivern's feelings monsters (EYFS/KS1) or Ivern's Feelings Wheel (KS2) to destigmatise the sharing of emotions and help the belief that all emotions are healthy and valid. These tools are represented by colours and help the children to think of emotions in terms of the amount energy and pleasantness they create in their bodies and minds. Some feelings will be high energy and high pleasantness, such as excitement, or high energy and low pleasantness such as anger. Others may be low energy and high pleasantness such as feeling relaxed, or low energy and low pleasantness, such as loneliness.

Children learn to reflect on what causes them to feel their emotions and consider the consequences of that feeling on their own wellbeing or its impact on others. They learn strategies to maintain that mood or to help lessen it. We regularly have these reflections and discussions in lessons such as PSHEE or when discussing book characters, as well as at the start of family assemblies.

Other tools include the Class Charter. The Class Charter is written and displayed by each class each year. This identifies the feelings and associated behaviours children wish to see in their classroom alongside Ivern's Golden Rules. Charters are a powerful tool to ensure personal and social responsibility and help remind everyone to be the best version of themselves.