

Permission to Feel By Marc Brackett, Ph.D.

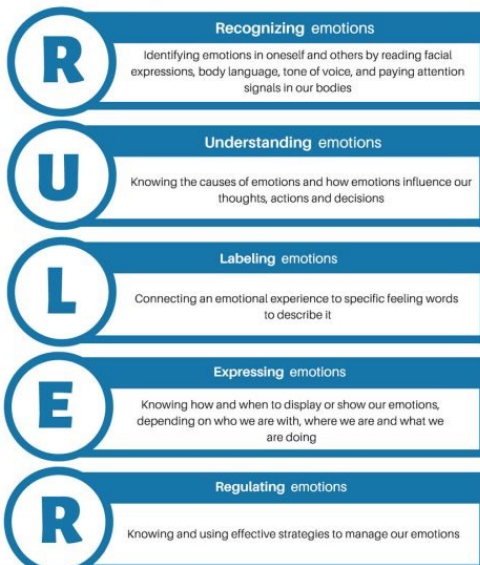


The only way to get at the meaning of an emotion is to learn the *why*—how someone perceived the situational factors that produced it. Behavior alone is a clue to the riddle, not an answer.

—Mark Brackett

RULER Skills Overview for Families

RULER is an acronym for the five key skills of emotional intelligence.



RULER

Yale Center for Emotional Intelligence

RULER is an evidence-based approach to social and emotional learning (SEL) developed at the Yale Center for Emotional Intelligence, where Marc Brackett is the founding Director.

RULER supports entire school communities in understanding the value of emotions, building the skills of emotional intelligence, and creating and maintaining a positive school climate.

RULER aims to infuse the principles of emotional intelligence into the immune system of schools, enhancing how students learn, teachers teach, families, parent, and leaders lead.

To learn more,
visit <https://www.rulerapproach.org/>

This book is for: Teachers, Administrators, Parents, or anyone that knows or works with students
[Permission to Feel -Amazon Link](#)