

RULER — Blueprint Tip Sheet

State that the Blueprint is the fourth and final Anchor of RULER. It is a problem-solving tool designed to build empathy and to aid in perspective-taking.

Explain that it is comprised of questions that correspond to the 5 RULER skills:

R Recognizing

U Understanding

L Labeling

E Expressing

R Regulate

Blueprint Questions

Recognize and Label: How did I feel? How did the other person feel?

Understand: What caused my feelings? What caused the other person's feelings?

Express and Regulate: How did I express and regulate my feelings? How did the other person express and regulate his or her feelings?

Reflection Questions

After the first three sets of questions below have been answered, the process concludes with the group reflecting and planning based on the following questions:

- o What could I have done to handle the situation better?
- o What can I do now?

The Blueprint can be used to problem-solve past or current challenges or to plan for potentially difficult situations in the future. In the classroom, the Blueprint can be used to analyze characters and groups in literature and in history as well as to facilitate pro-social classroom behavior.

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 now?	

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