

Chatgpt Prompt for the RULER Approach

I just read about an SEL strategy that I might be able to implement indirectly in my ELA class of struggling high school boys in correctional facility. "The strategy is: **The RULER Skills**: RULER is an acronym for the five skills of emotional intelligence: Recognizing emotions in oneself and others Understanding the causes and consequences of emotions Labeling emotions with a nuanced vocabulary Expressing emotions in accordance with cultural norms and social context Regulating emotions with helpful strategies RULER skills help people of all ages to use their emotions wisely, opening opportunities for us to succeed in school, at work, and in life. These skills are both personal and social, such that a network emerges with positive changes reinforced." I am thinking that the students can apply the RULER skills to analyzing characters in stories. This would be a safe way to implement this SEL thought process that is not too personal. Perhaps, students would begin to think about their own emotions with this strategy if they practice with characters. Could you generate questions to make this happen for the short story **(Insert Name of Story or Copy text of Story)?**