





SHARE 2018 – Integrating ELT

Emotions go to school, too.

By Lic. Cecilia Ramirez & Prof. Nicolás Campins

According to Marc Brackett of Yale Center for Emotional Intelligence, the RULER Approach deals with:

RECOGNIZING

UNDERSTANDING

LABELING 
EMOTIONS

EXPRESSING

REGULATING

- Emotions are felt by everyone. How we feel affects learning, decision taking, communication with others and well-being.
  - √ The emotional state of a class guarantees its success or failure.
  - Demotivated teachers may cause indiscipline, lack of students' interest and conflicts.
  - ✓ School is a microcosm no matter which level you work at
  - ✓ We should bear in mind our role at the time of motivating students. ✓ We can work with emotions explicitly or implicitly

To work on poems and tales, you can get the bilingual book written by Cecilia: "Relatos en la autopista mente Corazon"/ "Tales on the mind heart highway". Ed. Dunken at Estari Libros. If you get the book, contact Cecilia and she will send the song in English
and Spanish

Yale research shows that "students with higher emotional intelligence are better prepared to manage their emotional

lives so that they can focus, learn, and do their best in school"

- "Emotional awareness enables students to get the most out of their learning experiences.
- This awareness is a skill that should be taught.
- Today there is instability in homes and society in general as well as poverty that can exacerbate the difficulties of coming to school emotionally prepared to learn"

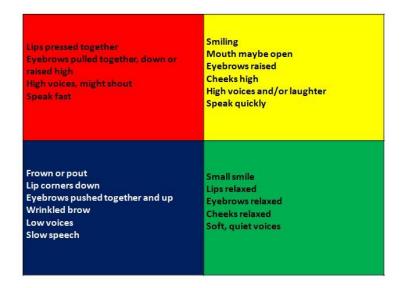
Mood meter areas and possible emotions felt according to level of energy and feeling:

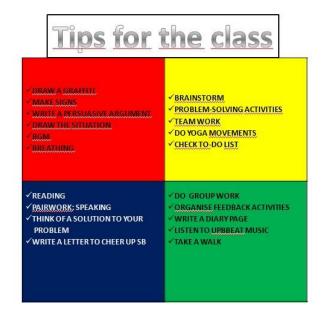




HIGH	IRRITATED ANGRY FRUSTRATED STRESSED ANXIOUS	HAPPY MOTIVATED ENERGETIC PRODUCTIV EXCITED	···	
Energy	SAD	COOPERATIV	COOPERATIVE	
	DISCOURAGED DISAPPOINTED DEPRESSED	CALM SAFE		
LOW	BORED	RELAXED		
	UNPLEASANT	Feeling	PLEASANT	

Description of some micro expressions and voice corresponding to the different quadrants:











## Sources

The ruler approach: http://ei.yale.edu/ruler

Article from "The guardian": https://www.theguardian.com/lifeandstyle/2009/mar/07/health-and-wellbeing-psychology1 Book "Emotions revealed" by P. Ekman <a href="https://zscalarts.files.wordpress.com/2014/01/emotions-revealed-by-paul-ekman1.pdf">https://zscalarts.files.wordpress.com/2014/01/emotions-revealed-by-paul-ekman1.pdf</a> <a href="https://www.howardschatz.com/book: In character">https://www.howardschatz.com/book: In character</a>.