

# ***Bridgeport Public Schools***

## ***January SEL Themes: Emotions & Self- Control***

### **Move This World Teacher Resources (Prek – 8<sup>th</sup> Grade)**

[MTW 101](#)- Introduction to MTW and how to get started

[Elementary School Resources](#)

[Middle School Resources](#)

[Counselor Resources](#)

[School Administrator Resources](#)

[Videos on “Self-Control”](#)

[Videos on “Emotion Recognition”](#)

[Videos on “Expressing Emotions”](#)

### **Family Resources:**

[What is SEL?](#)

[What is SEL? - Spanish](#)

[Helping Students Process Feelings](#)

[Helping Students Process Feelings- Spanish](#)

[SEL Toolkit: Family Engagement](#)

[Additional Family Resources](#)

### **XELLO to Support SEL (High School)**

[Strategies for Developing SEL Skills in XELLO](#)

[XELLO Lessons to Support SEL Programming](#)

### **RULER to Support SEL (K-8)**

[RULER Resources](#)

[Mood Meter](#)

[Meta- Moment Resources](#)



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Michael J. Testani  
Superintendent of Schools



To invite new users to RULER Online, implementation team members can choose one of the options below:

#### OPTION 1: Manually Invite Users to RULER Online

1. Once you're logged into RULER Online (<https://ruler.online/>), click on the "Menu" button in the top right corner. This icon should have your initials or picture.
2. Within this menu, click "School Profile."
3. On this page, click the name of the school that you'd like to invite users to.
4. Under the information about your school, you will see a green "Add Users" button on the right side. Click that button.
5. Type in the user's email address, full name, and their role at your school. If you'd like to add more than one person at a time, click the "Add Multiple Users" button and fill out information for each person. Once you have your desired information typed in, press "Save."
  - ***If you have a long list of users, you may choose to upload a CSV file.*** This will allow you to invite many users to the platform at the same time.
  - *To do this, click the "Upload CSV" button in this area, then click "Download Sample CSV."*
  - *Fill this sample file out with your staff members' names and email addresses.*
  - *Return to this area to press "Select File" to choose the file you just created. If a user is already registered with another school or district, you will receive an error that they are already registered. This user's name will be unchecked automatically on the right side. For assistance moving a user to your school, please email [ruler.online@yale.edu](mailto:ruler.online@yale.edu).*
  - *Users are automatically set to "Teacher" and "School Staff." On this screen, you can change their school role or their RULER Online role (staff or implementation team).*
  - *Once you are satisfied, click "Confirm Upload."*
6. An email invitation will be sent to these individuals. By following the instructions in this email, they can create a password and set up their RULER Online profile. If they do not see the email, please ask them to check their junk folder, as sometimes school filters block communication from external senders.

#### OPTION 2: Ask Users to Self-Register Using School Registration Code

1. On the top right of the RULER Online platform, click on the menu button.
2. Click "School Profile."
3. Click the name of the school that you'd like to invite users to.
4. Under the school name at the top of the page, you will see a registration code.

Send this code (along with the URL <https://ruler.online/>) to faculty/staff that should have access to RULER Online. You may use the following template in your note to staff, replacing **CODE** with your registration code:

- *Please self-register for our school's RULER Online account by visiting [https://ruler.online](https://ruler.online/). Click "Create your account," then paste in our school's registration code: **CODE**. If you need help with activating your account, please view this brief instructional video: <https://vimeo.com/357902329>.*



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## [Mental Health Resources](#)

### Resource Guide for Students and Families

Supporting Students' Social and Emotional Health and Well-Being

[CLICK HERE](#)



## [BPS Attendance Awareness Campaign](#)

2021-2022

[CLICK HERE](#)



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