

RULER Parent Presentation – Links

RULER Introductory Video

https://www.youtube.com/watch?app=desktop&d=n&feature=youtu.be&fbclid=IwAR38o2gJKHP0sFfi7hqInmwBSdiUqiSV5Jlii4BkGsvwtMcnvEJizSnuEtk&v=YUkAF8oPYtw&mibextid=ncKXMA&ab_channel=YaleCenterforEmotionalIntelligence

RULER for Staff

<https://www.acer.org/au/discover/article/australian-teachers-report-high-stress-levels>

<https://link.springer.com/article/10.1007/s11218-022-09686-7>

RULER for Students

<https://www.abc.net.au/news/2007-10-17/even-primary-school-students-suffering-from-stress/701654>

<https://www.smh.com.au/lifestyle/health-and-wellness/nearly-half-of-australian-school-kids-are-stressed-heres-how-to-fix-it-20180126-h0omvq.html>

RULER in the home (language warning)

https://www.facebook.com/watch/?extid=CL-UNK-UNK-UNK-IOS_GK0T-GK1C&mibextid=irwG9G&v=1014482029121721

Parent Support Group

<https://www.facebook.com/groups/496253799370470/>