

# RULER Emotional Intelligence Webinar For Families of Young Children

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*Social and emotional learning helps students achieve more academically and make better decisions.*

Come learn about how the Southington Public School District uses the RULER Approach to Social and Emotional Learning in their classrooms, how it applies to younger children, and the language and activities you can start using at home.

Wednesday, March 10 from 6:30 – 7:30 pm.

Register to attend or receive link to the recording at

<http://www.southingtonearlychildhood.org/events/>

RULER was developed by the Yale Center for Emotional Intelligence and is an acronym for the five skills of emotional intelligence (recognizing, understanding, labeling, expressing, and regulating).

The goal of this free online webinar is to extend the community reach of these emotional intelligence tools to the families, guardians and caregivers of young children in town.

Thank you to the Women & Girls Fund at the Main Street Community Foundation for funding this initiative.

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**ECCS**

Early Childhood Collaborative  
of Southington

[www.southingtonearlychildhood.org](http://www.southingtonearlychildhood.org)

