

# RULER and Emotional Intelligence: Overview for Families

**RULER Skills:** RULER is an acronym encompassing the five key skills of emotional intelligence.

Read about each skill below:



Recognizing

**Identifying emotions in ourselves and others allows us to:**

- Better understand ourselves and others
- Work well in groups
- Know when children need emotional support



Understanding

**Knowing the causes and consequences of our emotions helps us to:**

- Anticipate, manage, or prevent unwanted feelings in ourselves and others
- Promote wanted feelings in ourselves and others
- Support children's emotional needs



Labeling

**Knowing feeling words allows us to:**

- Communicate our feelings accurately
- Manage our emotions
- Recognize and understand the range of emotions others have



Expressing

**Learning how to display our feelings helps us to:**

- Act in social situations skillfully
- Model acceptable social behavior for our children



Regulate

**Developing strategies to manage feelings allows us to:**

- Be more effective in reaching our goals
- Make wise choices about how we respond to emotional situations

