

# 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

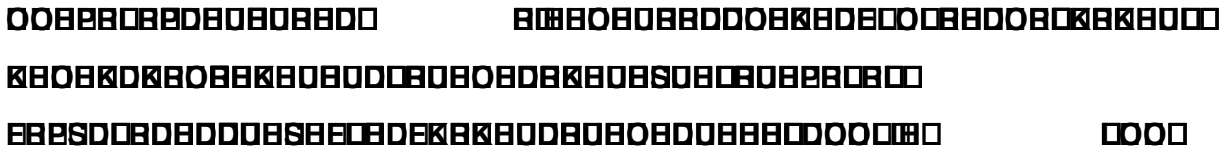


Regulate

**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

Practicing RULER at Home:



Recognizing

To recognize emotions, families can:

- Discuss how emotions are expressed on our faces, in our voices, and bodies
- Notice and honor your children's and your emotions
- Acknowledge your children's and your own emotions instead of dismissing or minimizing them



Understanding

To understand emotions, families can:

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



Labeling

To label emotions, families can:

- Use a wide range of emotion words with children.
- Encourage children to find the best word to describe their feelings



Expressing

To express emotions, families can:

- Talk about what your body looks like when you are angry, excited, sad, calm, etc
- Help children evaluate the best time, place, and way to express their feelings



Regulate

To regulate emotions, families can:

- Model different effective strategies for children when you manage your own feelings
- Help children find useful and successful strategies for managing the range of emotions they experience