

# 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 others
- Have positive social interactions
- Work well in groups
- Know when children need emotional support



Understanding

### Knowing the cause of our own feelings and that an event may cause different emotional reactions in each person allows 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
- Appropriately manage our feelings
- Help children learn new vocabulary to express their feelings



Expressing

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

- Appropriately act in social situations
- Properly model social behavior for children



Regulate

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

- Be more effective in reaching our goals
- Feel more, less, or the same of an emotion
- Make wise choices about how we respond to emotional situations

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## Practicing RULER at Home:

To create a positive emotional climate at home, it is important to practice the five key skills of emotional intelligence with the children and other members of your family.



### Recognizing

#### To recognize emotions, families can:

- Pay attention to your emotions and the emotions of your children.
- Point out and discuss the facial expressions, vocal changes, and body language that reflect different emotions.



### 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