

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

