

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