

Practicing RULER Skills at Home

Practicing RULER at Home:

All emotions matter. Everyone wants to feel understood and valued. The ability to get along with others is the glue that holds us together; Understanding ourselves and others, expressing our emotions in compassionate ways, and respecting ourselves and each other are essential life skills.



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:

- Reflect on your emotional response to and your interpretation of a situation or event
- Explore how feeling this way influences your child's or your behavior
- Ask your children questions about what emotions might be underlying or driving their behaviors (i.e. I notice you're feeling sick every morning before school. What's going on? My sense is that you are anxious about something)



Labeling

To label emotions, families can:

- Use a wide range of feeling words with children
- Find the best word to describe your feelings and encourage your children to do the same
- Build your family's feeling word vocabulary by discovering new words in books, films, or conversations



Expressing

To express emotions, families can:

- Help children evaluate the best time, place, and way to express their feelings



Regulating

To regulate emotions, families can:

- Model different, effective strategies for children when you manage your own emotions
- Help children find useful and successful strategies for managing the range of emotions they experience
- Validate that your children's emotions are okay and clarify acceptable behaviors for expressing their emotions.

RULER and Emotional Intelligence: Overview for Families

RULER Skills: RULER is an acronym that stands for 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



Regulating

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