

# The Skills of Emotional Intelligence:

How the RULER Skills Help Us in our Lives

**R**

**Recognizing** emotions helps us to:

- Build greater self- and social awareness.
- Better understand ourselves and support others.
- Collaborate and work well in groups.

**U**

**Understanding** emotions helps us to:

- Anticipate, manage, or prevent unwanted feelings.
- Cultivate the feelings we'd like to have.
- Support other's emotional needs.

**L**

**Labeling** emotions helps us to:

- Have greater clarity about our feelings.
- Communicate our feelings to others clearly.
- Choose the best strategies for managing our own and other's emotions.

**E**

**Expressing** emotions helps us to:

- Get our needs met.
- Reveal our true feelings to others.
- Be skillful in social situations.

**R**

**Regulating** emotions helps us to:

- Be more effective in reaching our goals.
- Make wise choices about how we respond to emotional situations.
- Have better health and overall wellbeing.

# The Skills of Emotional Intelligence:

## Practicing the RULER Skills at Home

**R**

### Practice **recognizing** emotions by:

- Paying attention to and discussing cues in ourselves and others, including body language, facial expressions, tone of voice, and the signals in our bodies.
- Acknowledging our own emotions and those of others.
- Asking others how they're feeling, because what you see on the outside does not necessarily convey what they're experiencing on the inside.

**U**

### Practice **understanding** emotions by:

- Reflecting on your emotional response to and your interpretation of a situation or event.
- Exploring how a feeling influences behaviors in yourself and others.
- Asking questions about the underlying cause of your feelings listening for clues, but without judging or making assumptions.

**L**

### Practice **labeling** emotions by:

- Modeling and using a wide range of emotion words.
- Encouraging children to move beyond simple labels like sad or mad. Are they annoyed, disappointed, or frustrated, instead?
- Building your feeling word vocabulary by discovering new words in books, films or conversations.

**E**

### Practice **expressing** emotions by:

- Showing a full range of emotions, even uncomfortable ones like frustration and guilt.
- Helping children see the impact that how they express their emotions has on others, including acceptable behavior for expressing emotions.
- Helping children evaluate the best time, way, and place to express their feelings.

**R**

### Practice **regulating** emotions by:

- Practicing self-care (getting enough sleep, eating healthy, and regular physical activity).
- Analyzing which strategy would be most helpful to manage an emotion to experience less or more of the feeling (or even maintain the feeling).
- Introducing and modeling helpful strategies such as breathing, positive self-talk, and reframing.