**RULER Skills:**

RULER is an acronym encompassing the five key skills of emotional intelligence. Read about each skill below!

| R | 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 |
| U | 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 |
| L | Labeling | Knowing feeling words allows us to:  
|   |             | - Communicate our feelings  
|   |             | - Appropriately manage our feelings  
|   |             | - Help children learn new vocabulary to express their feelings |
| E | Expressing | Learning how to display our feelings helps us to:  
|   |             | - Appropriately act in social situations  
|   |             | - Properly model social behavior for children |
| R | 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 |
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