RULER and Emotional Intelligence
An Overview for Families

RULER for Families
Emotionally Intelligent Parenting

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TWITTER: @rulerapproach | FACEBOOK: the RULER approach

OBJECTIVES

In this workshop, you will learn about:

• Why emotions matter
• The five key skills underlying emotional intelligence
• RULER: an evidence-based approach to social and emotional learning
• How to develop and model emotional intelligence in the home
CHILDREN AND PARENTS’ EMOTIONS

What emotions do you and your children experience each day?

WHY EMOTIONS MATTER IN PARENTING

Emotions influence:

• Attention, memory and learning
• Decision making and judgment
• Relationship quality
• Physical and mental health
DEFINING EMOTIONAL INTELLIGENCE

“Emotional intelligence is the ability to monitor one’s own and others’ feelings, to discriminate among them, and to use this information to guide one’s thinking and action.”

-Salovey & Mayer, 1990
-Mayer & Salovey, 1997

“Emotional intelligence is learning to be smart about your emotional life. It’s about using your emotions to achieve your goals.”

- Marc Brackett, 2014

WHAT IS EMOTIONAL INTELLIGENCE?

Emotional intelligence refers to five key skills:

• Recognizing
• Understanding
• Labeling
• Expressing
• Regulating

...emotions
EMOTIONAL INTELLIGENCE RESEARCH

Students and classrooms with greater emotional intelligence...

CHILDREN...

Have less anxiety.

Have less depression.

Are less aggressive and less likely to bully others.
CHILDREN...

- Have greater leadership skills.
- Are more attentive and less hyperactive in school.
- Perform better academically.

CLASSROOMS...

- Are more engaged in learning.
- Have better quality relationships with their teachers.
- Demonstrate increased prosocial behavior.
- Perform better academically.
Anchor Tools in Action: Charters

Our Class Charter 1-212
We want to feel:
Happy joyful calm safe
Appreciated
In order to feel this way, we will...
Happy: Do something nice for others.
Joyful: Share with others.
Calm: Listen to others. Elena
Safe: Include others in our group.
 Appreciated: Include others in our group.
Calm: Help others if they are hurt.

Anchor Tools in Action: Mood Meters

The Mood Meter
How are you feeling?

How are you feeling?
Future Anchor Tools

RECOGNIZING EMOTIONS

Identifying emotions in oneself and others by interpreting facial expressions, body language, vocal tones, and physiology.
What Can Parents Do?

Ideas for developing and modeling recognizing skills:

• 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 EMOTIONS

Knowing the causes and consequences of emotions
What Can Parents Do?

Ideas for developing and modeling understanding skills:

- Discuss with your children what leads them to feel a range of emotions
- Share how your feelings have affected your thoughts and behavior

LABELING EMOTIONS

Having and using a wide array of words to describe the full range of emotions
What can parents do?

Ideas for developing and modeling labeling skills:

- Use a wide range of emotion words with your children
- Encourage your children to find the best word to describe their feelings

EXPRESSING EMOTIONS

Knowing how and when to express emotions with different people and in multiple situations
What can parents do?

Ideas for developing and modeling expressing skills:

• Express feelings at the best time, in the best place, and in the best way
• Help children evaluate the best time and place to express their feelings

REGULATING EMOTIONS

Knowing and using effective thought and action strategies to prevent, reduce, initiate, maintain, and enhance different emotions
What can parents do?

Ideas for developing and modeling regulating skills:

• Model many different effective strategies for your children when you manage your own feelings

• Help your children find useful and successful strategies for managing the range of emotions they experience

QUESTIONS AND THANKS!