

RULER Skills Overview for Families

RULER is an acronym for the five key skills of emotional intelligence.

R

Recognizing emotions

Identifying emotions in oneself and others by reading facial expressions, body language, tone of voice, and paying attention signals in our bodies

U

Understanding emotions

Knowing the causes of emotions and how emotions influence our thoughts, actions and decisions

L

Labeling emotions

Connecting an emotional experience to specific feeling words to describe it

E

Expressing emotions

Knowing how and when to display or show our emotions, depending on who we are with, where we are and what we are doing

R

Regulating emotions

Knowing and using effective strategies to manage our emotions