

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

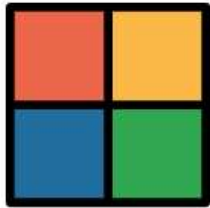
RULER Tools Overview for Families

RULER uses four tools to teach and practice the skills of emotional intelligence.



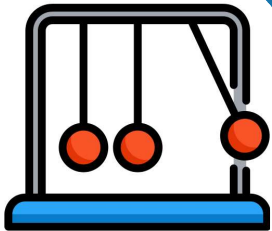
The Charter

- The Charter is an agreement we make to act in ways that help us to feel the way we want to feel in our school or class.
- Everyone has a voice in creating a Charter and everyone has a responsibility to uphold it.



The Mood Meter

- The Mood Meter helps build awareness of emotions in ourselves and others, expands our emotion vocabulary, and helps us manage our emotions.
- It shows how emotions have two dimensions, the degree of pleasantness of our thoughts and the energy in our bodies.



The Meta-Moment

- The Meta-Moment teaches us how to extend the time between feeling emotionally triggered and our reaction.
- Instead of being reactive, the Meta-Moment helps us pause, think of our *best selves*, and choose helpful ways to respond.



The Blueprint

- The Blueprint provides a series of questions as a guide for reflecting on our thoughts and emotions during conflict.
- By practicing perspective-taking and empathy, we can have a compassionate conversation and work to restore the relationship.