

# 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.



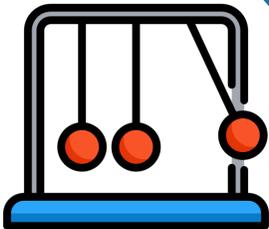
## The Charter

- 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.