### RULER Skills Overview for Families

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

<table>
<thead>
<tr>
<th>R</th>
<th>Recognizing emotions</th>
</tr>
</thead>
<tbody>
<tr>
<td>U</td>
<td>Understanding emotions</td>
</tr>
<tr>
<td>L</td>
<td>Labeling emotions</td>
</tr>
<tr>
<td>E</td>
<td>Expressing emotions</td>
</tr>
<tr>
<td>R</td>
<td>Regulating emotions</td>
</tr>
</tbody>
</table>

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

**Understanding emotions**
- Knowing the causes of emotions and how emotions influence our thoughts, actions and decisions.

**Labeling emotions**
- Connecting an emotional experience to specific feeling words to describe it.

**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.

**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.