

Emotional Intelligence

An Overview for Families

 **RULER for Families**
Emotionally Intelligent Parenting

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CHILDREN AND PARENTS' EMOTIONS

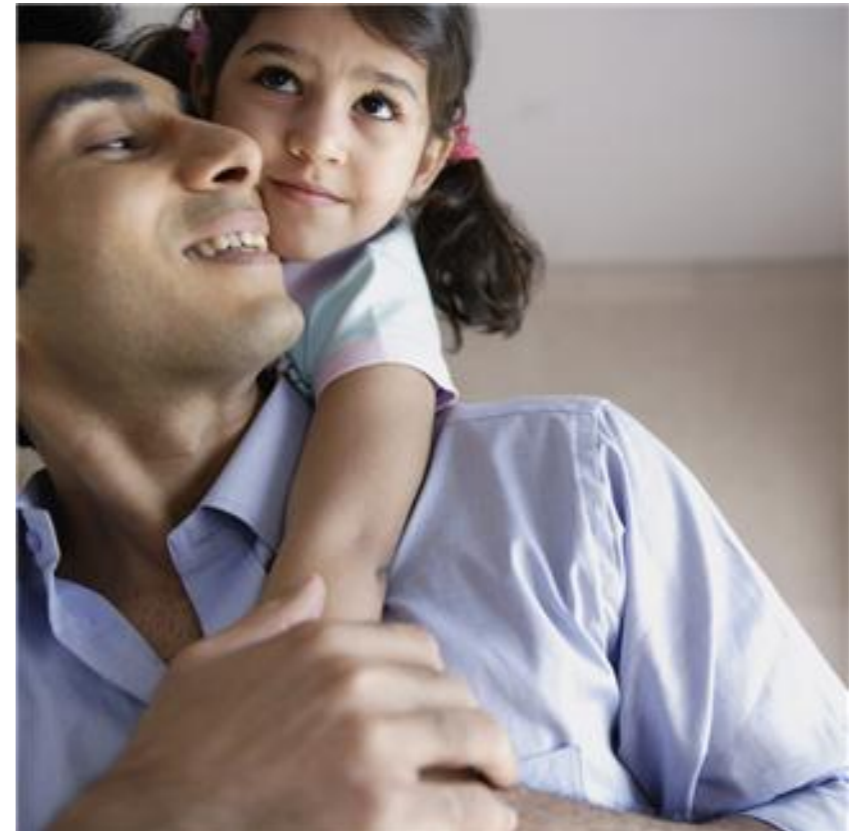
What emotions do you and your children experience each day?



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?

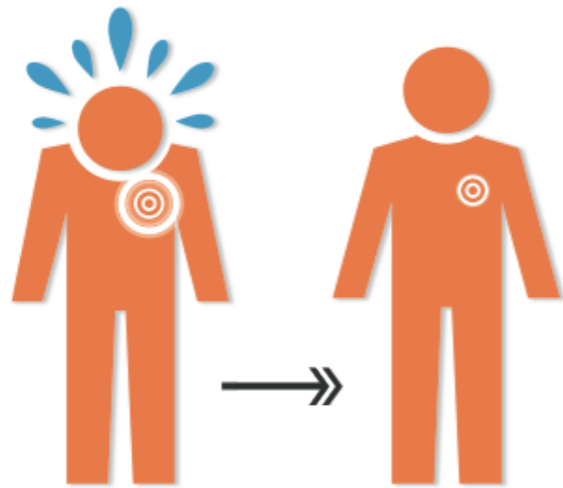
Emotional intelligence refers to five key skills:

- **R**ecognizing
- **U**nderstanding
- **L**abeling
- **E**xpressing
- **R**egulating

...emotions



CHILDREN...



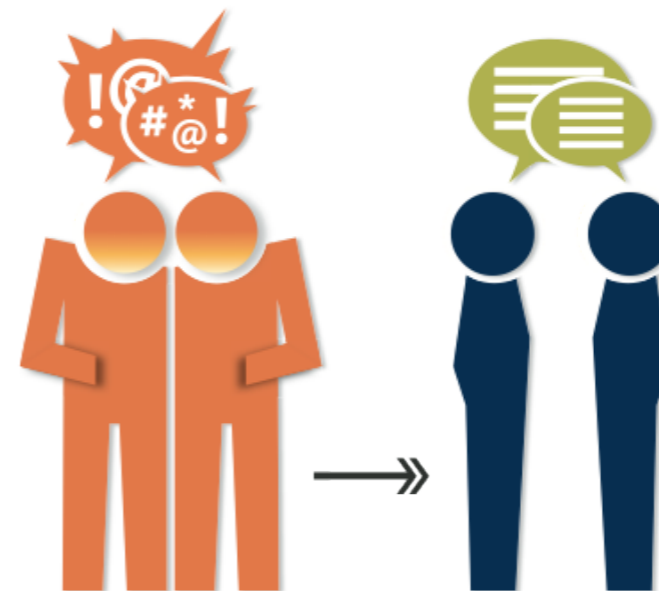
Have less anxiety.



Have less depression.

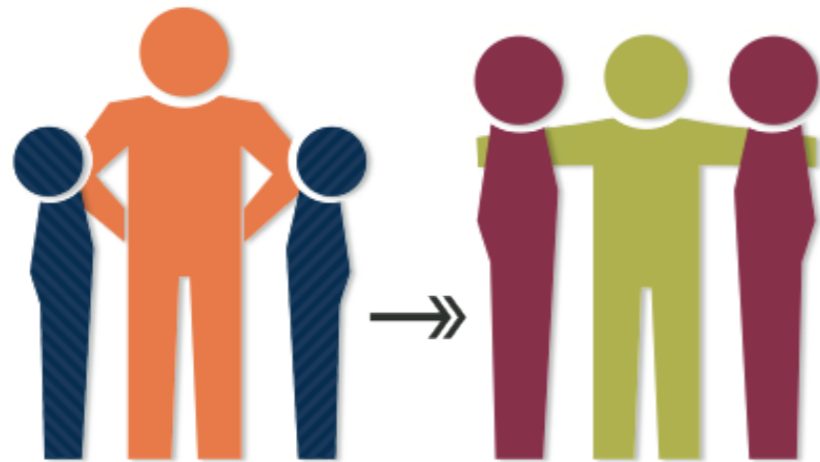


Are less likely to abuse drugs, alcohol, and cigarettes.

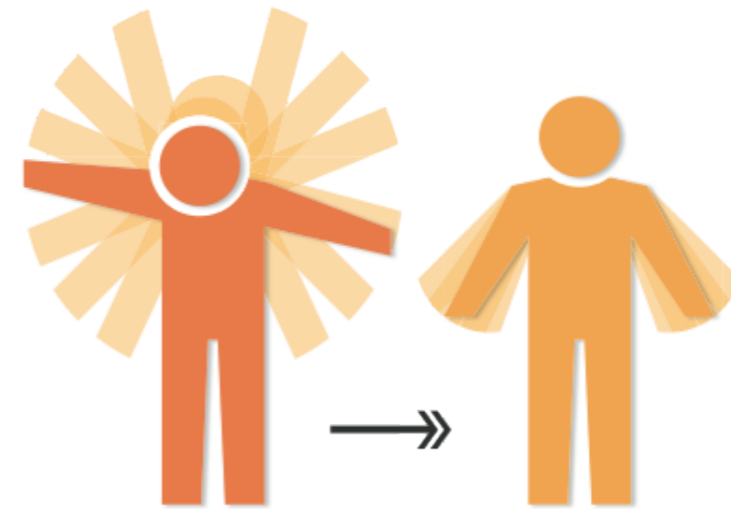


Are less aggressive and less likely to bully others.

CHILDREN...



Have greater leadership skills.



Are more attentive and less hyperactive in school.

**Perform better
academically**

**Perform better
on mandated
tests**

How did your own family deal with emotions?

Think about it: our upbringing impacts how we deal with emotions in our current families

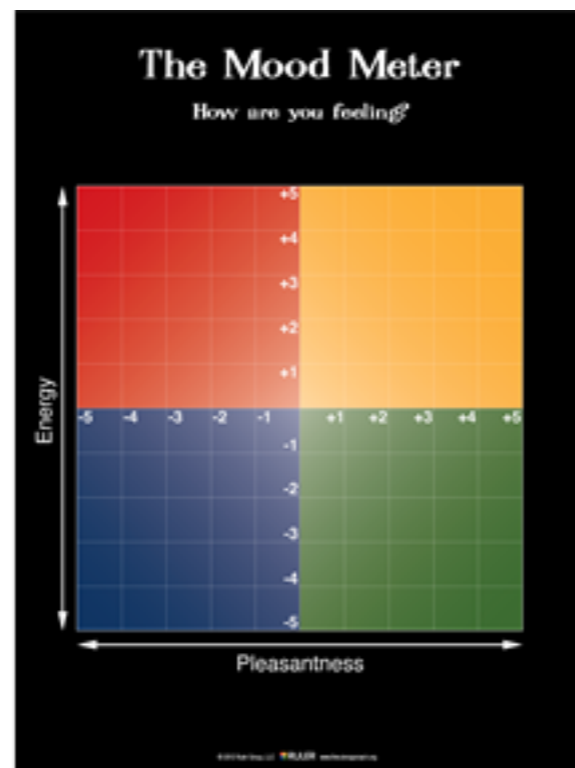
Anchor Tools

Emotional Intelligence Charter

As a class, we want to feel...

In order to have these feelings consistently, we will...

We will prevent and manage conflict by...



TAKE A META-MOMENT

1. Something happens
2. Sense
3. Stop
4. See your best self
5. Strategize
6. Succeed!

Solve problems with The Blueprint

Describe	What happened?	
RULER Skill	Me	Other Person
Recognize & Label	How did I feel?	How did ____ feel?
Understand	What caused my feelings?	What caused ____'s feelings?
Express & Regulate	How did I express and regulate my feelings?	How did ____ express and regulate his/her feelings?
Reflect & Plan	What could I have done to handle the situation better? What can I do now?	

RECOGNIZING EMOTIONS

Identifying emotions in oneself and others by interpreting facial expressions, body language, vocal tones, and physiology.



What Can Parents Do?

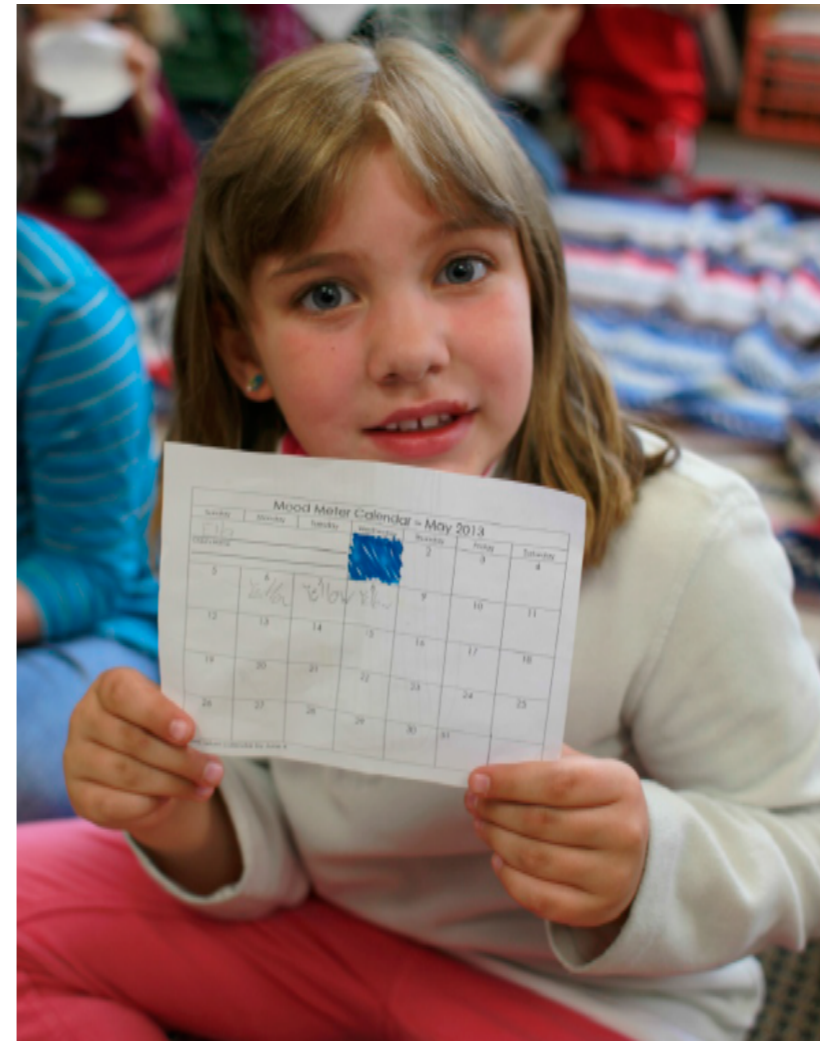
Ideas for developing and modeling recognizing skills:



- 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

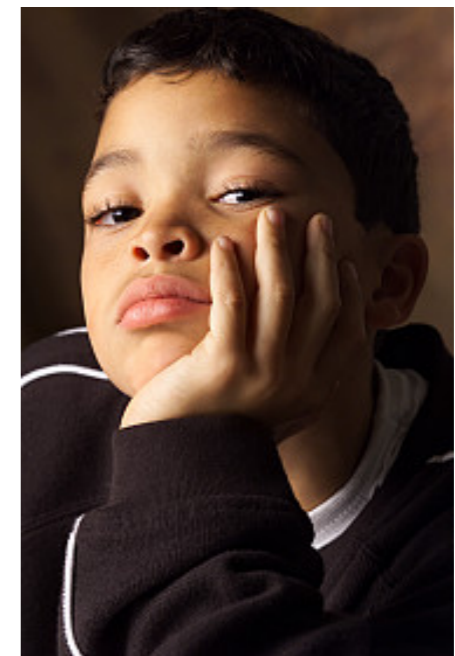
Knowing the causes and consequences of emotions



What Can Parents Do?

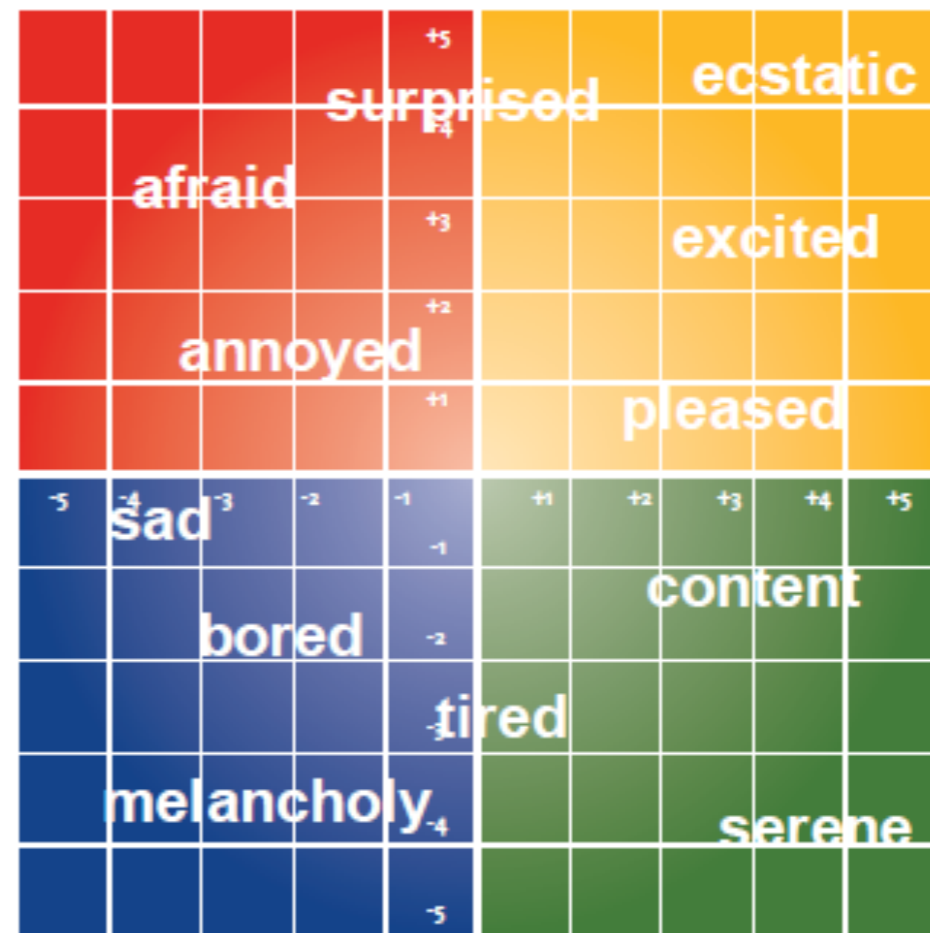
Ideas for developing and modeling understanding skills:

- 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

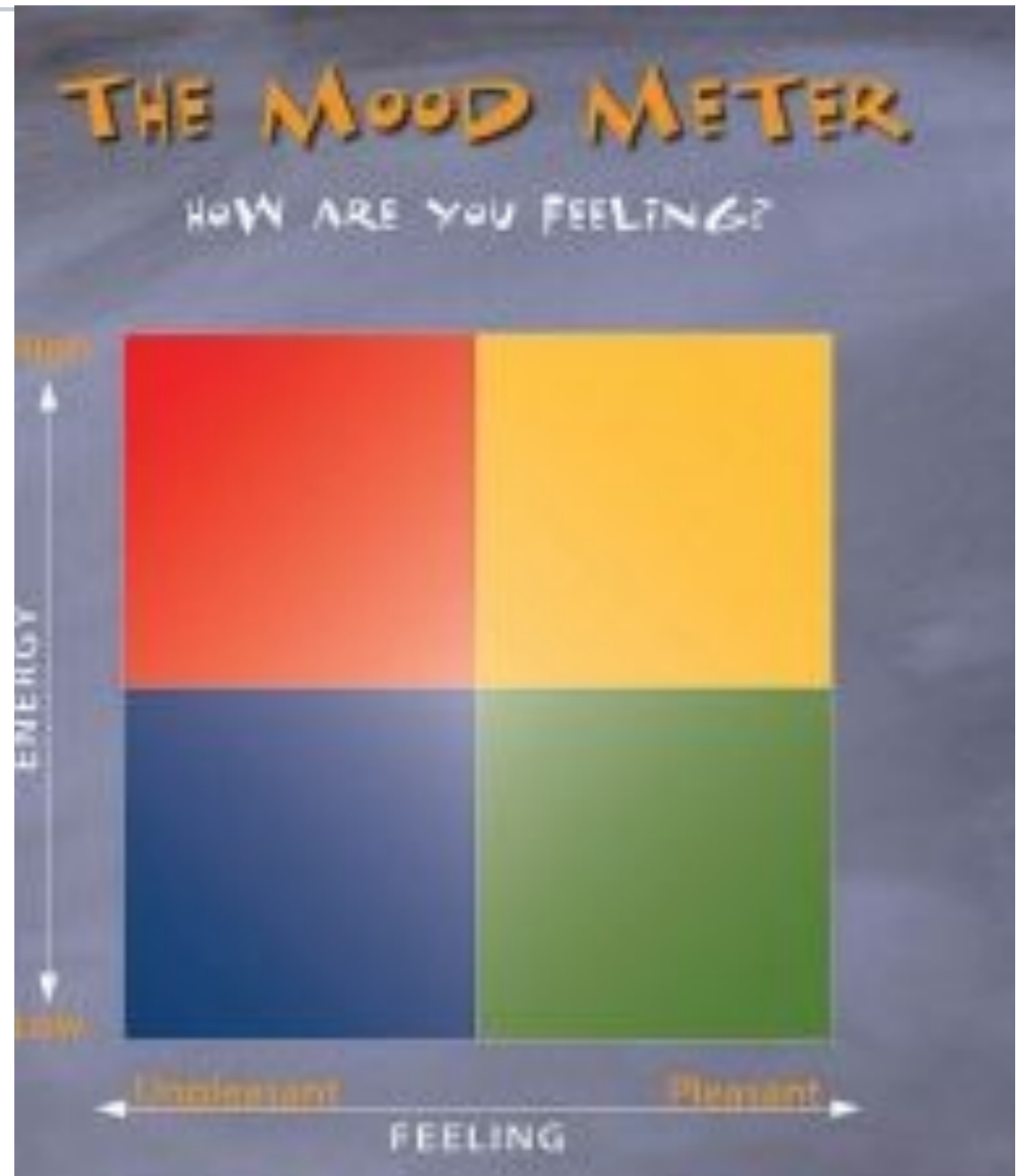
Having and using a wide array of words to describe the full range of emotions



AXIS:

***TOP TO BOTTOM IS
LEVEL OF ENERGY**

***LEFT TO RIGHT ACROSS
IS LEVEL OF
PLEASANTNESS**



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



Our Family Charter

Our family will work together to create a loving, safe, and responsive home for us each to thrive and live together. When we interact with one another we will work to create ways that allow us each to feel ...

In order to accomplish these feelings, we will

Uncomfortable feelings and conflict sometimes happen. Among the practices that help us handle those feelings and a conflict are to...

Describing Language: How are you feeling?



Why are you feeling that way?

I can see your face is

How is your body feeling?

Can you think of something
that will help you feel better?

RULER while reading

R	Recognize	How is he/she feeling? How do you know he/she is feeling this way?
U	Understand	What happened to make him/her feel that way?
L	Label	What is the name of this feeling?
E	Express	What is his/her face/body doing?
R	Regulate	What can he/she do to feel better?



EMOTIONALLY INTELLIGENT PARENTS

- Pay attention to their own and their children's feelings
- Talk about feelings with their children
- Comfortably express feelings in words
- Have strategies to stay calm in difficult situations
- Encourage their children to feel and express all emotions
- Build trusting relationships with their children

QUESTIONS AND THANKS!

