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| mhy3q4ba[1]  **BRINGING OUT THE BEST** | The ruler skills  •  regulating emotions |

Adults (parents and teachers) as well as children can use the **RULER Skills** to manage big feelings like sadness, anger, fear, and frustration. When children learn these 5 steps they are able to identify their emotions accurately, communicate effectively, and figure out an appropriate way to work through big emotions. To do this it is important to pay attention to the child’s moods throughout the day and model the following **RULER Skills:**

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| **Adult** | **Child** |
| **Recognize** how you are feeling. Notice your energy level, heart rate, breathing, and posture. | **Recognize** how they are feeling. Notice their energy level, heart rate, breathing, and posture. |

**Recognize**

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| **Adult** | **Child** |
| **Understand** what happened that led you to feel that way (people, thoughts, and/or events). | Try to **understand** what happened that led them to feel that way. Did you see what happened? |

**Understand**

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| **Adult** | **Child** |
| **Label** how you are feeling (i.e. frustrated, overwhelmed, angry, or sad). | Help them **label** how they are feeling (“You look angry. You are stomping your feet.”) |

**Label**

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| **Adult** | **Child** |
| **Express** what you are feeling appropriately for this time and place. | Help them **express** how they are feeling appropriately (“It is not okay to hit when you feel angry.” |

**Express**

**Regulate**

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| **Adult** | **Child** |
| **Regulate** your emotions with helpful strategies (i.e. taking deep breaths, taking a walk, physical distancing). | Help child **regulate** their emotions with helpful strategies (“Would you like to go for a walk? OR “Let’s take some deep breaths together.”) |