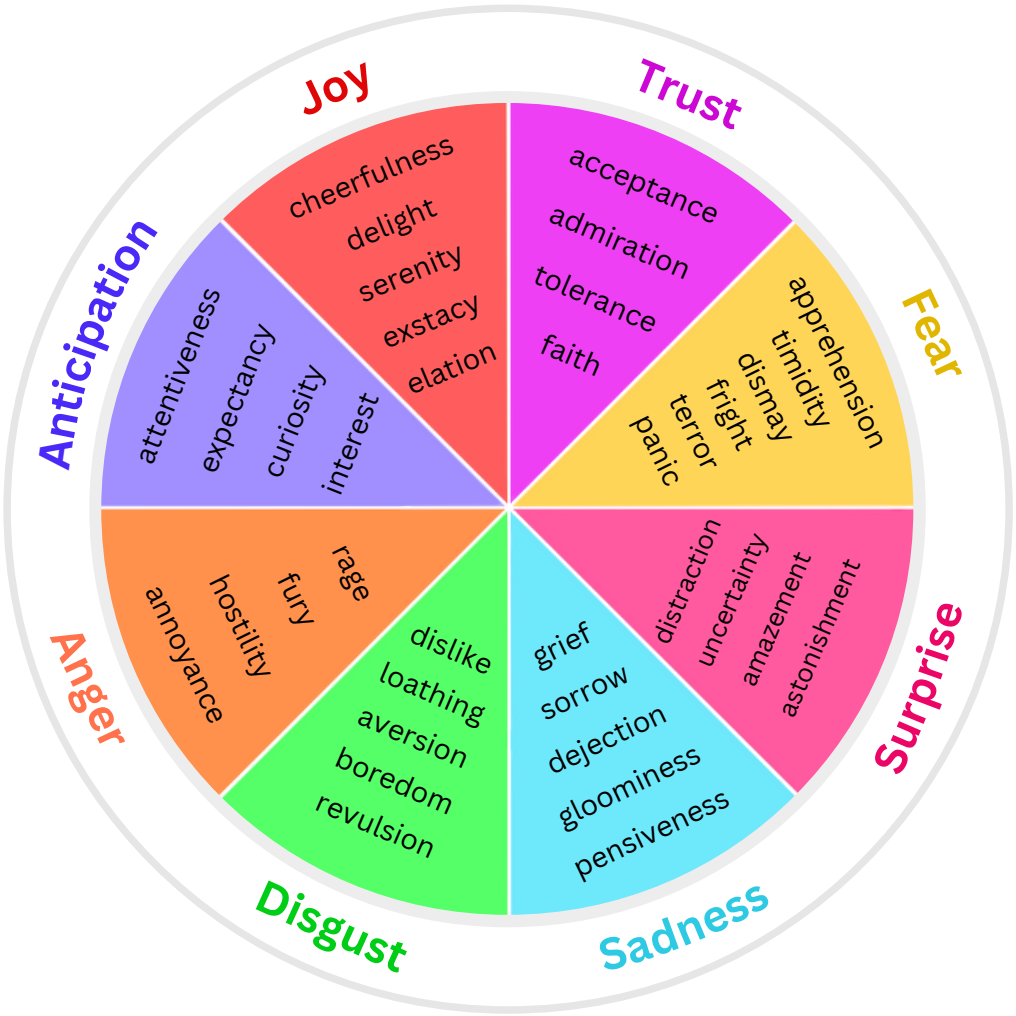
Developing Emotional Intelligence

Emotional intelligence is more than naming feelings, it is a person's overall ability to deal with their emotions.

There are five main aspects of emotional intelligence which, when developed, lead to children becoming emotionally literate. These are:

1. **Knowing emotions** - A child recognises a feeling as it happens.
2. **Managing emotions** - A child has ways of reassuring themselves when they feel anxious or upset.
3. **Self-Motivation** - A child is in charge of their emotions, rather than controlled by them.
4. **Empathy** - A child is aware of what another person is feeling.
5. **Handling relationships -** A child is able to build relationships with others.

Encouraging young people to understand the difference between “sad”, “disappointed” and “upset” acts as springboard to develop appropriate strategies. Every emotion word learnt is a new tool for future emotional intelligence.



Activity: The Alphabet Game

How many emotions can your child come up with for each letter of the alphabet?

Once you have these, filter the answers to the different emotional brackets. This will help to enable the understanding of labelling feelings.
You can then discuss the differences between each emotion, what might prompt these, and how your child could individually respond to it.

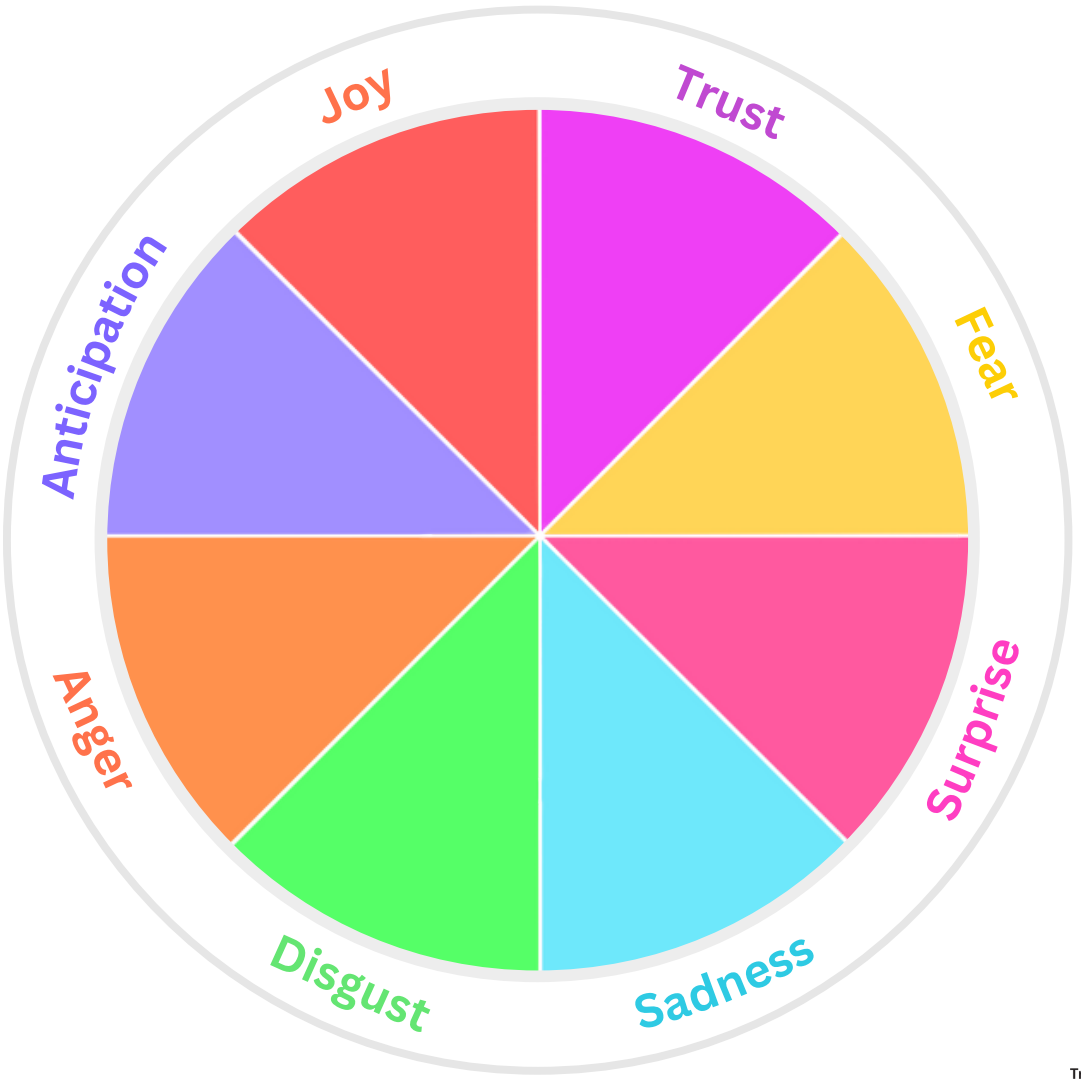
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The Alphabet Game

Step 1 - How many emotions can you think of, for each letter of the alphabet?

A.
B.
C.
D.
E.
F.
G.
H.
I.
J.
K.
L.
M.
N.
O.
P.
Q.
R.
S.
T.
U.
V.
W.
X.
Y.
Z.

Step 2 - Where in the circle would you place each emotion?



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