

## Emotional Intelligence: Overview & Class Activities

### What is Emotional Intelligence?

Emotional Intelligence (EI) is defined as the ability to manage one's feelings and emotions and react positively with other people.

*“Emotional intelligence is a way of recognizing, understanding, and choosing how we think, feel, and act. It shapes our interactions with others and our understanding of ourselves. It defines how and what we learn; it allows us to set priorities; it determines the majority of our daily actions. Research suggests it is responsible for as much as 80 percent of the “success” in our lives.”*

*-Joshua Freedman*



### Importance and Benefits of EI:

The importance of building emotional intelligence (EI) is imperative to a military child's future academic, social and career successes. When youth are intentionally provided opportunities to build their emotional intelligence (EI) skills, they become more knowledgeable, responsible, reflective, empathetic, and considerate life-long contributors of their communities.

Learning how to identify and express one's emotions builds character and resilience essential for future academic, life, and future career success. A high EI is associated with a positive sense of self and one who intentionally practices self-care routines necessary to build social and emotional awareness. Students who learn how to manage their feelings and emotions are likely to communicate clearly and assertively, resolve conflicts creatively, handle stress, and act with integrity in all areas of their lives (Elias and Tobias, 2018).



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### Components of Emotional Intelligence:
























The CASEL 5 areas of concentration are interrelated emotional intelligence competencies to include:

1. Self-Awareness
2. Self-Management
3. Social Awareness
4. Social Skills
5. Responsible Decision-making.











These emotional intelligence competencies can be taught and applied throughout the human lifespan, developmental stages, and across diverse cultural contexts. High emotional intelligence is tied to a positive sense of self and one's ability to experience meaningful relationships, academic success, school and civic involvement, strong familial relationships, overall health and well-being all leading to fulfilling futures and careers (Drigas & Papoutsis, 2018)



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For Parents & Professionals	For Parents of Young Children	For Schools
 <p><a href="#"><u>Guiding Our Child's Social-Emotional Intelligence</u></a> Article by MCEC</p>	 <p><a href="#"><u>10 Ways Parents Can Bring SEL Home</u></a> Article by Sara Potler LaHayne</p>	 <p><a href="#"><u>Supporting Young Students' Emotional Wellbeing</u></a> Article by Edutopia</p>
 <p><a href="#"><u>SEL: Core Competencies &amp; Settings</u></a> Video by CASEL</p>	 <p><a href="#"><u>Promoting Young Children's SEL Health</u></a> Article by NAEYC</p>	 <p><a href="#"><u>Developing Emotional Literacy</u></a> Article by Edutopia</p>
 <p><a href="#"><u>Mood Meter App Information</u></a> Article and resource by Mood Meter</p>	 <p><a href="#"><u>8 Helpful Apps for Parents</u></a> Article by PBS</p>	 <p><a href="#"><u>School Guide Essential</u></a> Guide by CASEL</p>
 <p><a href="#"><u>Social Emotional Learning Parent Resources</u></a> Reference by Fordham University</p>		 <p><a href="#"><u>Schoolwide SEL: Explicit SEL Instruction</u></a> Video by PBS</p>
 <p><a href="#"><u>Building Emotional Literacy in Preschoolers</u></a> Video by Edutopia</p>		 <p><a href="#"><u>AIM Buddy Program SEL Curriculum</u></a> Video by PBS</p>
 <p><a href="#"><u>CASEL 5 Competencies</u></a> Guide by CASEL</p>		 <p><a href="#"><u>AIM SEL Curriculum</u></a> Manual by PBS</p>
 <p><a href="#"><u>Supporting Your Child's Socio-Emotional Health</u></a> Toolkit by CPRL &amp; MCEC</p>		 <p><a href="#"><u>Social and Personal Competencies Resource Guide</u></a> Manual by TN Department of Educ.</p>
 <p><a href="#"><u>Military Teens 2022 Report</u></a> Guide by National Military Family Association</p>		 <p><a href="#"><u>How SEL Empowers Children &amp; Transforms Schools</u></a> Guide by CASEL</p>
 <p><a href="#"><u>Field Guide to Military Teens</u></a> Guide by National Military Family Association</p>		 <p><a href="#"><u>Evidence-Based SEL Programs</u></a> Guide by CASEL</p>
 <p><a href="#"><u>The Military Teen Experience</u></a> Guide by National Military Family Association</p>		 <p><a href="#"><u>Small Group SEL Activities</u></a> Activities by Panorama</p>

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		 <b><u><a href="#">Ohio's K-12 SEL Standards</a></u></b> <i>Article by Edutopia</i>
		 <b><u><a href="#">Discussion Series with Parents &amp; Caregivers</a></u></b> <i>Guide by CASEL</i>
		 <b><u><a href="#">Ideas &amp; Tools Working with Families</a></u></b> <i>Guide by CASEL</i>
		 <b><u><a href="#">Keeping SEL Developmental</a></u></b> <i>Article by CASEL</i>
		 <b><u><a href="#">AIM SEL Curriculum</a></u></b> <i>Manual by PBS</i>
		 <b><u><a href="#">Explicit SEL Instruction</a></u></b> <i>Presentation by CASEL</i>
		 <b><u><a href="#">Teacher Well-being</a></u></b> <i>Resources by CASEL</i>
		 <b><u><a href="#">Empowering School Community</a></u></b> <i>Guide by PowerSchool</i>
		 <b><u><a href="#">Caregiver &amp; Educator Conversation Guide</a></u></b> <i>Guide by Panorama</i>
		 <b><u><a href="#">Small Group SEL Facilitation Guide</a></u></b> <i>Presentation by Panorama</i>

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This table offers the 3 SEL Signature Practices for students, teachers, leaders, district staff, and even homeschool co-ops. It incorporates multiple components of SEL. Click here to see an overview of the activities and how to implement them: [How to use the Playbook](#) [Adapting the Playbook](#).

Welcoming and Greeting Practices	Engaging Strategies/Brain Break	Optimistic Closure
 <a href="#"><u>Welcoming Practices Overview</u></a> <i>Activity adapted by MCEC</i>	 <a href="#"><u>Engaging Strategies Overview</u></a> <i>Activity adapted by MCEC</i>	 <a href="#"><u>Optimistic Closure Overview</u></a> <i>Activity adapted by MCEC</i>
 <a href="#"><u>Four Corners</u></a> <i>Activity adapted by MCEC</i>	 <a href="#"><u>Attention Signal</u></a> <i>Activity adapted by MCEC</i>	 <a href="#"><u>Future Me</u></a> <i>Activity adapted by MCEC</i>
 <a href="#"><u>Greeting Frenzy</u></a> <i>Activity adapted by MCEC</i>	 <a href="#"><u>Card Sorts</u></a> <i>Activity adapted by MCEC</i>	 <a href="#"><u>Human Bar Graph</u></a> <i>Activity adapted by MCEC</i>
 <a href="#"><u>Name and Motion</u></a> <i>Activity adapted by MCEC</i>	 <a href="#"><u>Clock Partners</u></a> <i>Activity adapted by MCEC</i>	 <a href="#"><u>I Am Curious</u></a> <i>Activity adapted by MCEC</i>
 <a href="#"><u>One, Two, Three, Clap!</u></a> <i>Activity adapted by MCEC</i>	 <a href="#"><u>Engaging with Data</u></a> <i>Activity adapted by MCEC</i>	 <a href="#"><u>My Next Step</u></a> <i>Activity adapted by MCEC</i>
 <a href="#"><u>Mix and Mingle</u></a> <i>Activity adapted by MCEC</i>	 <a href="#"><u>Fishbowl</u></a> <i>Activity adapted by MCEC</i>	 <a href="#"><u>One-Minute Accolade</u></a> <i>Activity adapted by MCEC</i>

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Welcoming and Greeting Practices	Engaging Strategies/Brain Break	Optimistic Closure
 <p><b><u>Synecities</u></b> <i>Activity adapted by MCEC</i></p>	 <p><b><u>Gallery Walk</u></b> <i>Activity adapted by MCEC</i></p>	 <p><b><u>One-Word Whip Around</u></b> <i>Activity adapted by MCEC</i></p>
 <p><b><u>What's New?</u></b> <i>Activity adapted by MCEC</i></p>	 <p><b><u>Give One, Get One, Move on (Go, Go, Mo)</u></b> <i>Activity adapted by MCEC</i></p>	 <p><b><u>SEL Standards Connection</u></b> <i>Activity adapted by MCEC</i></p>
 <p><b><u>Welcoming and Greeting Template</u></b> <i>Activity adapted by MCEC</i></p>	 <p><b><u>Jigsaw</u></b> <i>Activity adapted by MCEC</i></p>	 <p><b><u>Suit Yourself</u></b> <i>Activity adapted by MCEC</i></p>
	 <p><b><u>Maitre'd</u></b> <i>Activity adapted by MCEC</i></p>	 <p><b><u>UFO/Energy Ball</u></b> <i>Activity adapted by MCEC</i></p>
	 <p><b><u>Pass It On</u></b> <i>Activity adapted by MCEC</i></p>	 <p><b><u>Optimistic Closure Template</u></b> <i>Activity adapted by MCEC</i></p>
	 <p><b><u>Save the Last Word</u></b> <i>Activity adapted by MCEC</i></p>	
	 <p><b><u>Meet in the Middle</u></b> <i>Activity adapted by MCEC</i></p>	

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Welcoming and Greeting Practices	Engaging Strategies/Brain Break	Optimistic Closure
	 <p><b><u>Mindful Minute</u></b> <i>Activity adapted by MCEC</i></p>	
	 <p><b><u>Team Quiz Hustle</u></b> <i>Activity adapted by MCEC</i></p>	
	 <p><b><u>Engaging Strategies Template</u></b> <i>Activity adapted by MCEC</i></p>	

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