Emotional Intelligence:
Why Your Kids Need It, and How You Can Help

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Welcome! We will begin shortly.
Please sign-in using the chat with your first/last name, email address and how many children are at home. Thank you!

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Our Services

School & District Consultation

Professional Development

Teacher Coaching & Mentor Support

Parent & Community Engagement

Data & Evaluation

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Group Norms

- **Be present** (listen to speaker, put phone away, close window tabs)
- **Actively participate** (engage in conversation, use emojis/chat feature)
- **Listen respectfully and without judgment**, refrain from giving advice
- **All feelings are okay**
- **Keep a positive and supportive mindset**
- **Remain curious and finds ways to connect** (how does this apply to your part of the world)

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How comfortable are you with your knowledge of emotional intelligence?

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Objectives

- Define social and emotional learning (SEL) and emotional intelligence (EQ)
- Explore the benefits of SEL and EQ
- Gain tools and strategies to help build our children's SEL and EQ skills

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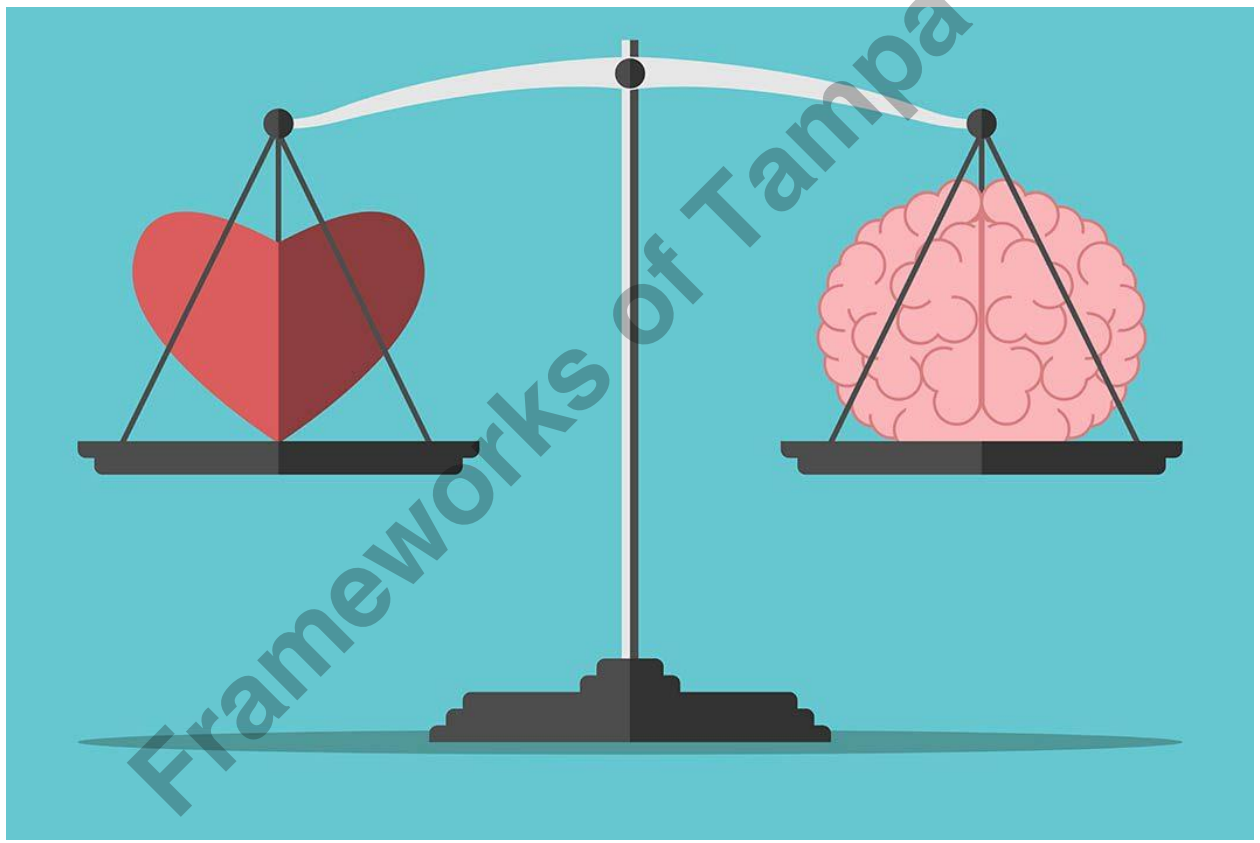
What are Social and Emotional Learning (SEL) and Emotional Intelligence (EQ)?



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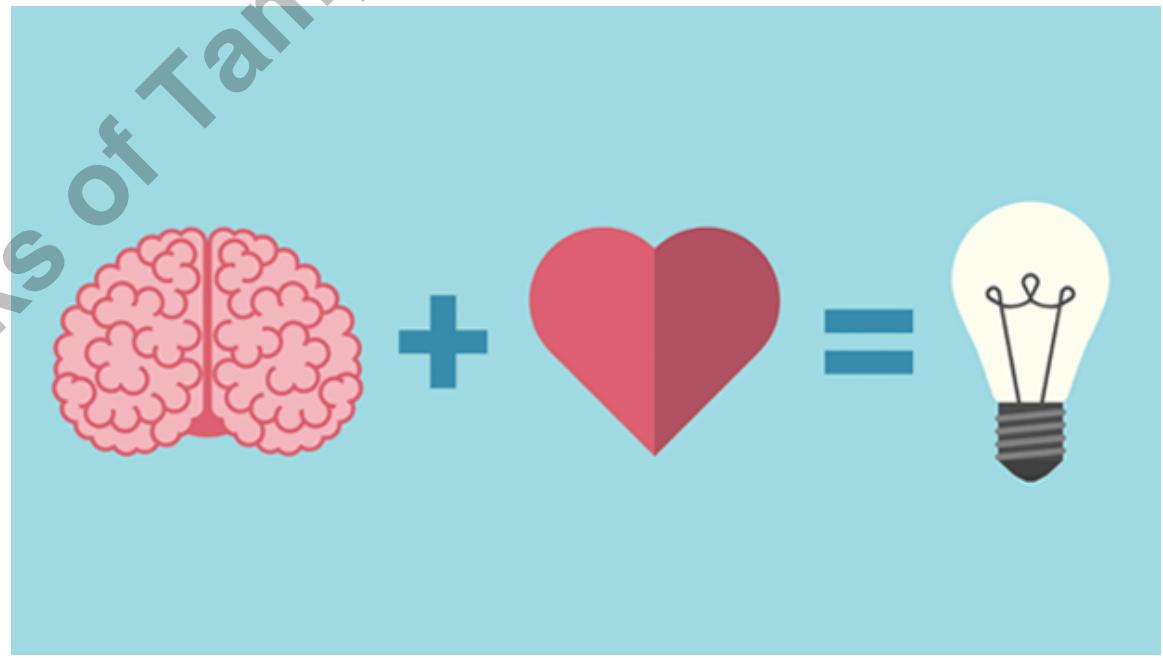
Definition of Emotional Intelligence

Emotional Intelligence (EQ) is the ability to **perceive and express** emotions, **assimilate** emotions in thought, **understand and reason with** emotions, and **regulate** emotion in the **self and others.**

This includes:

- Self-awareness
- Self-regulation
- Motivation
- Empathy
- Social Skills



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Goleman (1995)

Mayer, Salovey, & Caruso (2000)

Emotional Intelligence (EQ)

- Skills are not linear
- Skill development varies across individuals and stages
- Important to be intentional

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Definition of SEL

Social and emotional learning (SEL) is an **integral part of education and human development**. SEL is the **process** through which **all young people and adults** acquire and apply the knowledge, skills, and attitudes to:

- **develop healthy identities,**
- **manage emotions** and **achieve personal and collective goals**,
- feel and show **empathy** for others,
- establish and maintain supportive **relationships**, and
- make **responsible and caring decisions**.

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Definition of SEL

SEL **advances educational equity and excellence** through authentic school-family-community **partnerships** to establish learning environments and experiences that feature trusting and collaborative relationships, rigorous and meaningful curriculum and instruction, and ongoing evaluation. SEL can help **address various forms of inequity** and **empower young people and adults** to **co-create thriving schools** and **contribute to safe, healthy, and just communities**.

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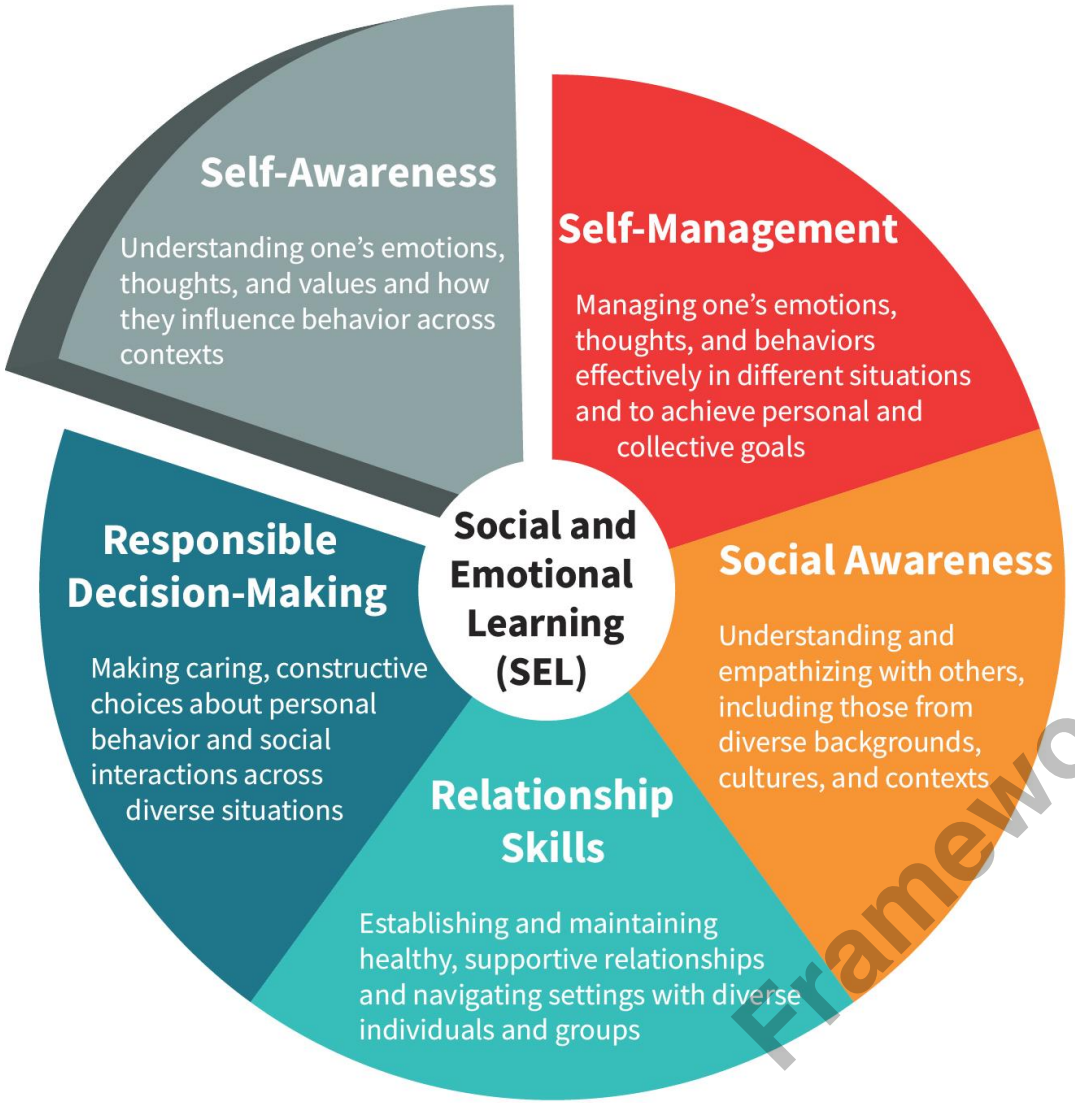
Self-Awareness



Understanding one's emotions, thoughts, and values and how they influence behavior across contexts

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Self-Awareness

- Build emotional vocabulary
- Normalize all emotions
- Emotions are different from behaviors
- Emotions can be mixed
- Emotions vary in intensity
- Emotions lessen over time
- Personal goal setting

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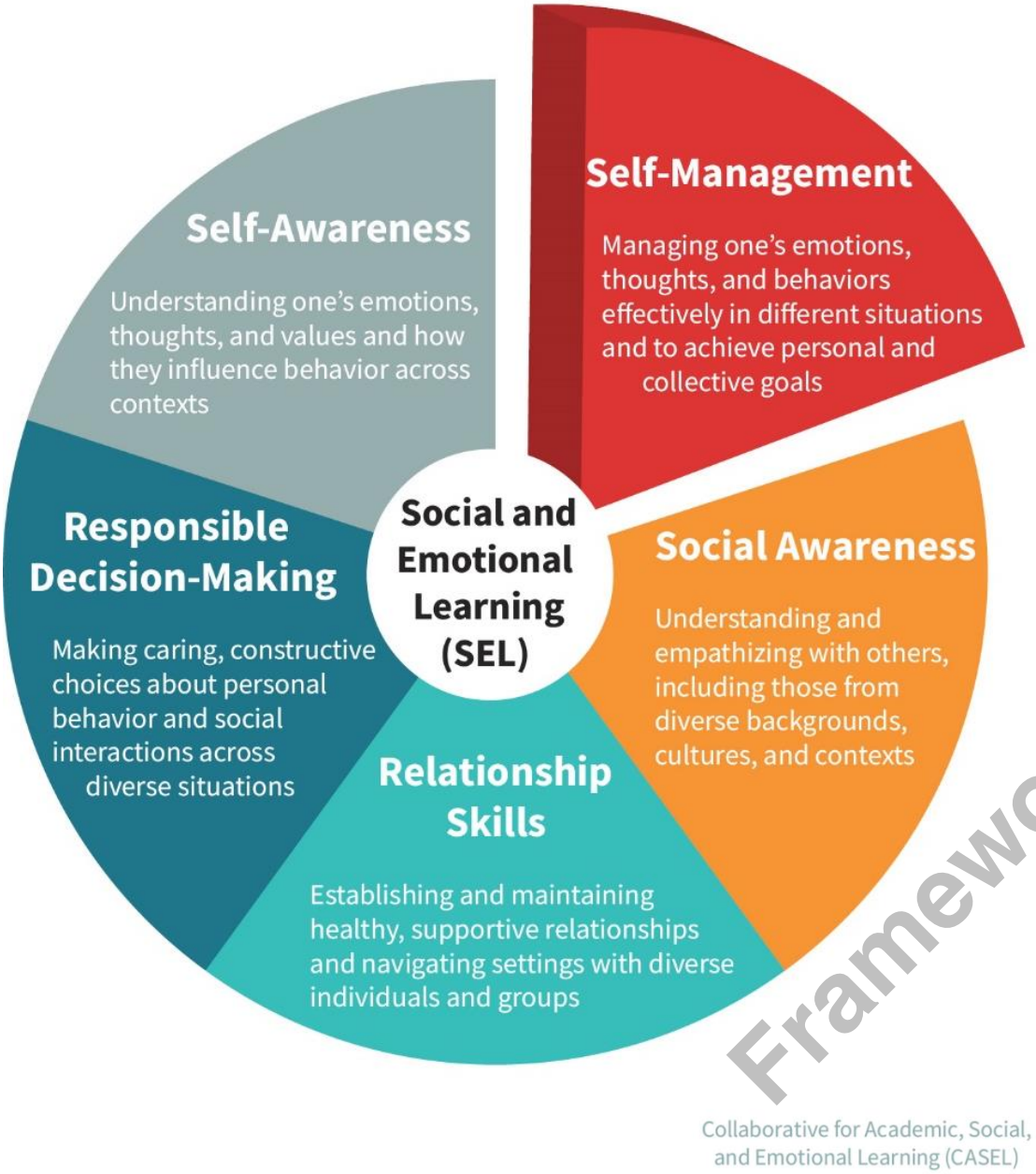

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Self-Management

Managing one's emotions, thoughts, and behaviors effectively in different situations and to achieve personal and collective goals

CHAT

What are some strategies you personally use to manage your emotions and respond in constructive ways?

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Self-Management

- Learn to identify triggers
- Practice coping skills with role-playing
- Practice growth mindset
- “Catch” your child managing their emotions
- Mindfulness breathing activities/cool down stations
- Modeling is key

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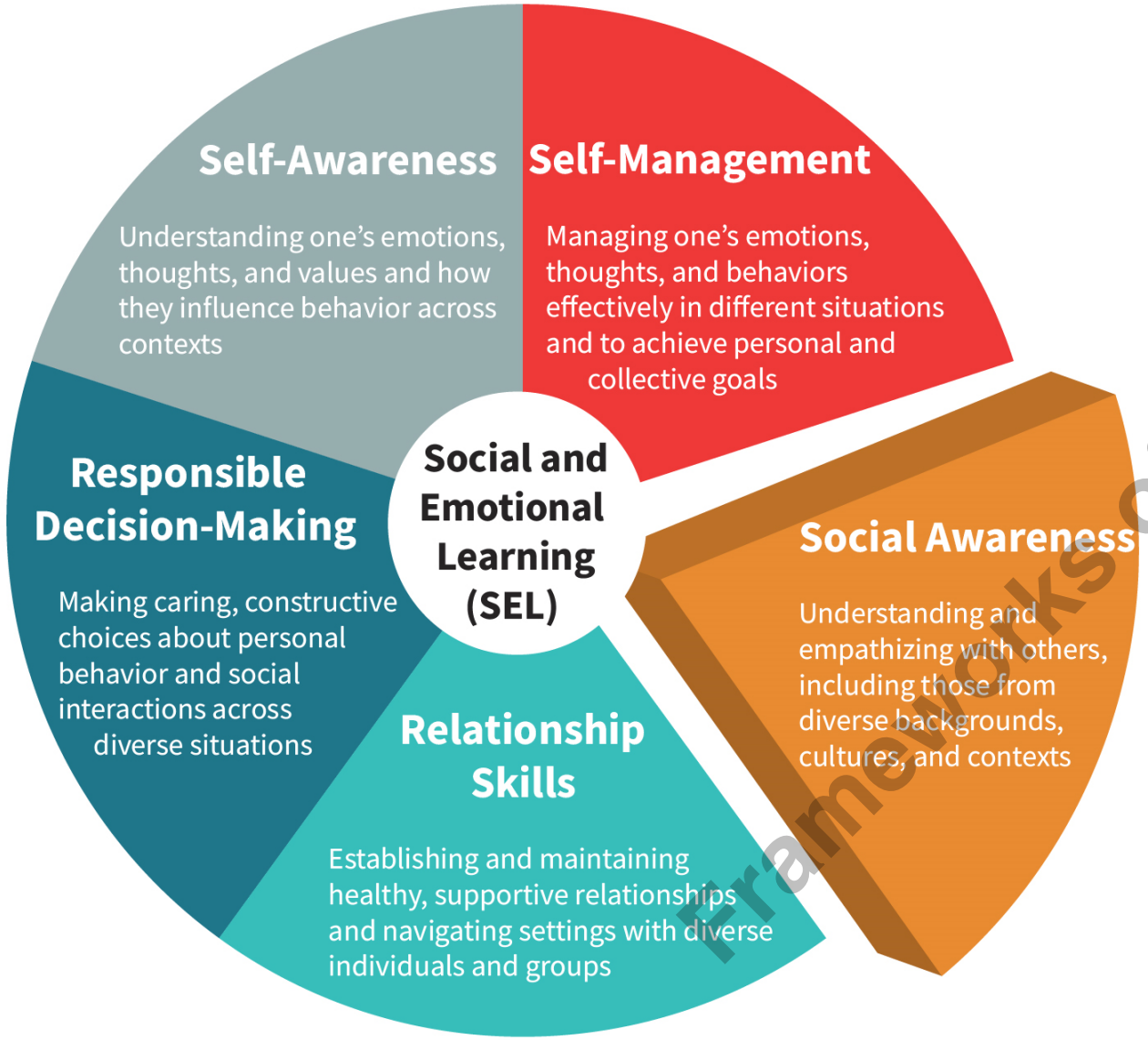
Social Awareness



Understanding and empathizing with others, including those from diverse backgrounds, culture, and contexts

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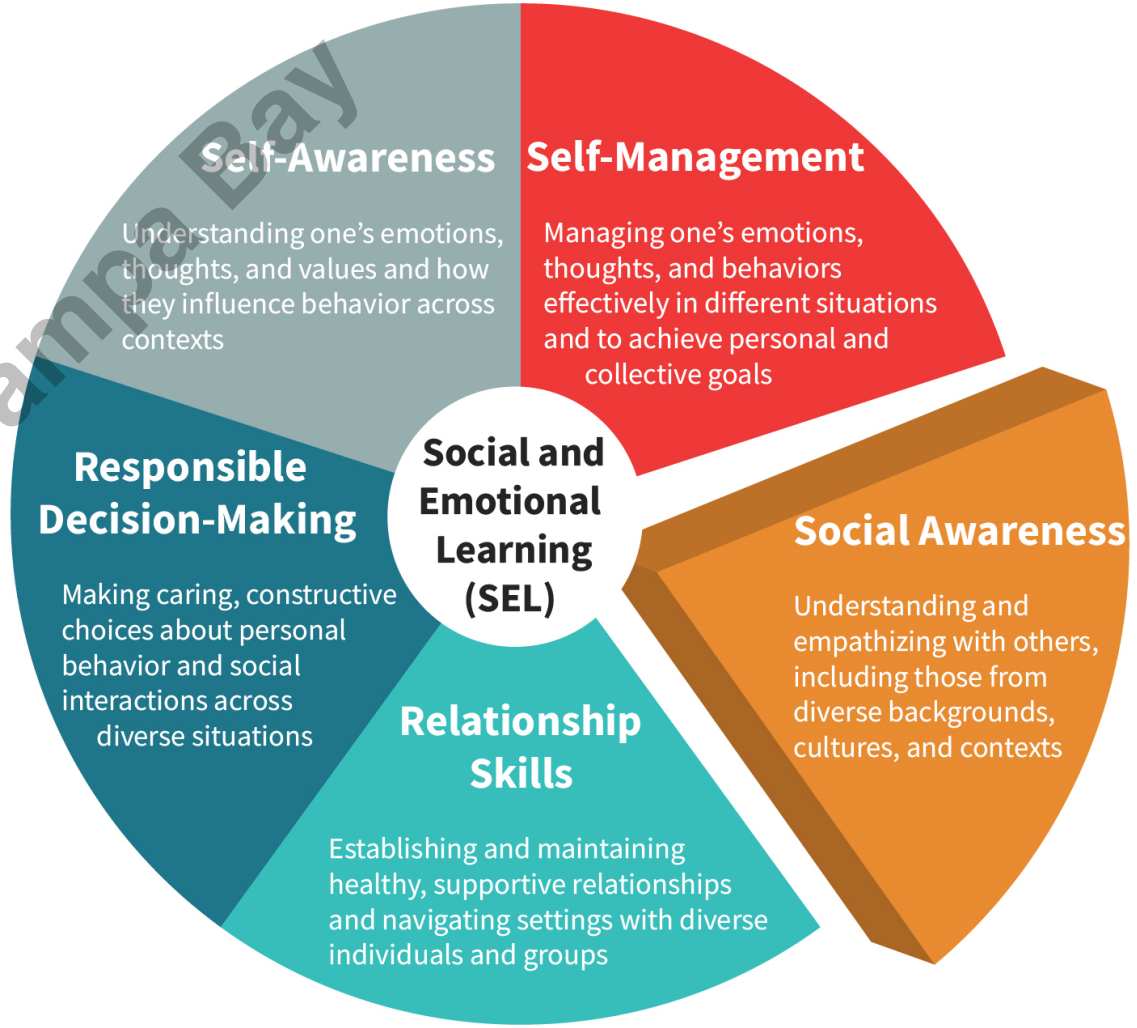
Social Awareness

- Perspective-taking as a path to empathy
- Reading physical cues
- Literature or movies as an entry point – feelings, motivations, and behaviors of characters
- Respecting and appreciating all cultures



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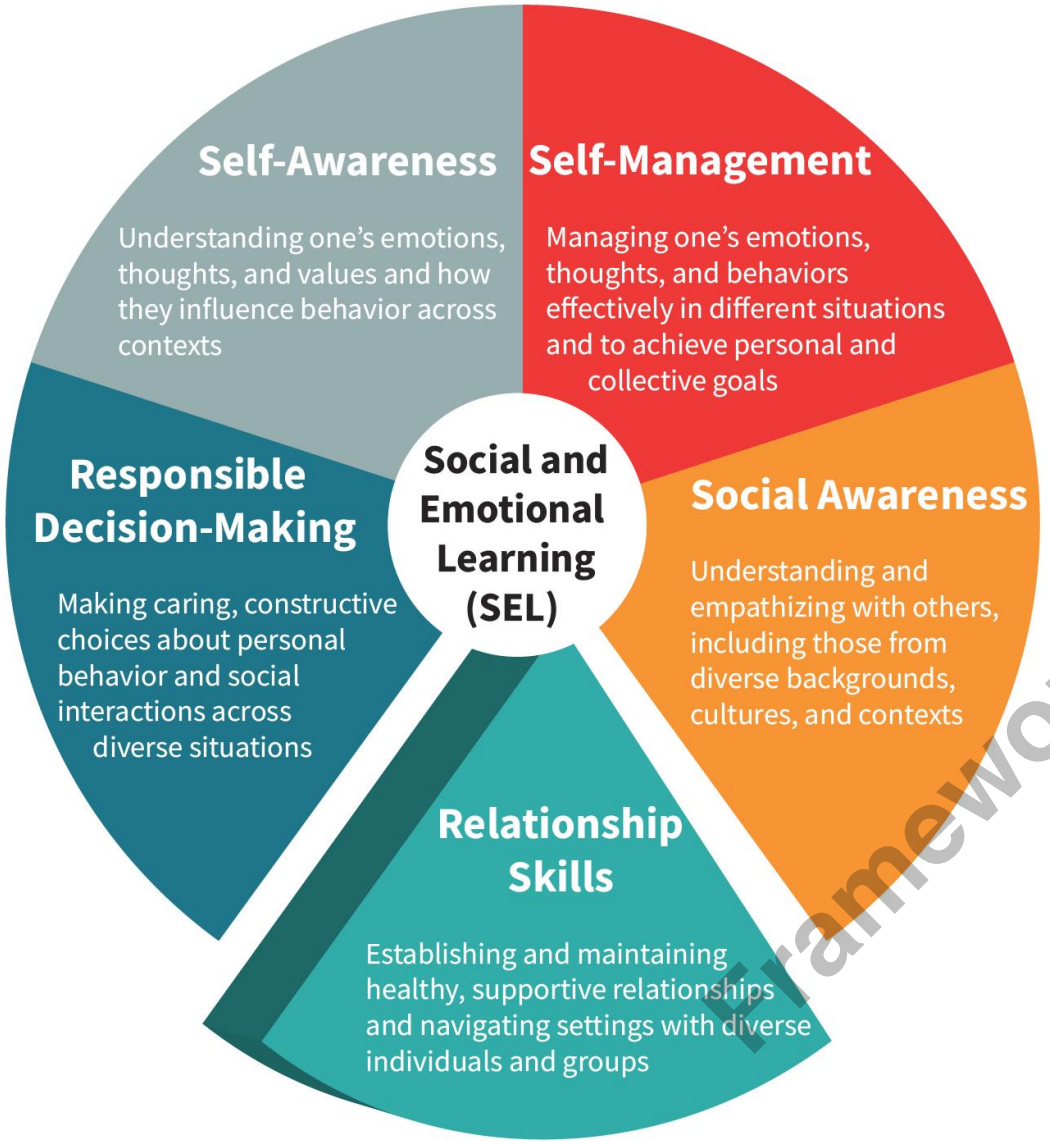
Relationship Skills



Establishing and maintaining healthy, supportive relationships and navigating settings with diverse individuals and groups

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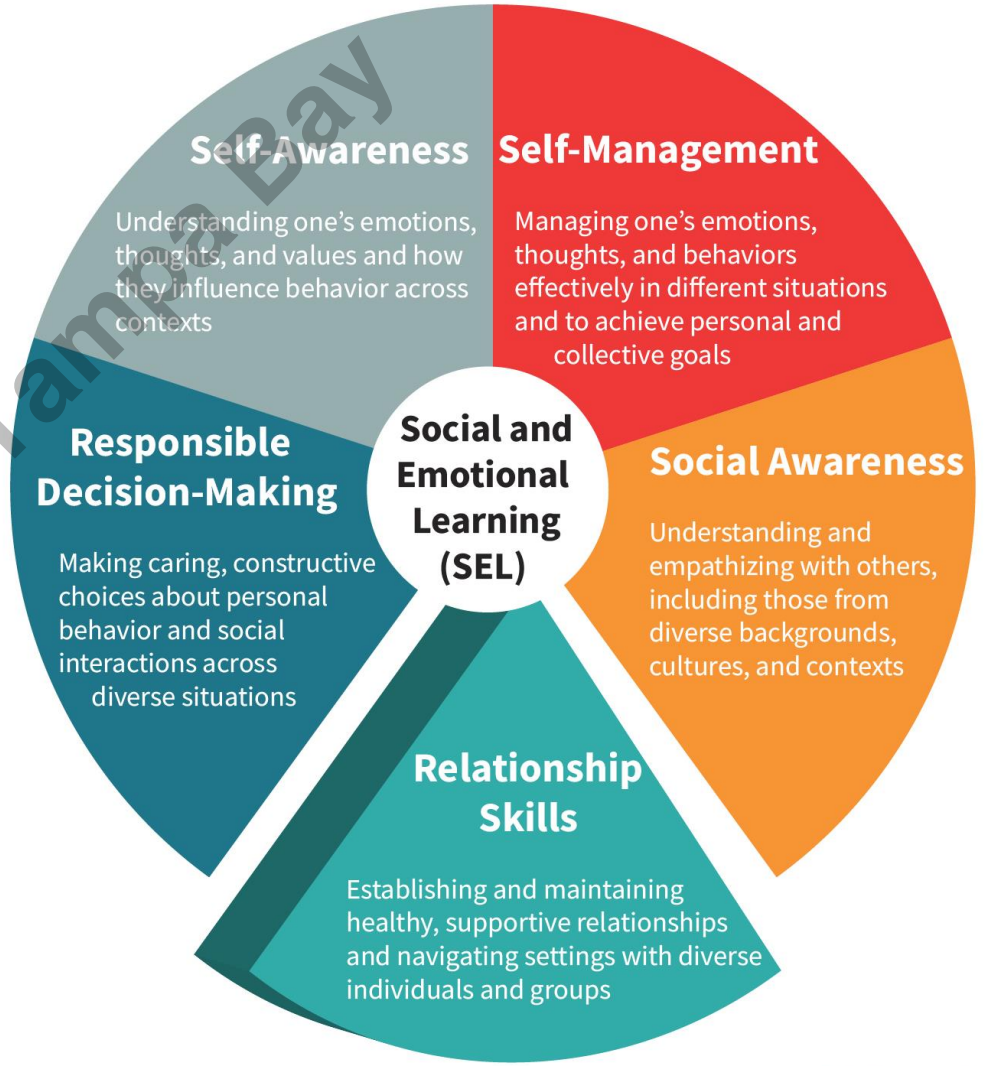
Relationship Skills

- Forming and maintaining positive relationships
- Clearly communicating and authentically listening
- Solving interpersonal conflicts productively
- Asking for and giving help
- Resisting peer pressure



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Responsible Decision-Making

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Making caring, constructive choices about personal behaviors and social interactions across diverse situations

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Responsible Decision-Making

- Goal setting
- Making choices that are positive, healthy, and safe
- Understanding that our choices affect others
- Reflecting on decisions

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Why do SEL and EQ matter for our children?

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Why are SEL and EQ important?

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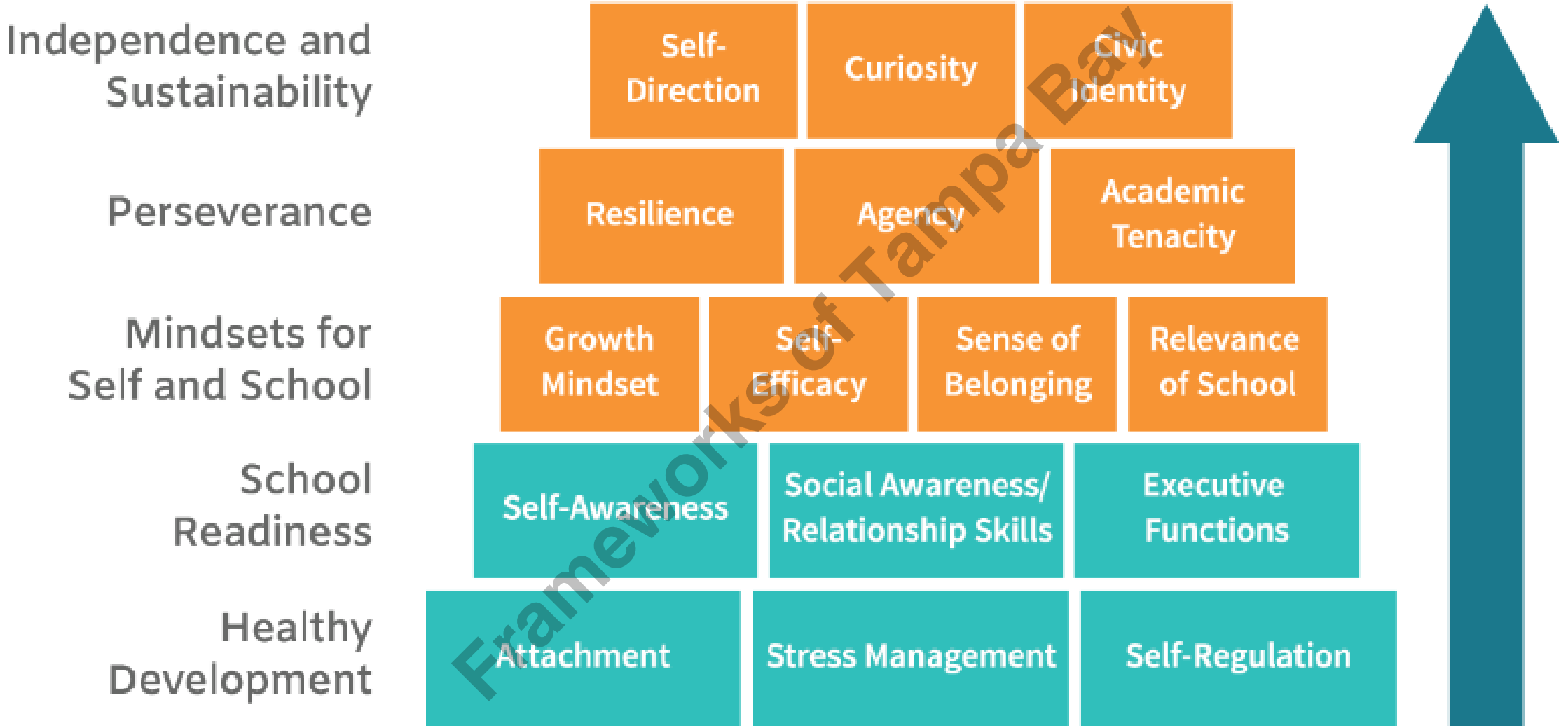
Building Blocks for Learning



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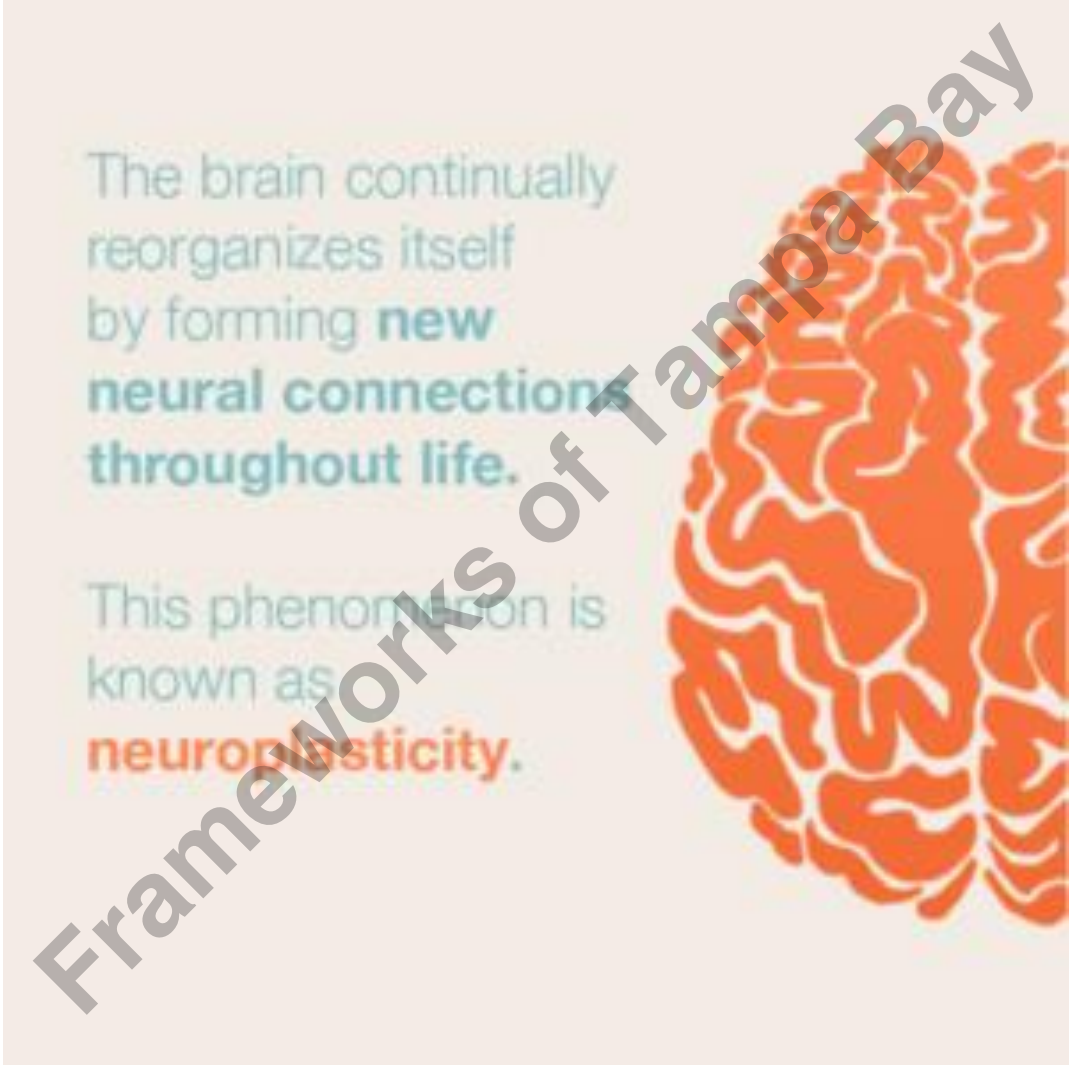
Turnaround for Children

Growing Our Brains - Neuroplasticity



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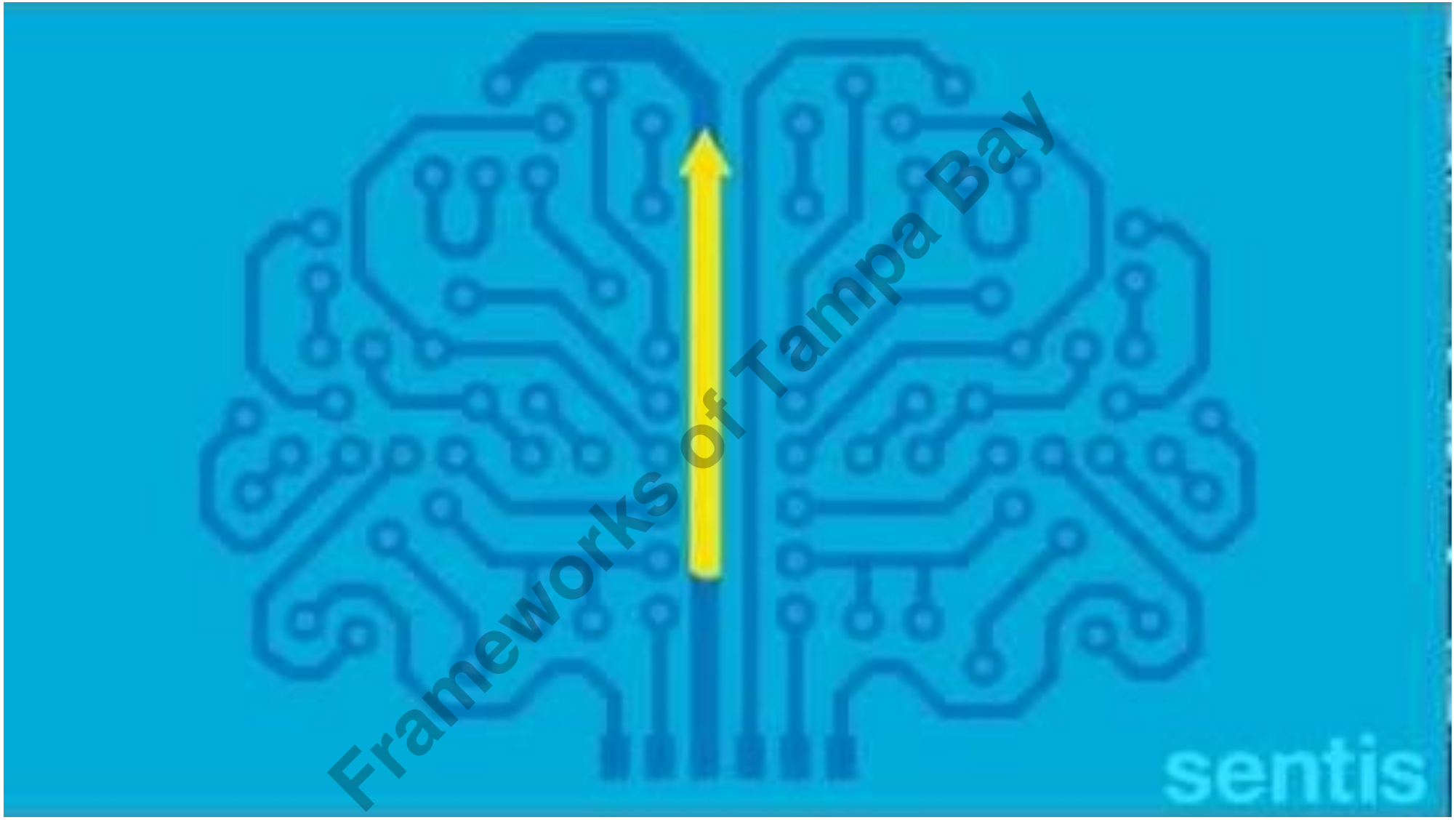
https://hopes.stanford.edu/neuroplasticity/



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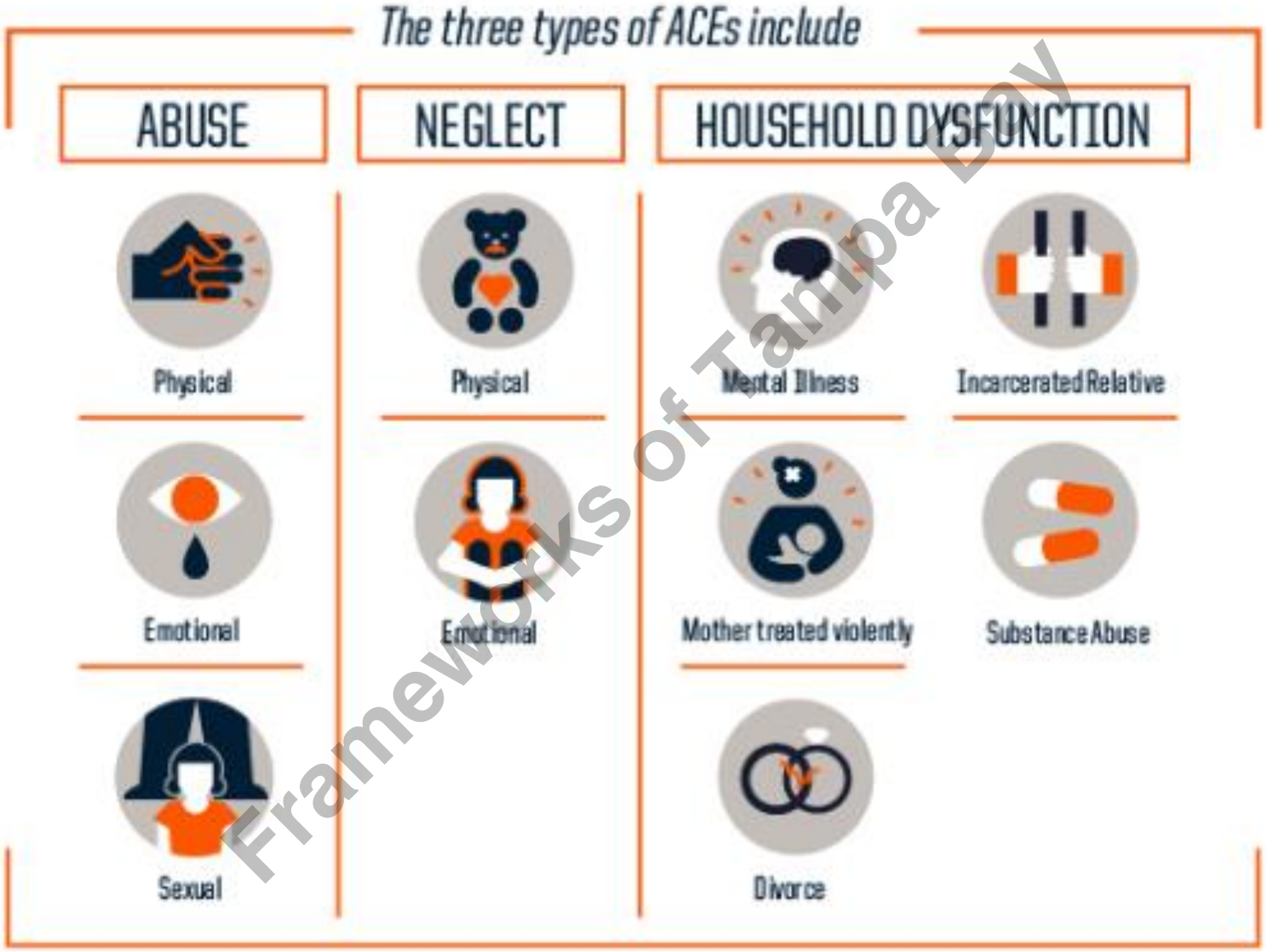
Adverse Childhood Experiences (ACEs)



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Robert Wood Johnson Foundation

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“If your emotional abilities aren't in hand, if you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far.”

- Daniel Goleman

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SEL Outcomes

- Academic achievement
- Graduation rates
- Self-awareness
- Self-management
- Social awareness
- Relationship skills
- Responsible decision-making
- Sense of belonging
- Mental health

- Emotional distress
- Harmful risk-taking
- Disruptive behavior
- Incarceration rates
- Substance abuse
- Unemployment

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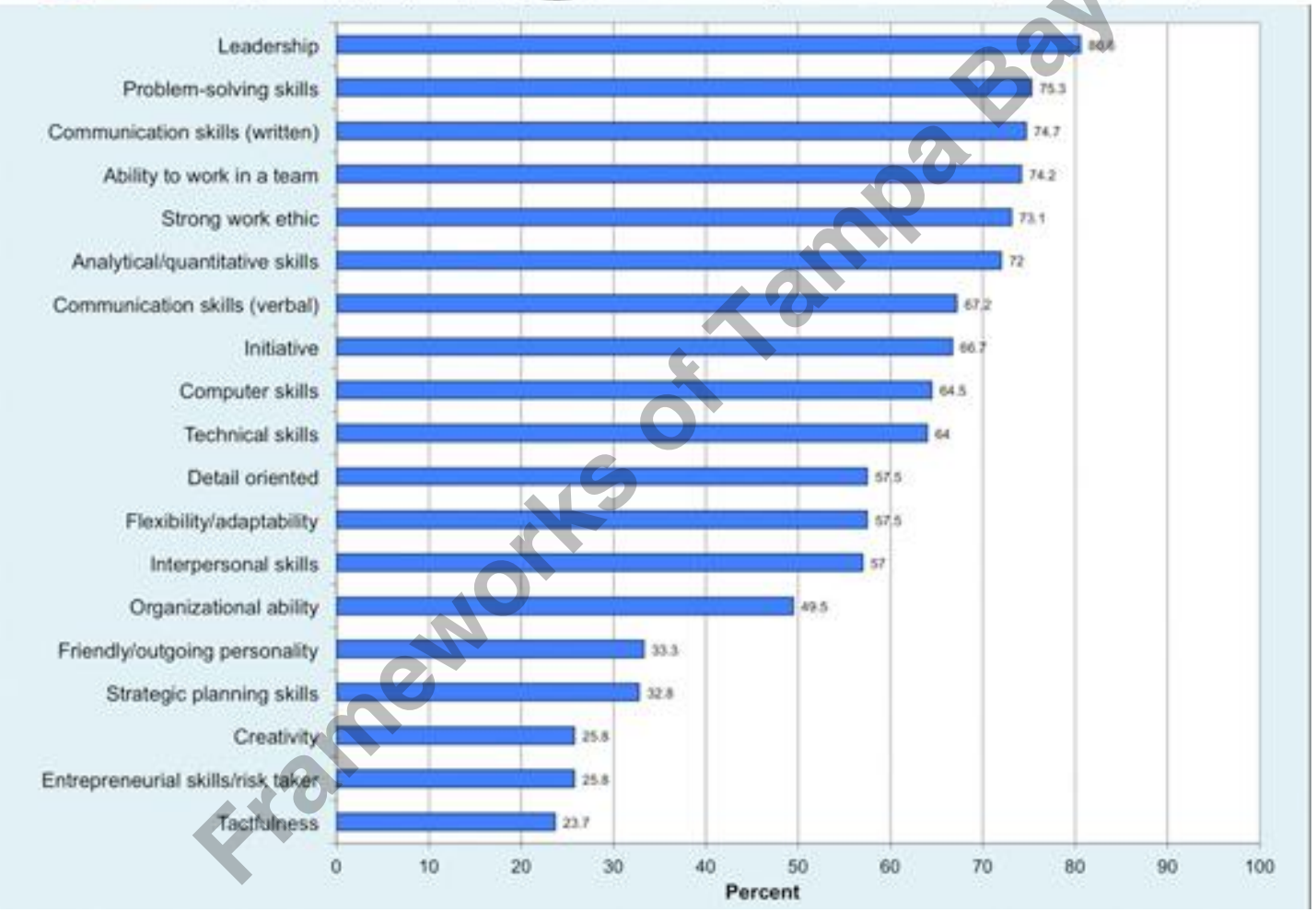
Durlak et al., 2011 and Taylor et al., 2017

2017 NACE Top Skills by Employers



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National Association of Colleges & Employers

How can we build our children's EQ?

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Build Your EQ

- ❑ Schedule intentional downtime
- ❑ Reflect regularly and systematically
- ❑ Be present – turn off your screens and connect
- ❑ Pay attention to facial expressions and body language
- ❑ Recognize and celebrate children as individuals
- ❑ Show your children appreciation
- ❑ Be approachable – have open lines of communication
- ❑ Admit when you are wrong
- ❑ Model positively handling pressure – coping mechanisms, support systems
- ❑ Intentionally practice empathy

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Talk About Your Emotions With Your Child

- EQ develops over time
- Lean on people for whom EQ comes naturally
- If you're confident, offer support
- Start with your own EQ

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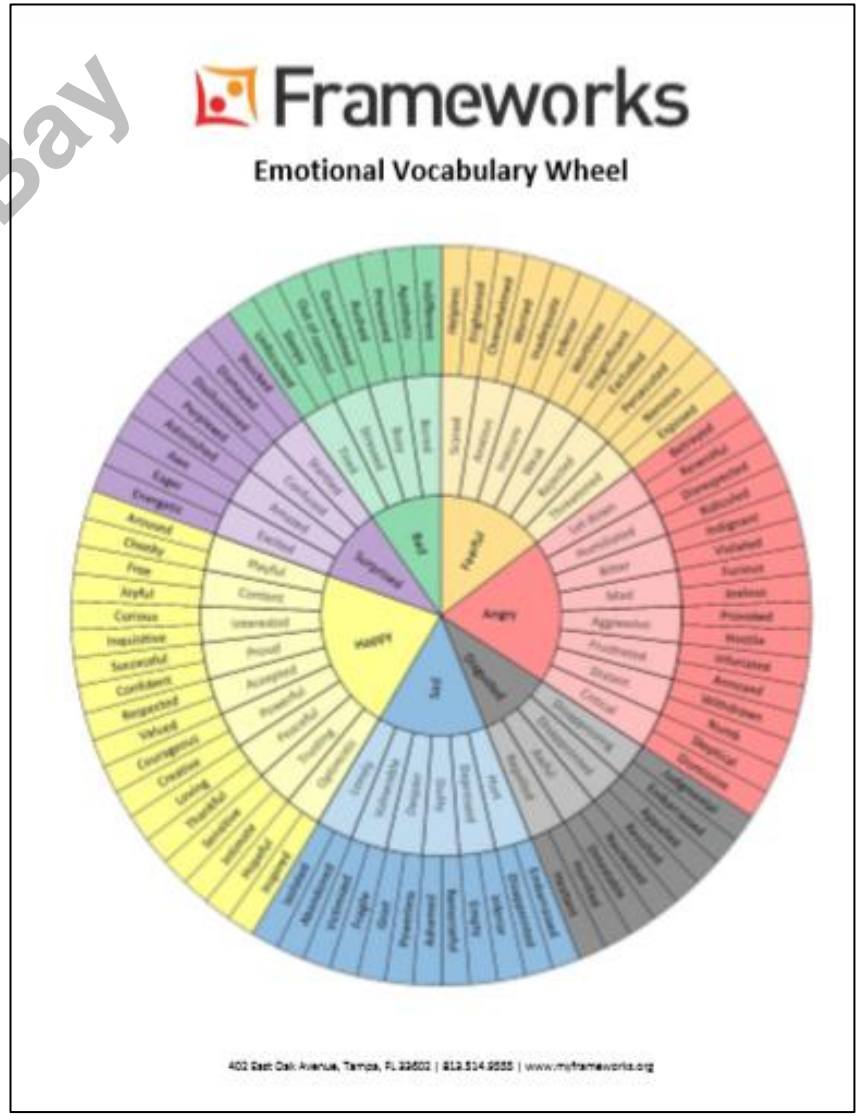
Help Your Child Build Emotional Vocabulary

- Share the emotional vocabulary wheel with your child and use it in discussions
- Use specific terms to identify their feelings about life events
- Discuss characters' feelings in books and movies
- Model using rich, specific emotional vocabulary



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Deepen Your Conversations

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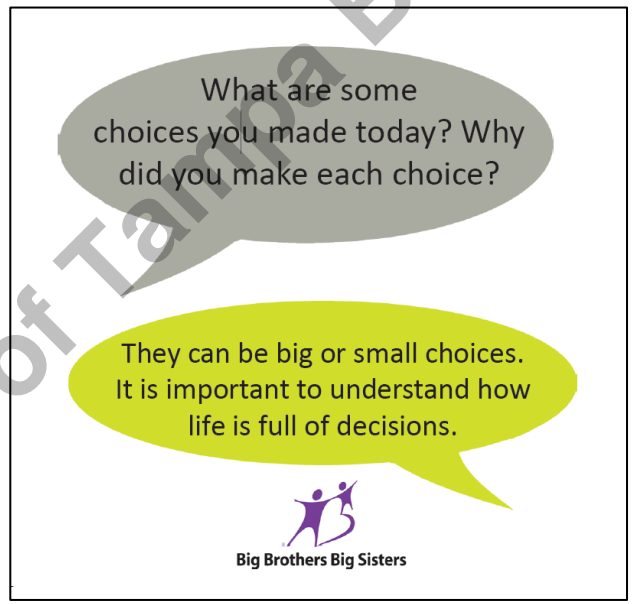
Big Brothers Big Sisters. OF TAMPA BAY

http://myframeworks.org/conversation-cards/

Examples



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Stay In the Know about SEL

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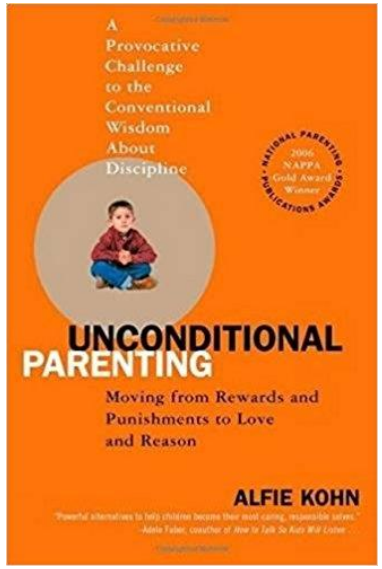
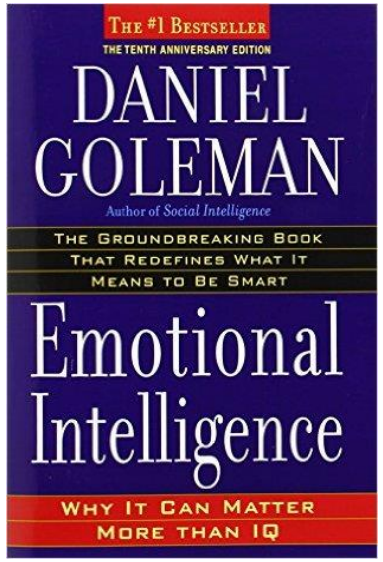
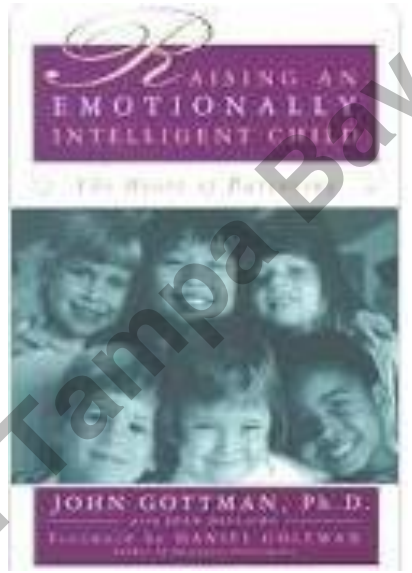
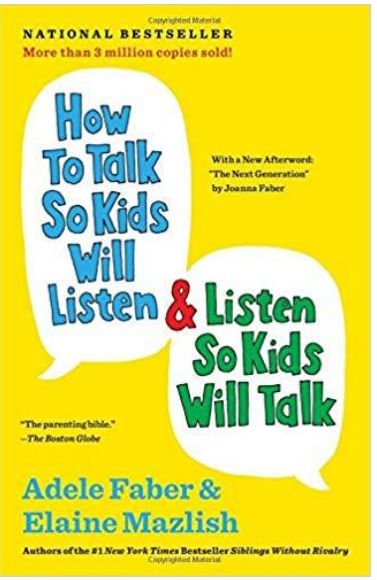
myframeworks.org

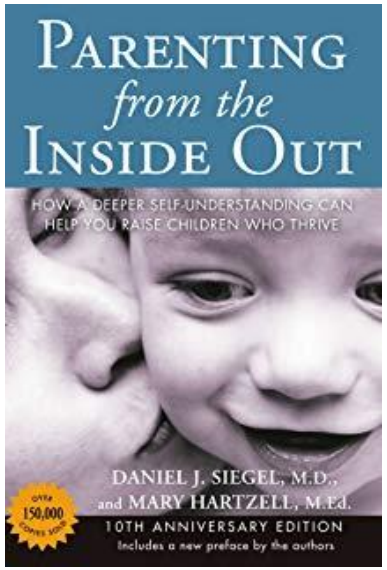
Suggested Reading

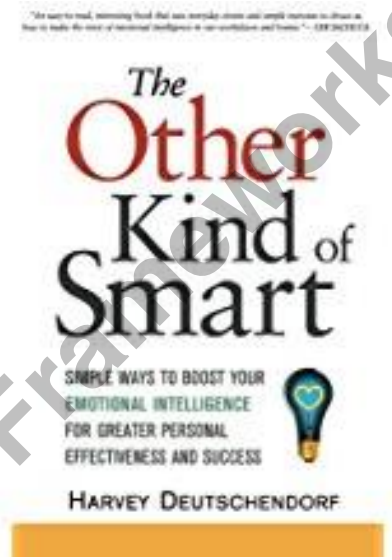


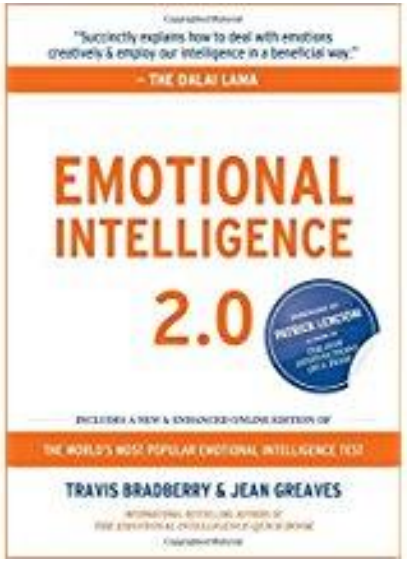


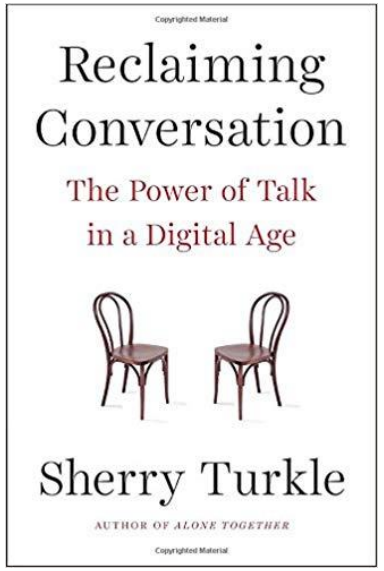












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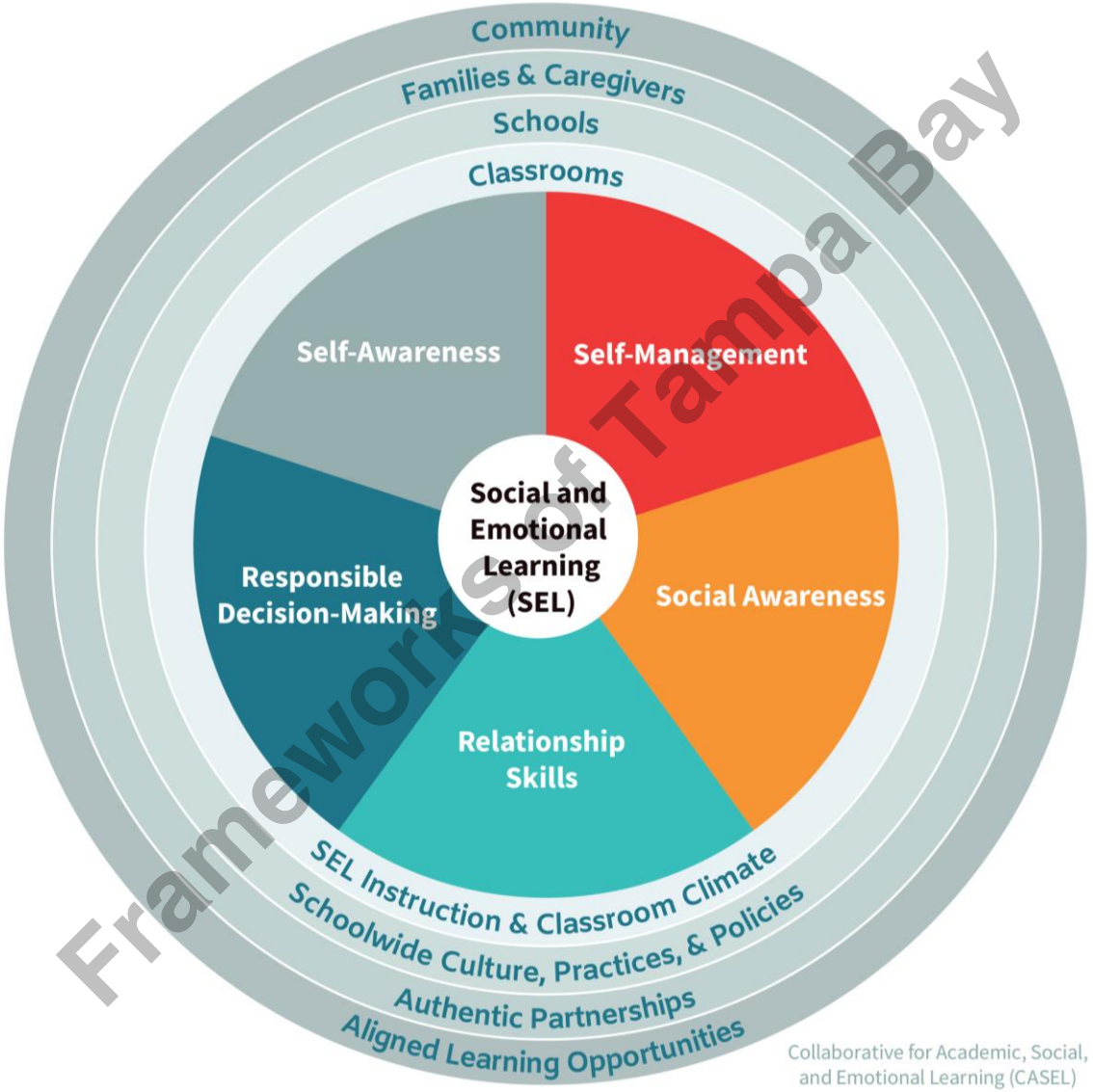
Know that SEL Takes a Village



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Reflection on Objectives

- Define social and emotional learning (SEL) and emotional intelligence (EQ)
- Explore the benefits of SEL and EQ
- Gain tools and strategies to help build our children's SEL and EQ skills

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Thank You!

Feedback Survey:
Complete using the Survey Monkey link!

English: www.surveymonkey.com/r/P555BBT

Spanish: www.surveymonkey.com/r/6KFZPCN

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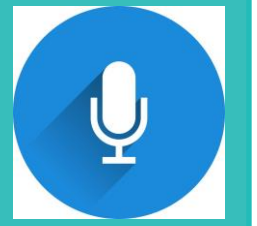
Goal Setting

What's is one strategy we've discussed today that you want to try at home?



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Q&A

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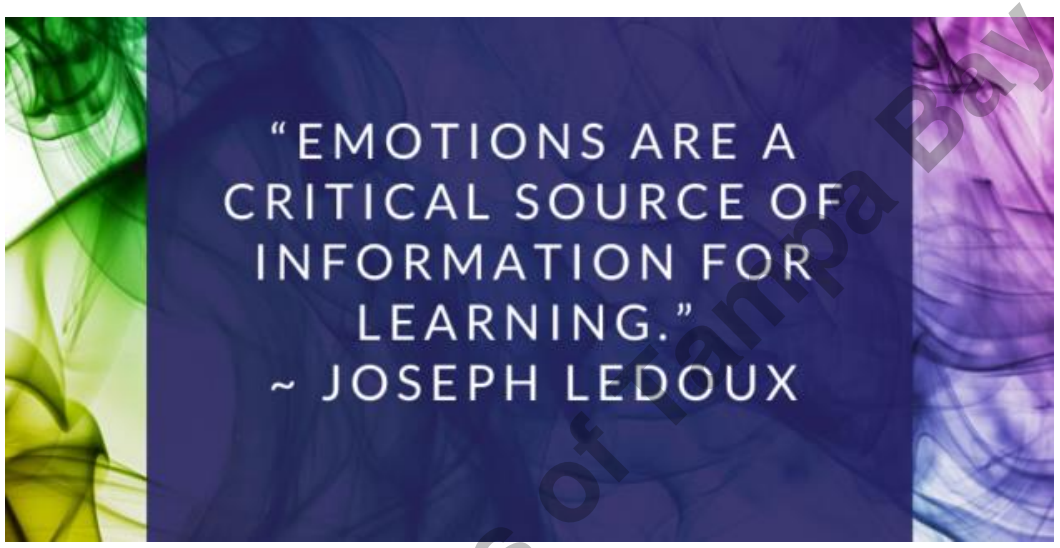
Thank You!



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