

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



**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

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)

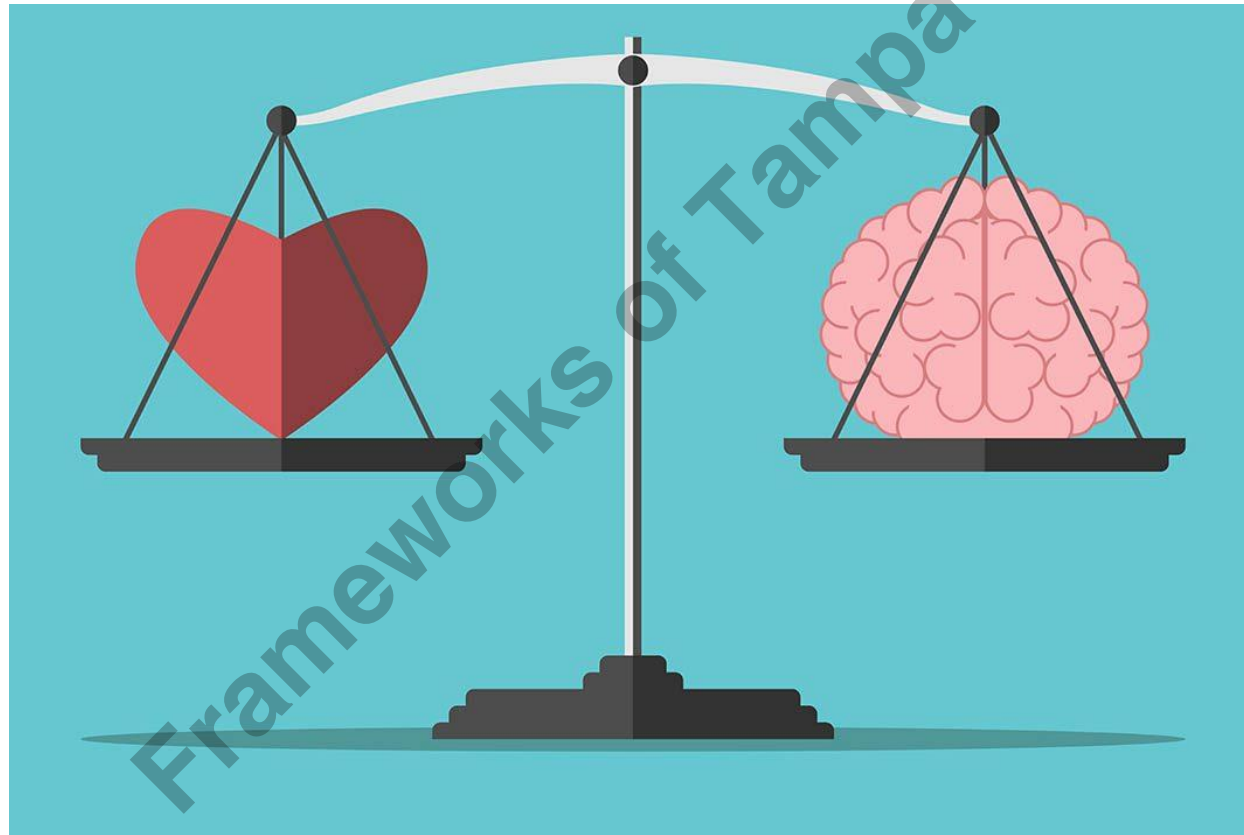
How comfortable are you with your knowledge of emotional intelligence?



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

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



Definition of Emotional Intelligence

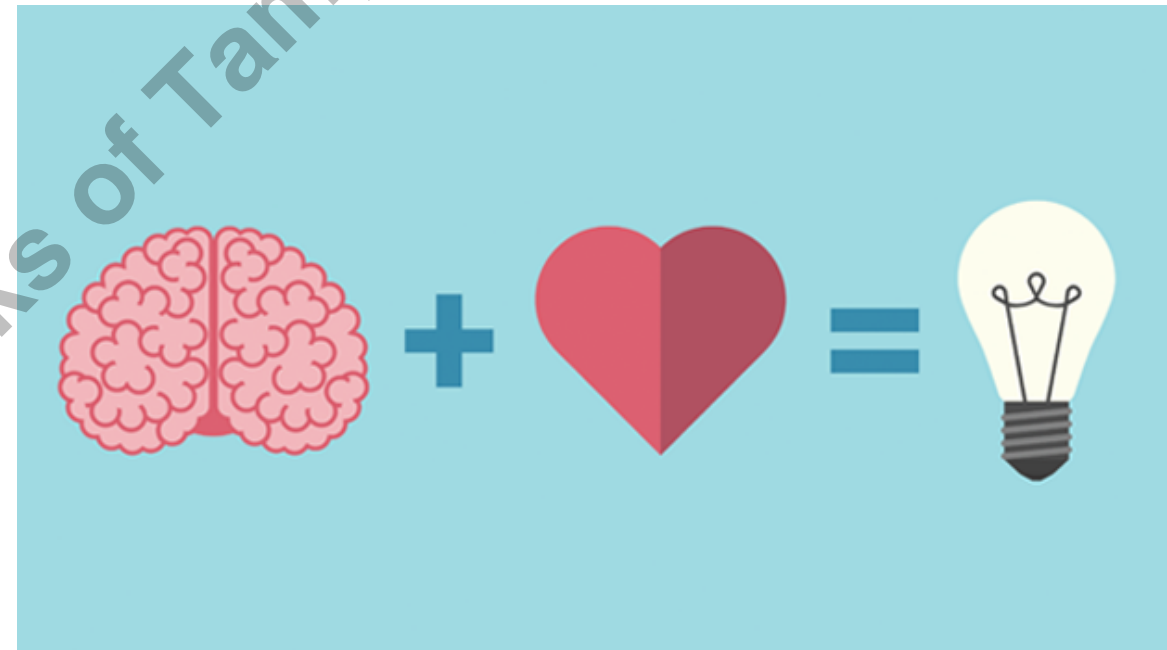
Emotional Intelligence (EQ) is the ability to **perceive and express** emotions, **assimilate** emotions in thought, **understand and reason with** emotions, and **regulate** emotion in the **self and others**.

This includes:

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

Goleman (1995)

Mayer, Salovey, & Caruso (2000)



Emotional Intelligence (EQ)

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



Collaborative for Academic, Social, and Emotional Learning (CASEL)



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.**



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.**

Self-Awareness



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

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



Self-Management

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

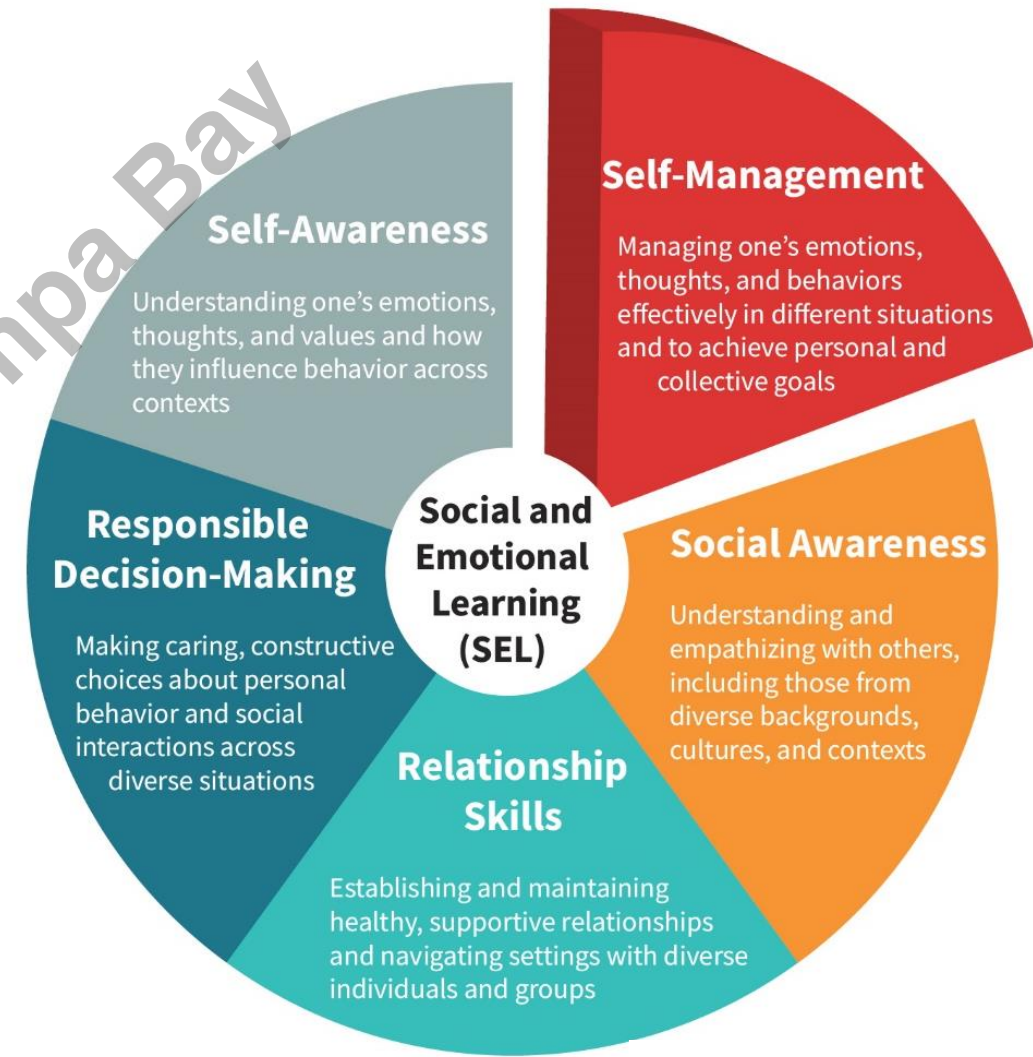


What are some strategies you personally use to manage your emotions and respond in constructive ways?

Collaborative for Academic, Social, and Emotional Learning (CASEL)

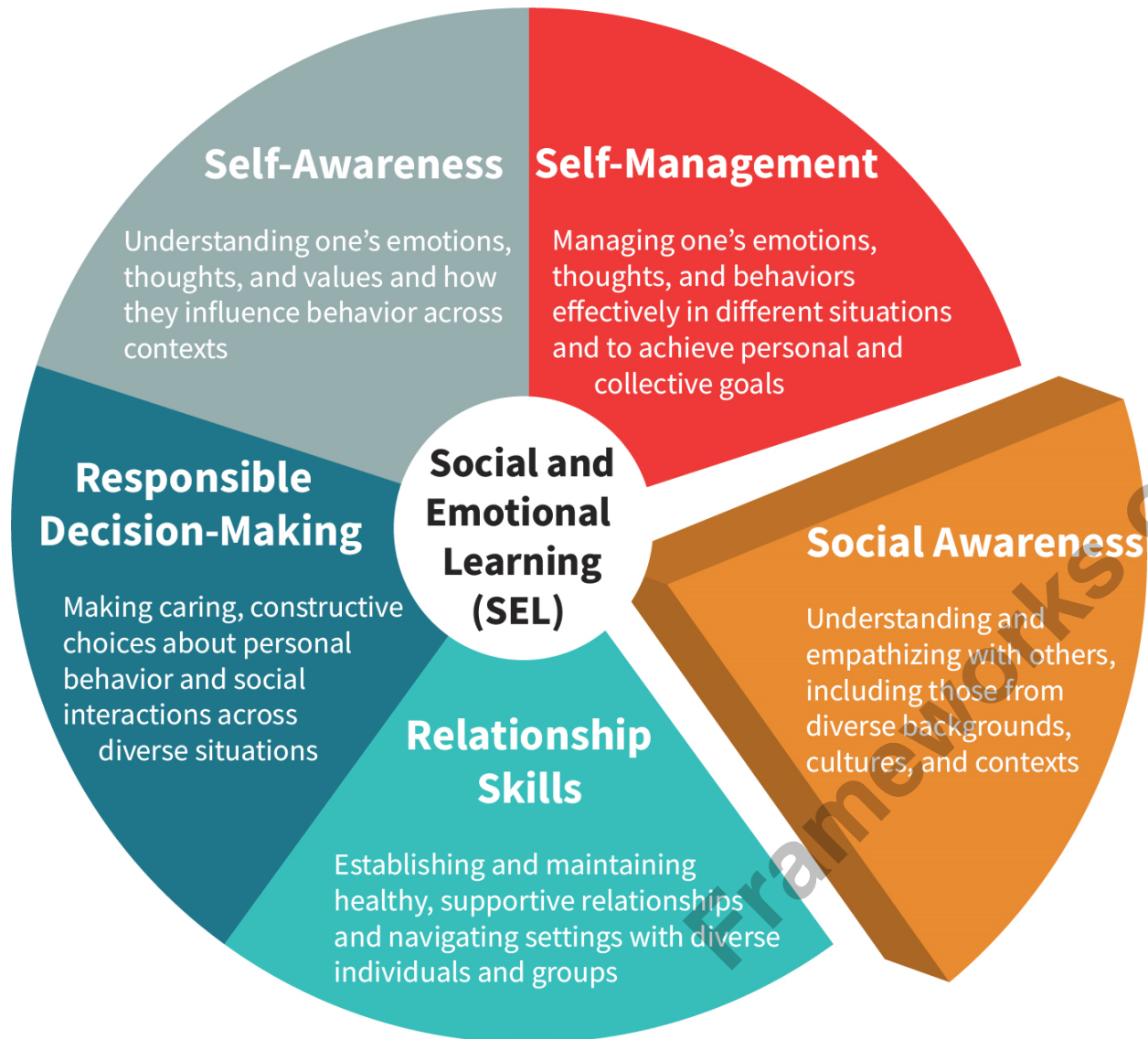
Self-Management

- 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



Collaborative for Academic, Social, and Emotional Learning (CASEL)

Social Awareness

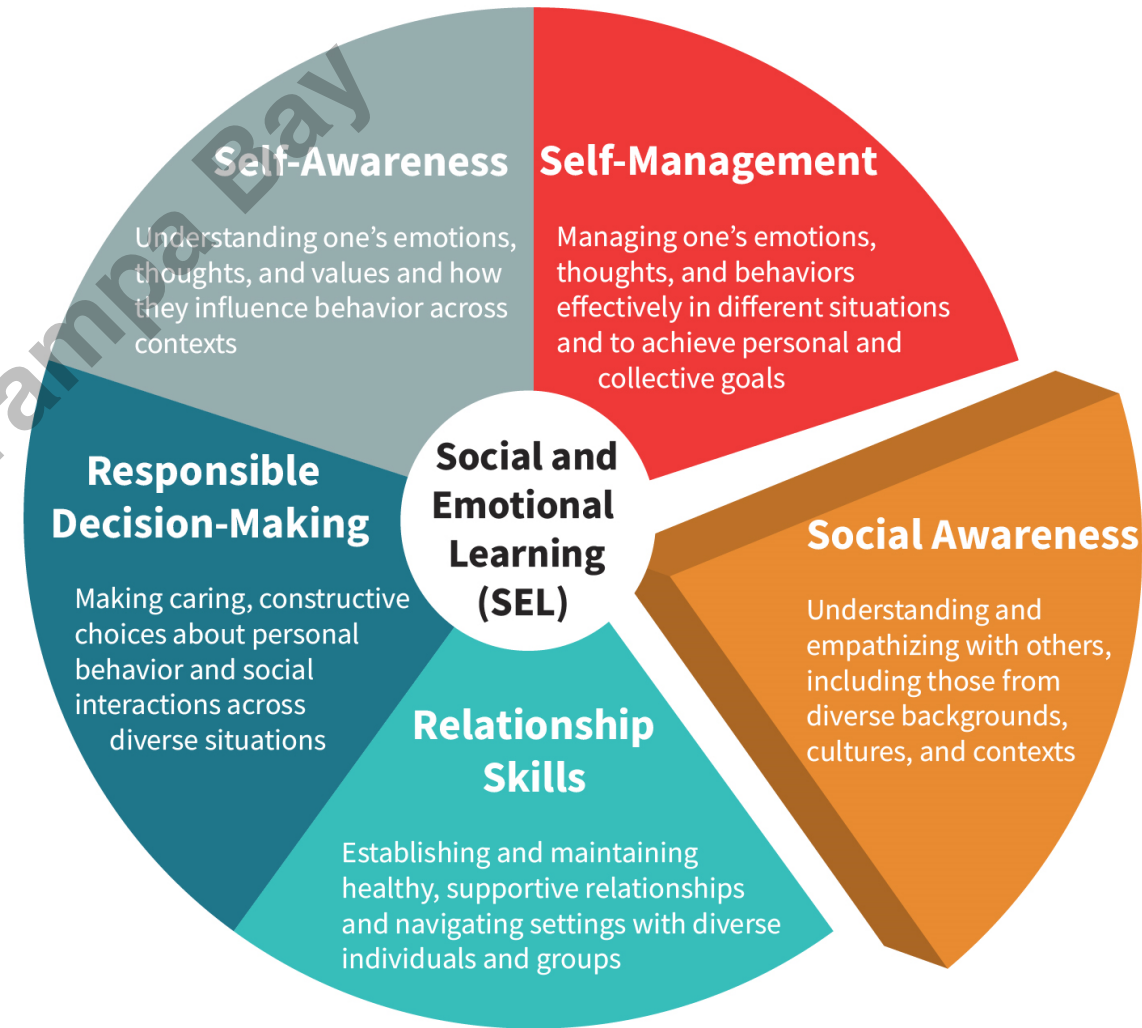


Understanding and empathizing with others, including those from diverse backgrounds, culture, and contexts

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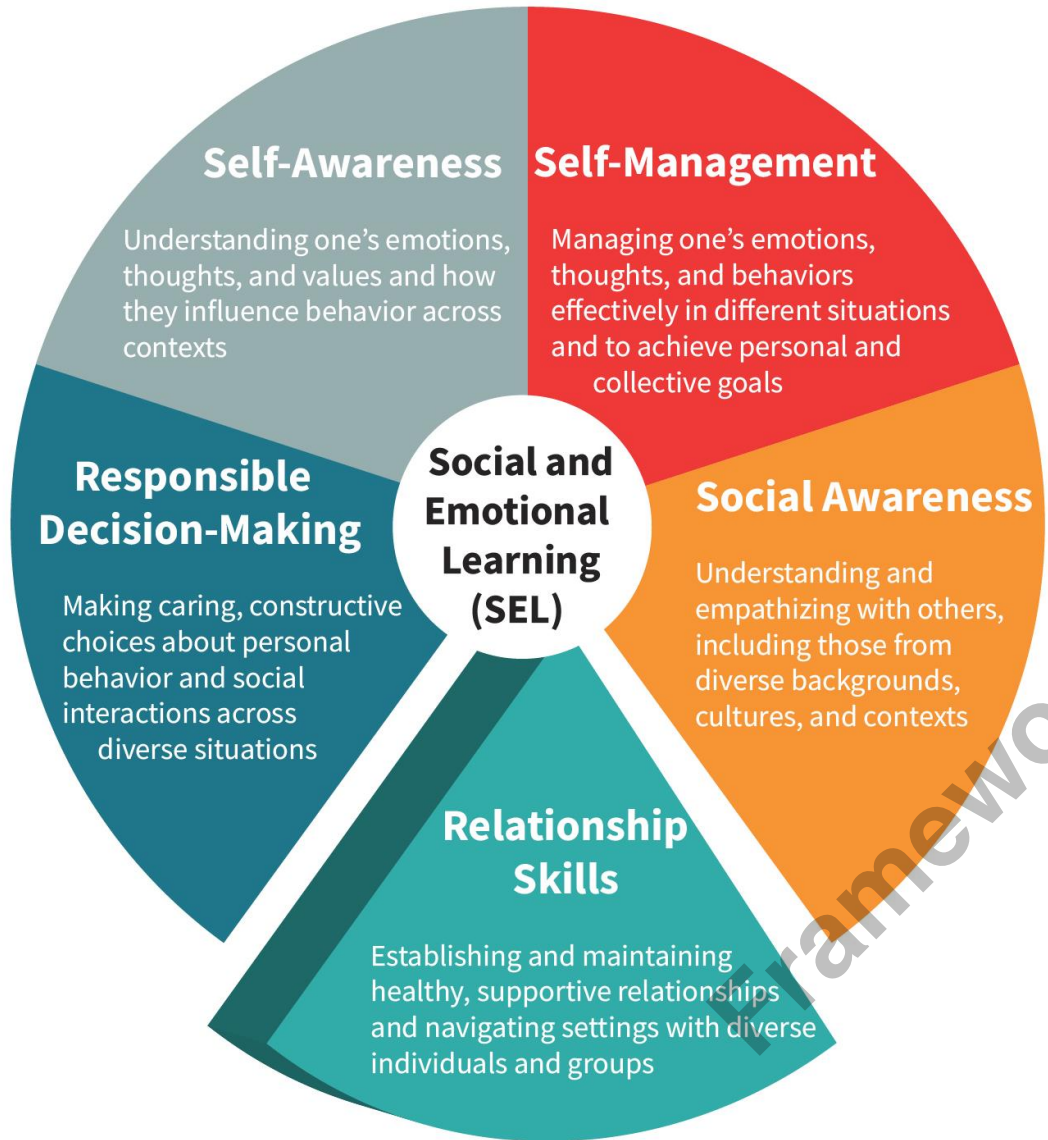
Social Awareness

- 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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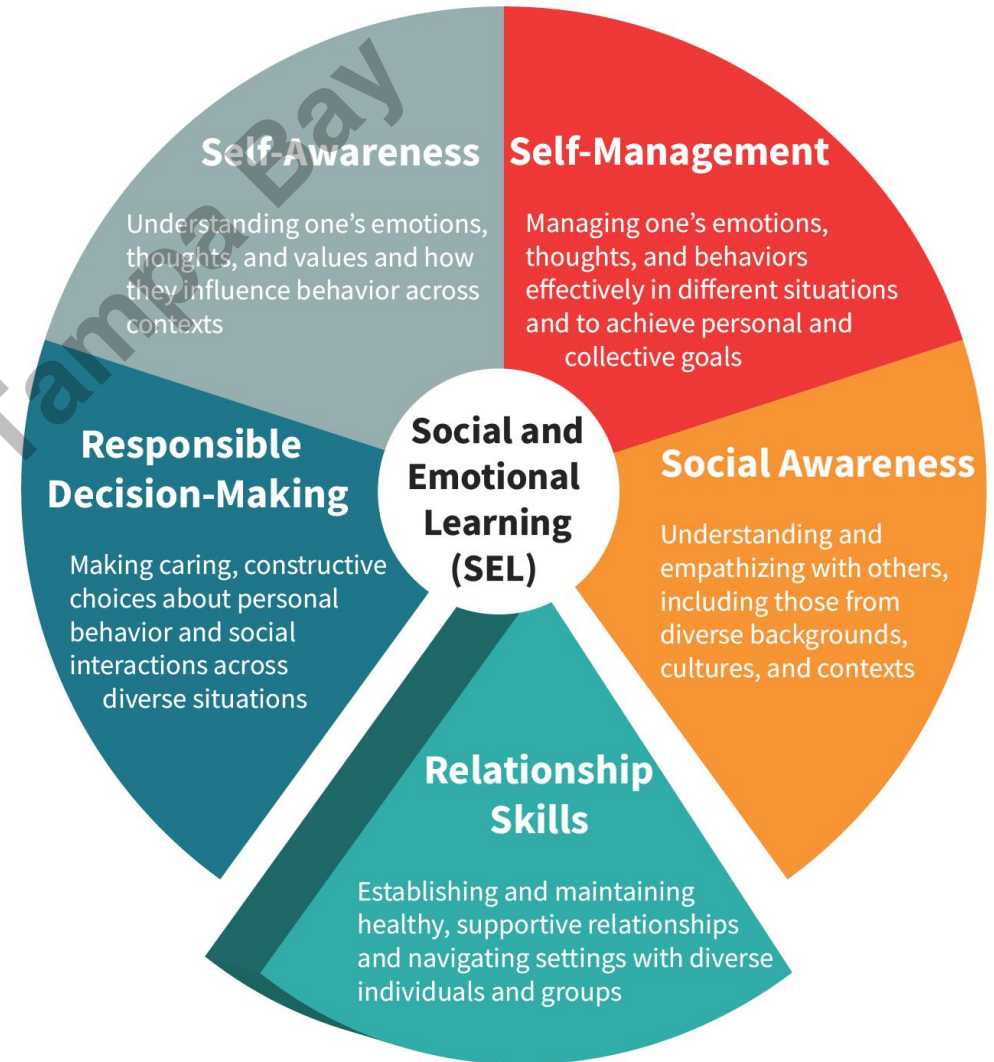
Relationship Skills



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

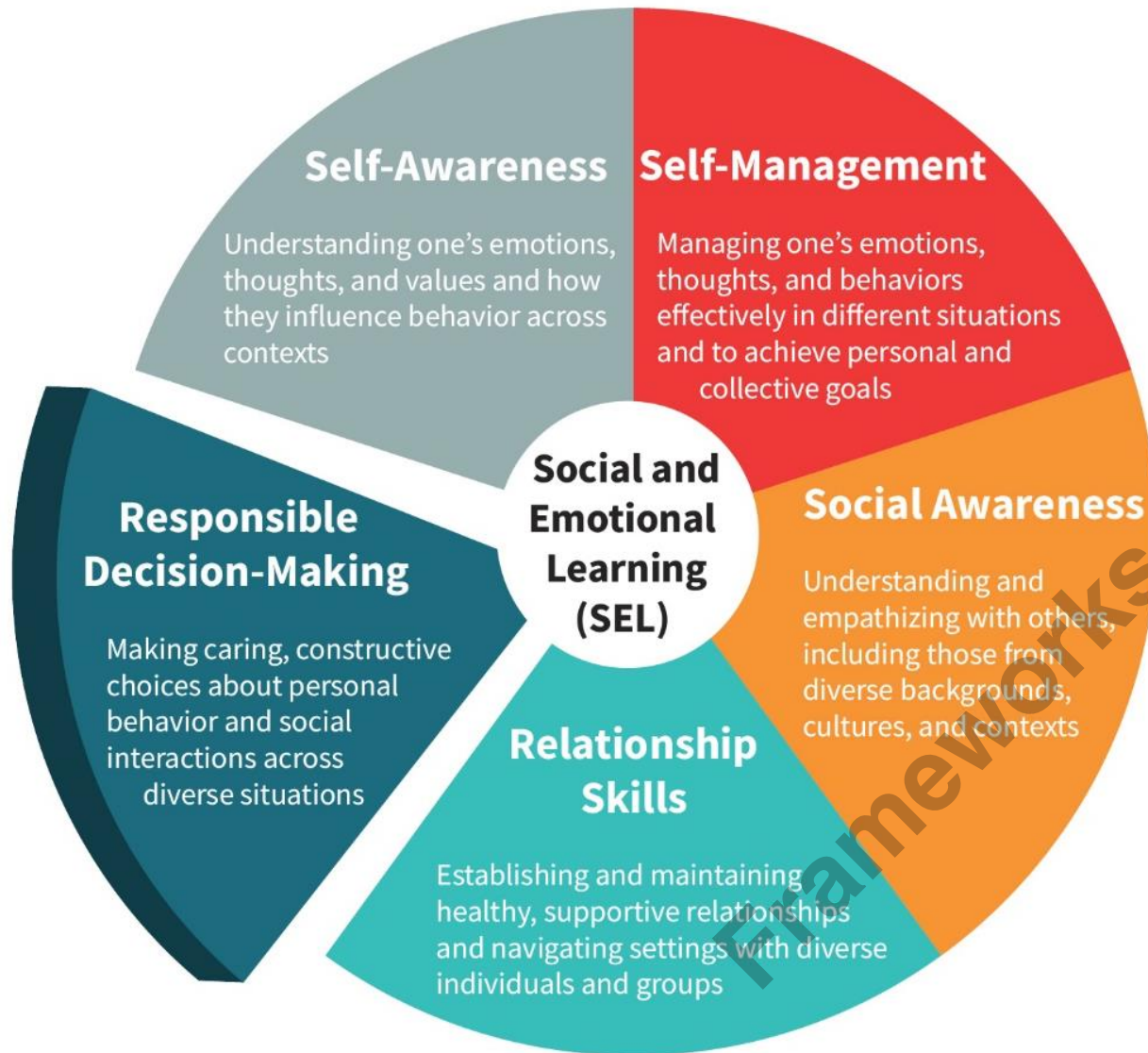
Relationship Skills

- 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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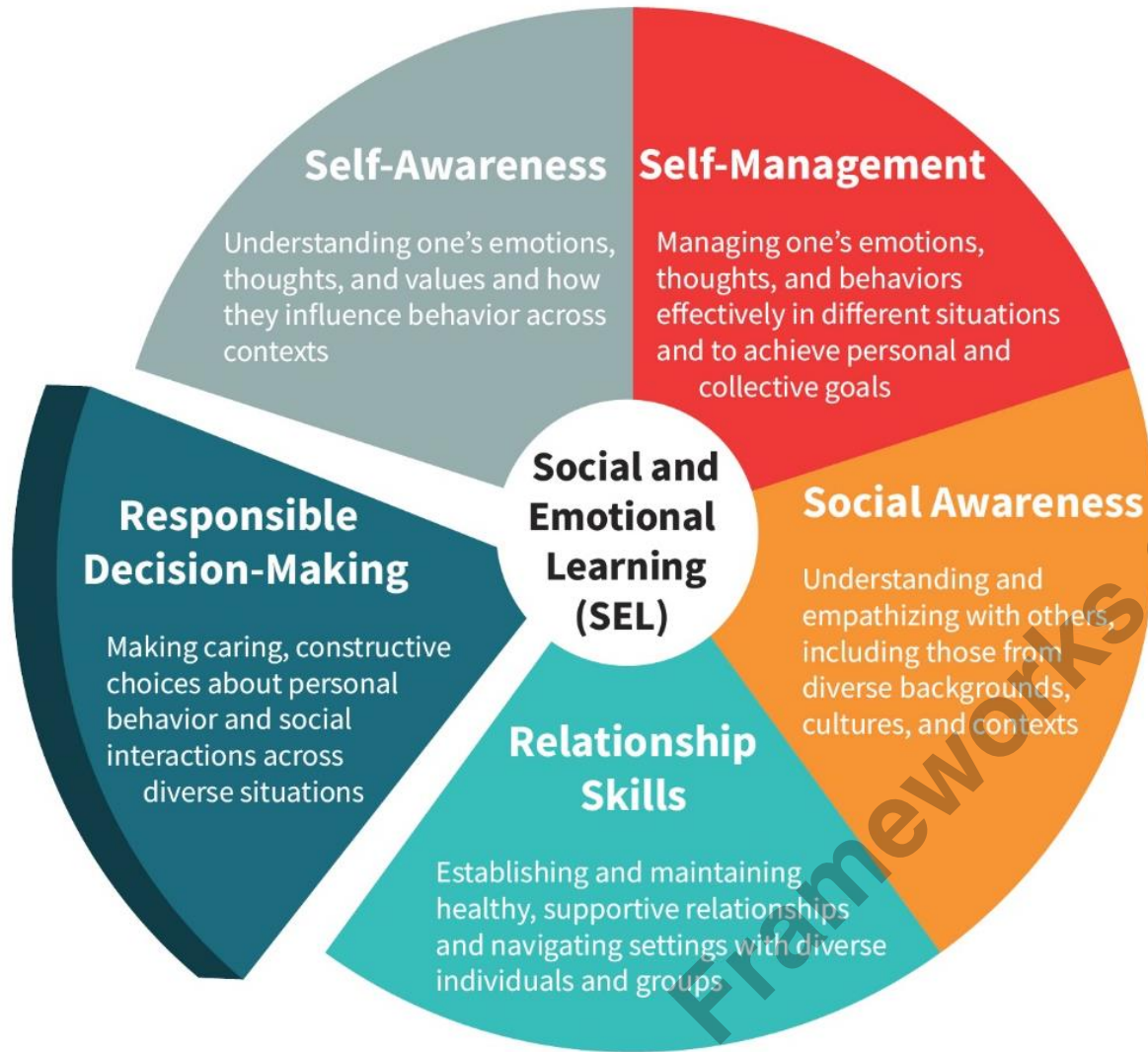
Responsible Decision-Making



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



Why do SEL and EQ matter for our children?

Frameworks of Tampa Bay

Why are SEL and EQ important?



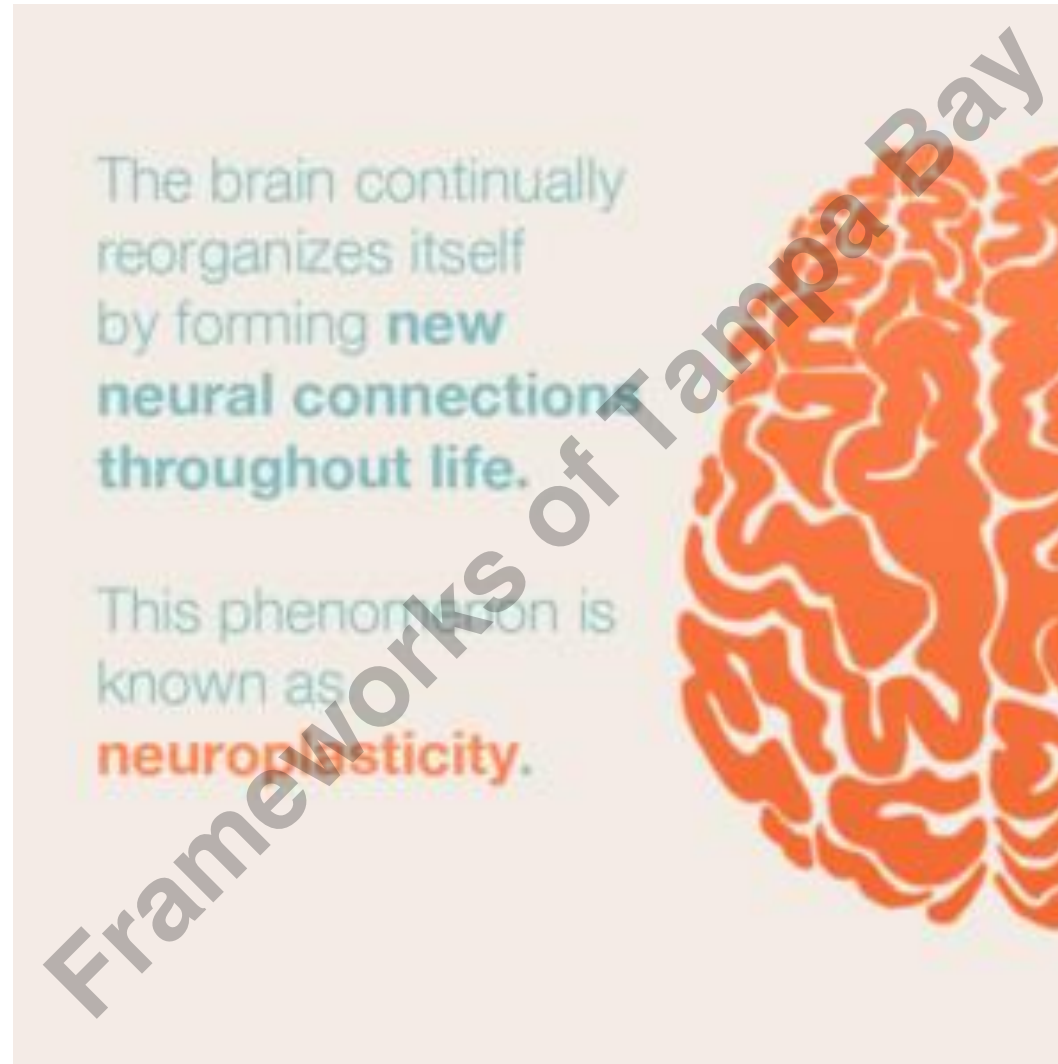
Photo license [CC BY-SA-1](#)

Building Blocks for Learning

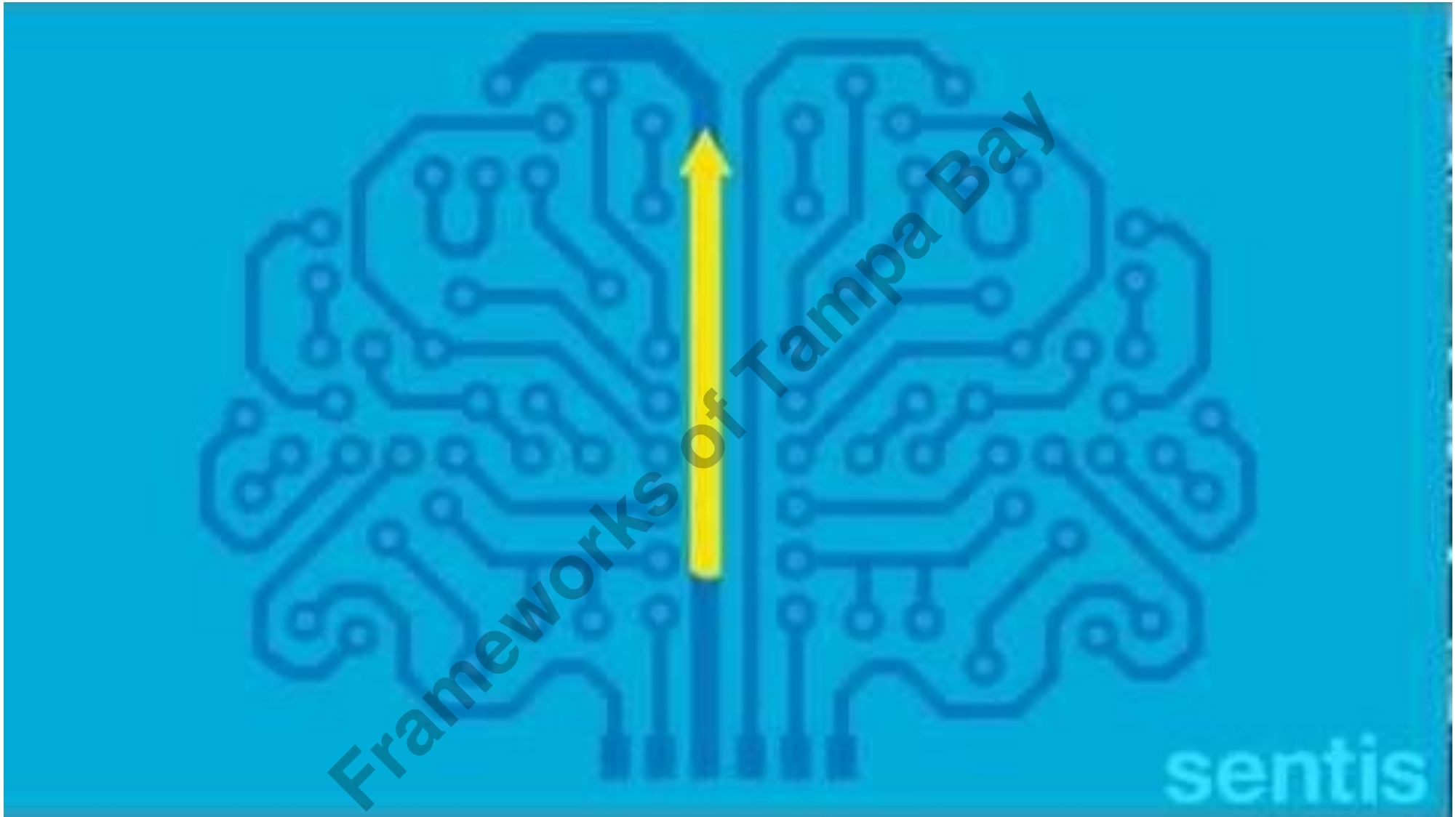


Turnaround for Children

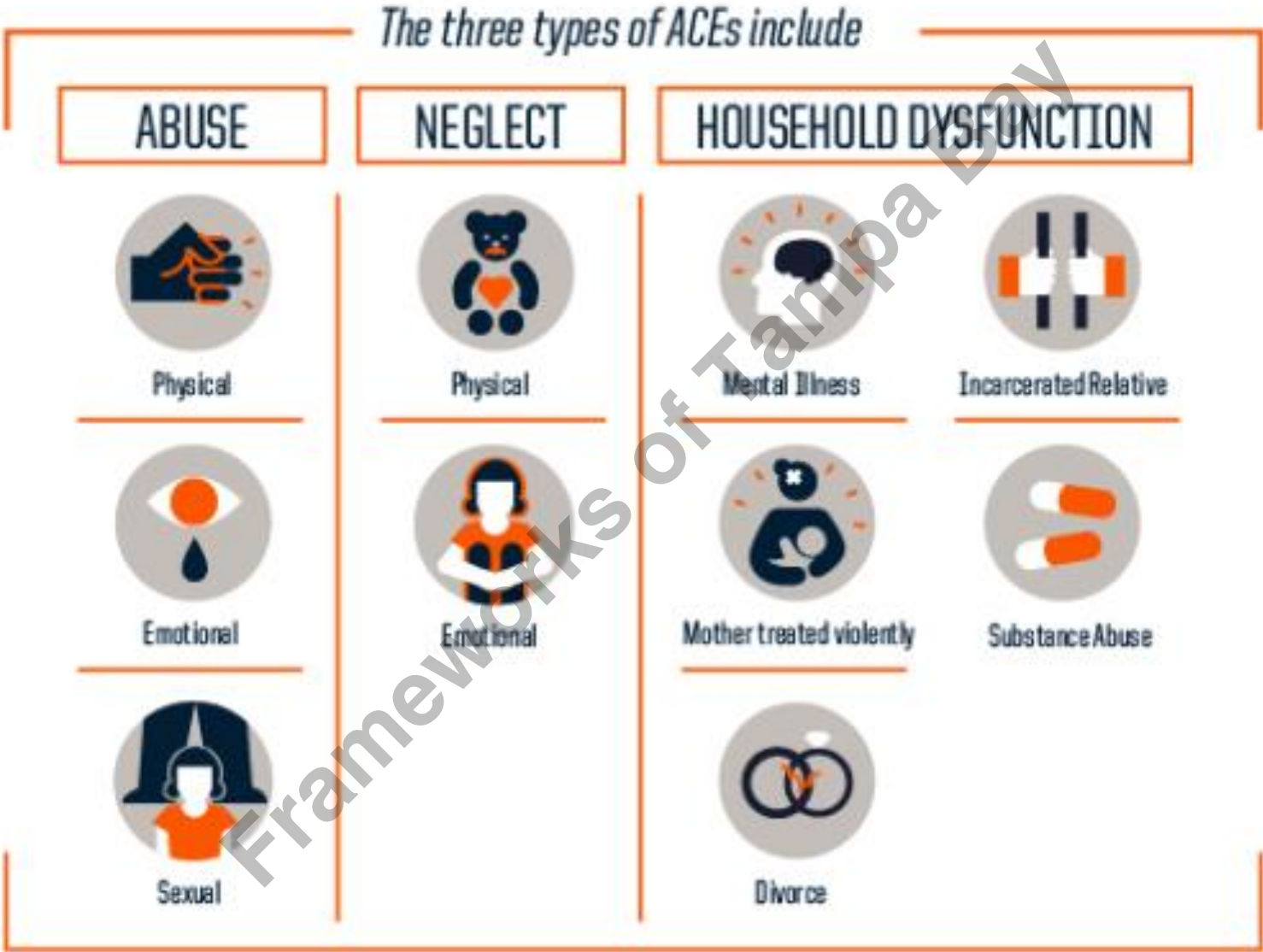
Growing Our Brains - Neuroplasticity



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



Adverse Childhood Experiences (ACEs)



Robert Wood Johnson Foundation



“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

SEL Outcomes



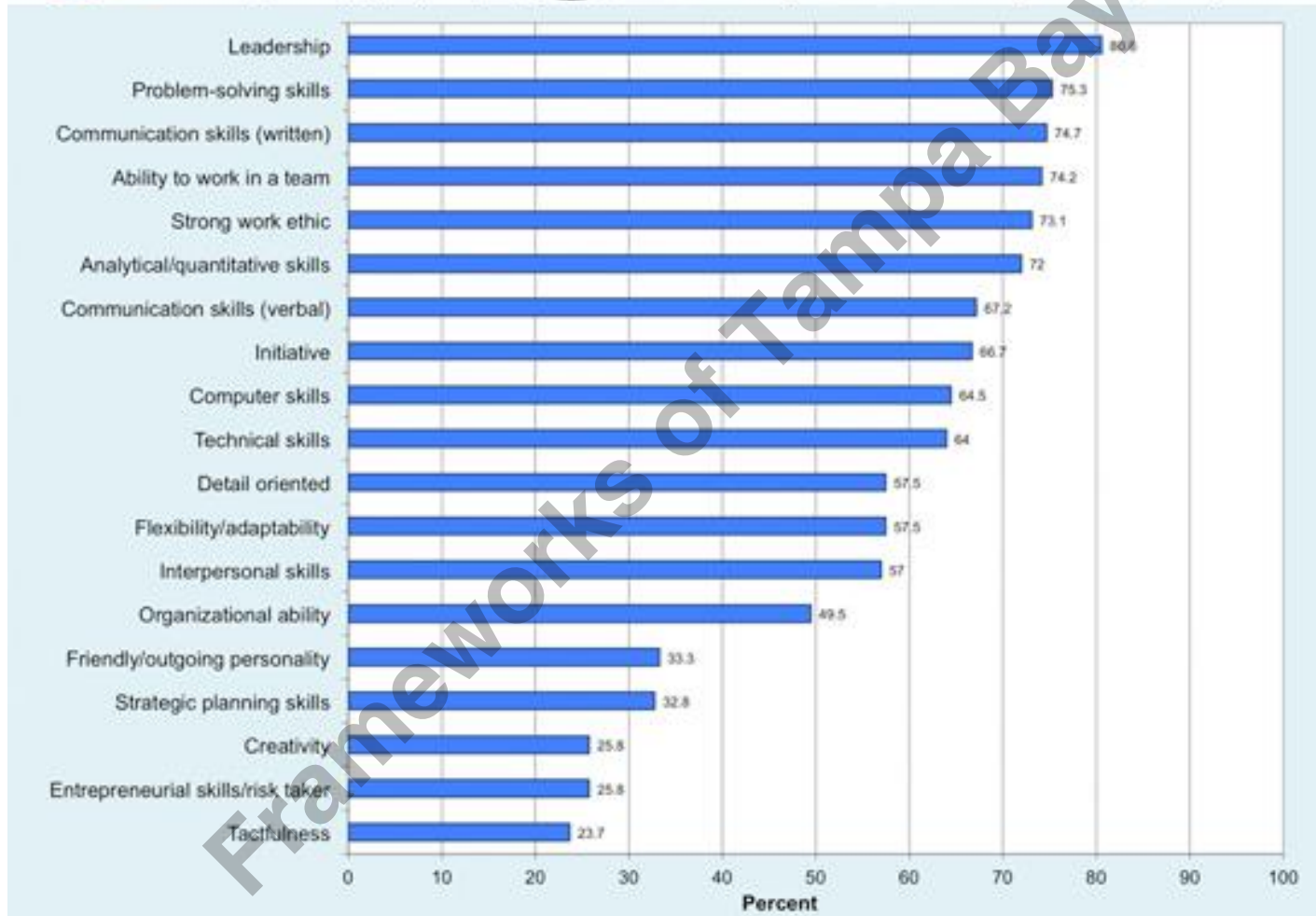
Academic achievement
Graduation rates
Self-awareness
Self-management
Social awareness
Relationship skills
Responsible decision-making
Sense of belonging
Mental health



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

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

2017 NACE Top Skills by Employers



National Association of Colleges & Employers

How can we
build our
children's EQ?

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

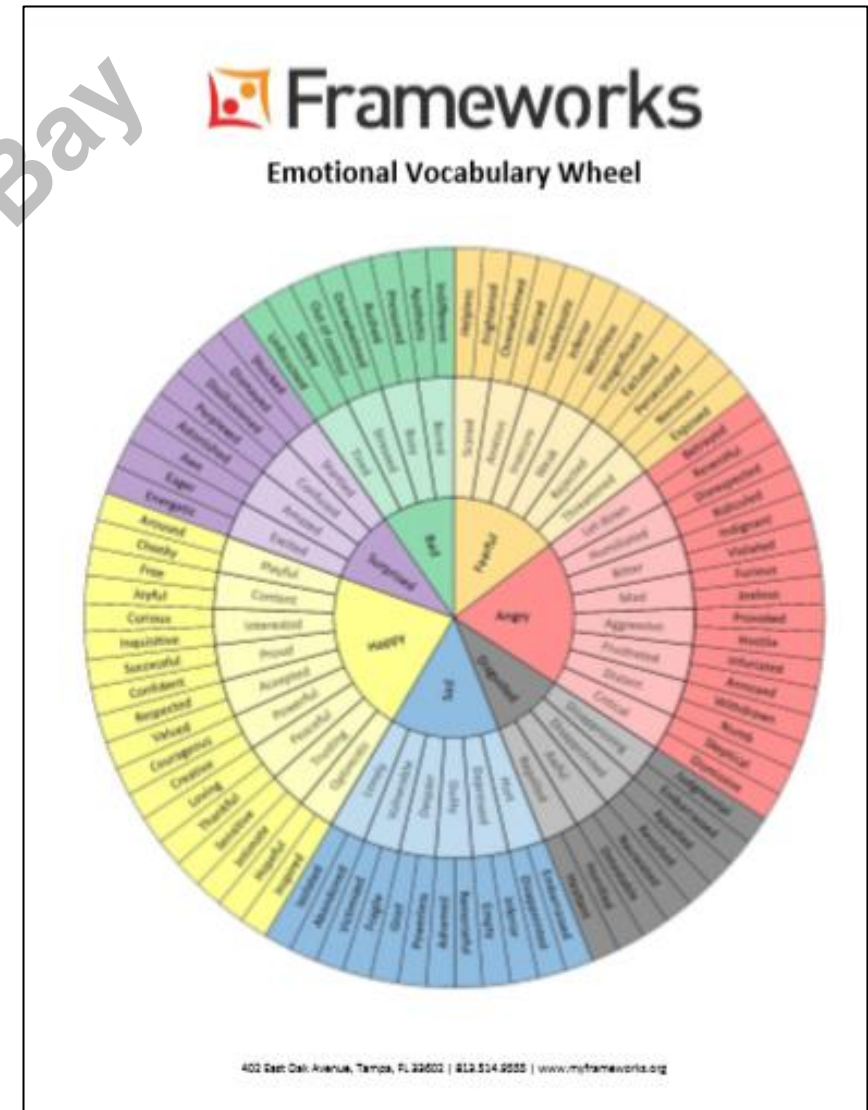
Talk About Your Emotions With Your Child



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

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



Deepen Your Conversations



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



Examples

When your friend is mad or upset, do you get upset?

It is important to understand how the moods of others affect your own so you can better handle your own feelings.



Big Brothers Big Sisters

How can you be a good friend? What do you do if you and your friend don't agree?

Discuss what a compromise is and why it's important.



Big Brothers Big Sisters

What are some choices you made today? Why did you make each choice?

They can be big or small choices. It is important to understand how life is full of decisions.



Big Brothers Big Sisters

What do you love about your school or family or friends?

Teach them to see the positives in their environment and community rather than focusing on the negative.



Big Brothers Big Sisters




Stay In the Know about SEL

SELelementary



 Frameworks

 Play trailer

WHERE TO LISTEN



SEL-ementary

By Frameworks of Tampa Bay

This podcast focuses on all things social and emotional learning (SEL) for parents and educators. Gain research-based tips and tools for embedding and applying SEL all day, every day, and hear valuable perspectives from the field. Hosted by Frameworks of Tampa Bay, a nonprofit that empowers educators, youth services professionals, and parents and guardians with training, coaching, and research-based resources to equip students of all ages with social and emotional skills. To learn more, visit myframeworks.org.

Listen on  Spotify

 Message



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SEL MONTHLY™ COMMUNITY NEWSLETTER

GROWTH MINDSET

October 2020
Vol 1 Issue 2



ELEMENTARY SCHOOL

Developing a healthy mindset early in life sets children up for success. It's important to define growth and fixed mindsets and teach children the difference explicitly, using examples of both. Once the basic concepts of growth mindset are taught, remember to model by showing vulnerability and using the power of the word "yet." For example, instead of saying "I don't understand this," try saying, "I don't understand this yet." Once you notice children demonstrating a growth mindset, acknowledge and praise them! Finally, practice together by reframing mistakes and failures as opportunities, using them as teachable moments.

MIDDLE SCHOOL

Growth mindset impacts more than academic success—it also shapes one's ability to persevere more generally. Help children challenge stereotypes by identifying role models and hearing their life stories. When children meet or learn about women and men who have faced and overcome racism, sexism, or other forms of systemic oppression, they are able to think beyond a stereotype and see possibilities. This is a great way to weave in a conversation about the importance of having a growth mindset instead of a fixed one.

HIGH SCHOOL

Supporting young adults in developing their civic identities is a great way to see growth mindset into action by helping others grow, as well. For example, Frameworks' "Teens In Action" program participants regularly volunteer at Corporate Kids Inc., where they help lead in grades through Community Building Sessions™ (CBS). CBS is a strategy that serves to enhance a group's culture by building positive relationships, improving students' social and emotional competencies through structured and purposeful activities, and preparing them to learn.

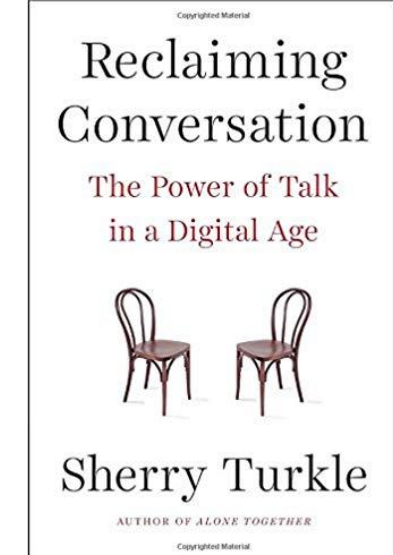
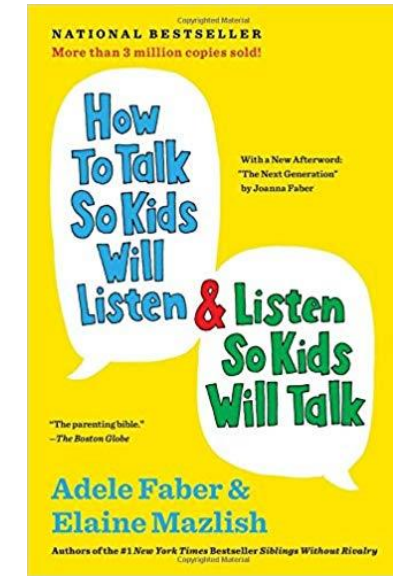
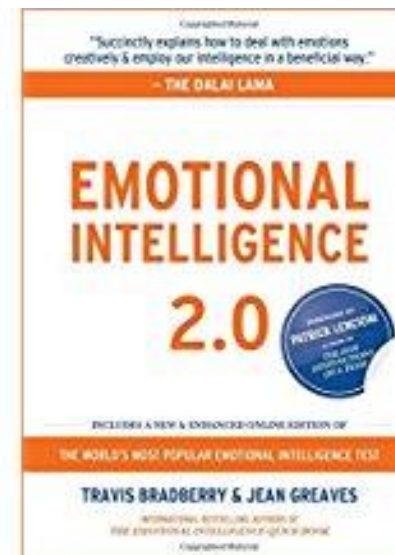
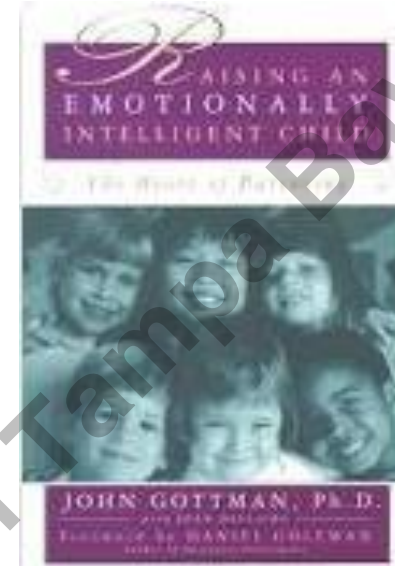
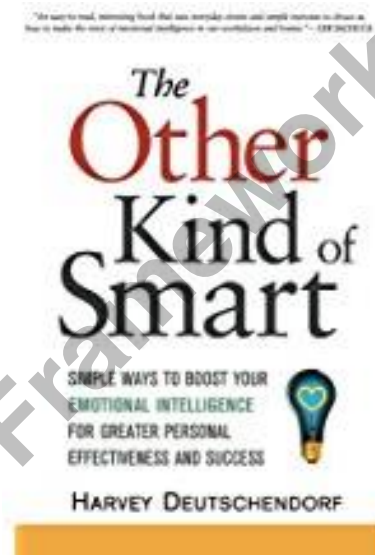
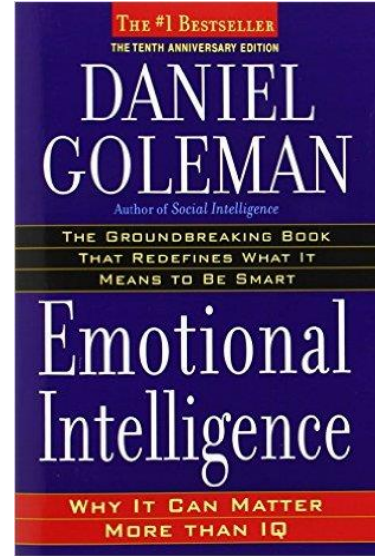
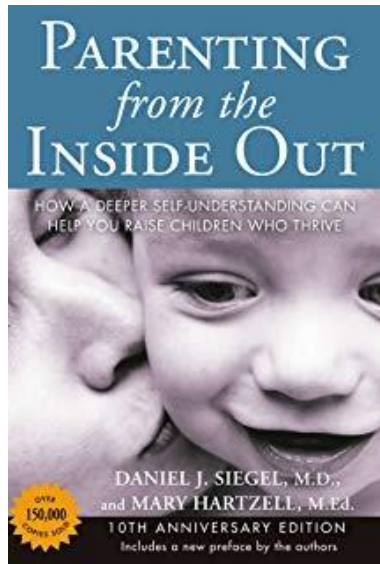
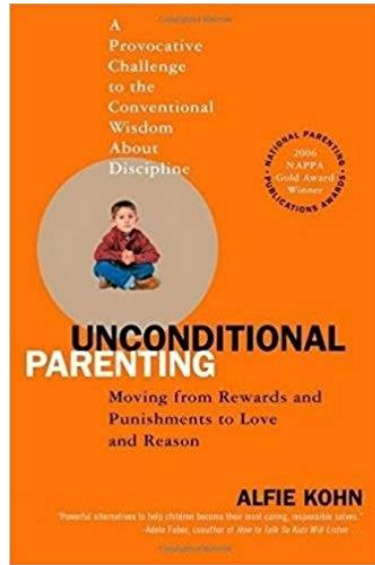
GROWTH MINDSET

By Sheva Qaravishi
Chief Academic Officer

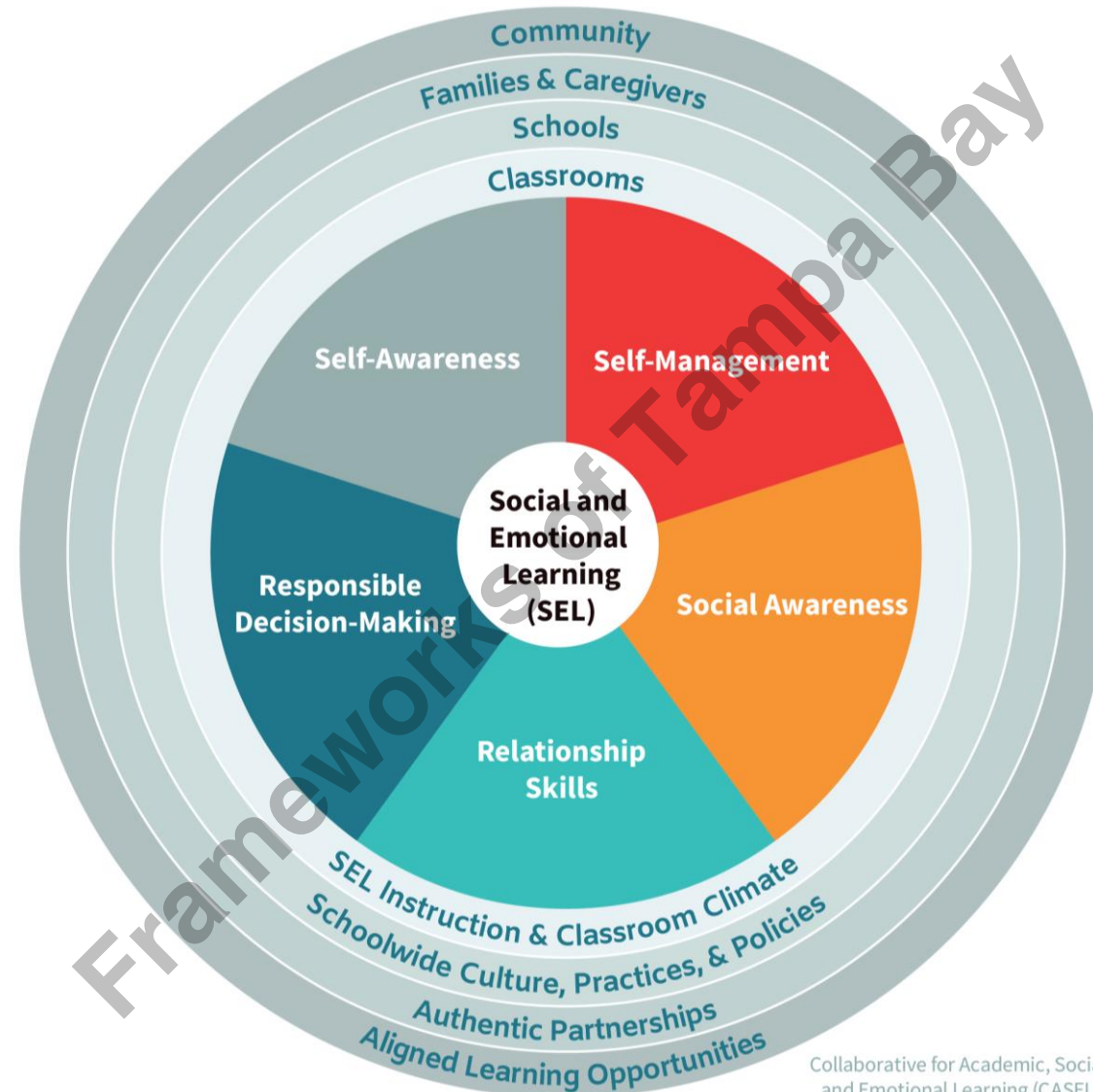
Why is it that some children are willing to take the academic risks necessary for learning, while others freeze in the face of challenges and frustration? The difference, according to Stanford psychologist Carol Dweck, is growth mindset. Dweck's research suggests that students' attitudes about failure—attitudes shaped by adults—shape their resilience. Children with a fixed mindset tend to believe that their talents are innate and static—skills that they either have or they don't. In contrast, children with a growth mindset recognize that their character, intelligence, and creativity can be improved with effort. This outlook makes children more likely to invest time and effort, to focus on learning rather than on looking smart, and to embrace mistakes. Fortunately, parents/guardians, educators, and youth-serving professionals all have the ability to nurture a growth mindset in children, shaping the underlying beliefs that they hold about learning and intelligence in ways that can profoundly impact their lives. Read on to learn strategies for cultivating growth mindset in children of all ages—and even in ourselves.



Suggested Reading



Know that SEL Takes a Village



Collaborative for Academic, Social, and Emotional Learning (CASEL)

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

Thank You!

Feedback Survey:
Complete using the Survey
Monkey link!

English: www.surveymonkey.com/r/P555BBT

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



Goal Setting

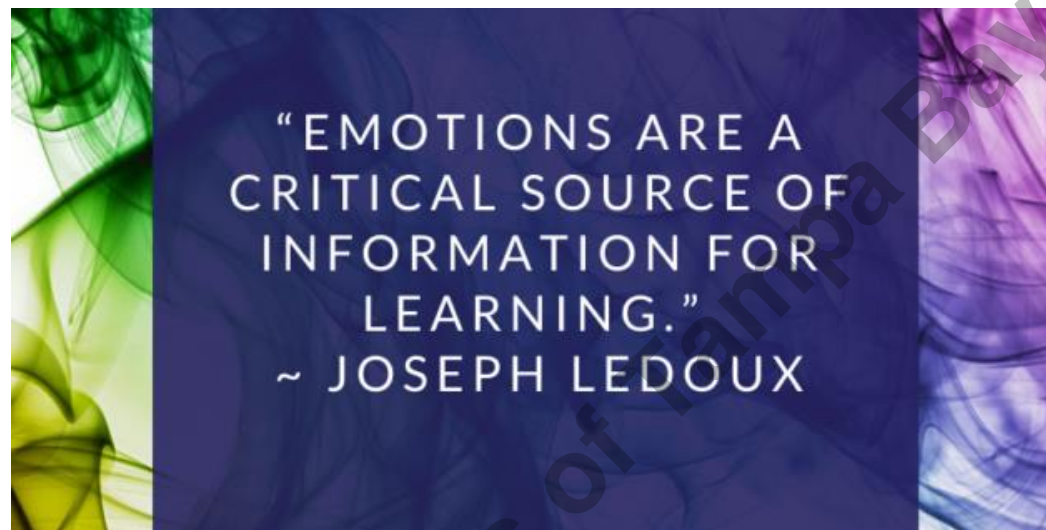
What's is one strategy we've discussed today that you want to try at home?



Q&A

Frameworks of Tampa Bay

Thank You!



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