



## **LEARNING ABOUT EMOTIONS HELPS KIDS GROW WISER**

**And reduces the harmful effects that emotions can have on their minds.**

Wizard Wisdom— Explain to kids that Emotional Intelligence Awareness Month is special because it provides an opportunity for kids and adults alike to gain a better understanding of the helpful and harmful effects that emotions can have on them. Kids can learn to be more cooperative about following the rules for good behavior. Suggest that kids pause and think about something their parents would normally ask them to do that they feel is unpleasant, and then imagine the anxiety they would experience. Ask kids not to consider verbalizing their feelings, but instead, to quiet their anxiety by silently repeating, "I need to calm my feelings and just do what I'm asked." This is an emotional intelligent method of quieting their emotions, while simultaneously keeping peace with their parents.