

Emotional Intelligence



ACTIVITIES



ages 5-7

Note to Parents

Emotional Intelligence is a wide range of skills that children of all ages can develop and improve. These skills are critical for emotional well-being and life success.

This section of the Youth Deployment Activity Guide is designed to give you additional age appropriate resources that are helpful in teaching your child about emotions. The emotional and social skills that are presented were written in order to help you grow your child.

The sections include Intrapersonal Skills, Interpersonal Skills, Adaptability, Stress Management and General Mood. Each section is further divided into sub-skills that address such things as Problem Solving, Happiness, Flexibility and other critical emotional and social competencies.

We encourage you to use these activities throughout the deployment process and beyond.

Emotional Intelligence Activities

Ages 5 - 7

InTRApersonal Scales

Self Regard	Why Am I Special? Seeds of Kindness
Emotional Self-Awareness.....	How Do I Feel About Myself? Feeling Left Out
Assertiveness	Expressing Myself Stop
Independence	Making Decisions I Can Do That!
Self-Actualization	Always Learning and Growing Write a Note

InTERpersonal Scales

Empathy.....	How Others Feel My Turn!
Social Responsibility	Playing Your Part Now What?!
Interpersonal Relationship.....	Making Friends My World

Adaptability Scale

Reality Testing	Learning What We Can Trust One of a Kind
Flexibility.....	Stretching Our Abilities Changing Times
Problem Solving	Finding a Solution Resolving Conflict

Stress Management

Stress Tolerance	Staying on Top Dancing the Blues Away
Impulse Control	Think Before You Act Treat Yourself!

General Mood Scale

Optimism.....	Making Lemonade Let the Sunshine In
Happiness	Happiness is... Color My Rainbow

Why Am I Special?

Let's find out why you are special. Everyone has special talents. Some people can sing. Some people run really fast.

Put on your thinking cap and make a picture of things that you can do. You will need a poster or big sheet of paper, magazines, scissors, and glue.

Cut pictures out of the magazines of things that you do well. Glue the pictures on your paper.



SEEDS OF KINDNESS

Do a coloring sheet with kindness words on a card. Cut out the words and paste them on construction paper to give to someone.

Here's an example to start with:

Love

thoughtfulness

joy



Collect words of love, kindness, happiness, caring, appreciation from family members, friends, classmates, teachers. Write the words you have collected around the flowers. (Some words have already been added). Then try to make it a habit of saying something kind to at least one person everyday.

1. How many words were you able to write by yourself?

2. How many "seeds of kindness" did you collect from other people?

Keep a list for one month of whom you said something kind to each day.

How Do I Feel About Myself?

Everyone has feelings. Sometimes I am happy, or sad, or mad, or excited, or scared.



Look into a mirror. Make faces showing how you feel when:

- a. you are eating an ice cream cone
- b. your friend can't come over to play
- c. you go on vacation
- d. you play with your pet

Feeling Left Out

All of us have been left out of a game or conversation when we really wanted to be included. What if your brothers/sisters went to the movies and you couldn't go because you were sick? Answer the following questions and share your thoughts with an adult.

Circle your answer:

1. How did you feel when you were left out?



a. Sad



b. Mad



c. Hurt

Nobody likes to be left out.

2. What can you do to make sure that someone is not being left out?

- a. play with them on the playground at school
- b. invite them to your birthday party
- c. ask them to go with you and your friends to a ballgame

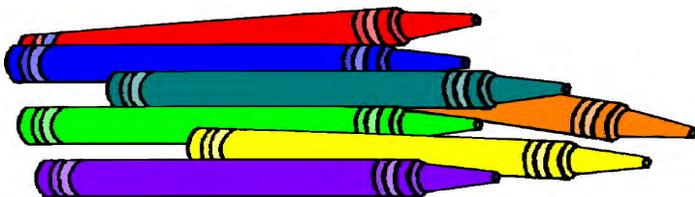
Here are some ideas to help you start being a part of the group.

- ☺ Let others know you would enjoy doing things with them.
- ☺ Invite them to do things with you.
- ☺ Show interest in what they are doing.

Expressing Myself

It is okay to tell other people what I like and what I do not like.

Color the picture below, and then circle your favorite thing to do.





There are times when it's important to say, "NO!"



Make a list of people you should talk with to help you make right decisions.

a. _____

b. _____

c. _____

Making Decisions

Making decisions on our own is an important part of growing up. It makes us feel better about ourselves when we do something useful or do something for someone else.

Here is a list of things for you to choose to do. Decide if you would or would not do each thing. Put a ✓ in the box you choose.

Call someone a name

Send Grandma a birthday card

Blame someone else for something you did

Ask a friend to lie about something

Tell someone you don't like them

Say "Thank you" when given a gift

Take the biggest piece of cake

Do your chores without being asked

WOULD	WOULD NOT



I Can Do That!

Being able to do things without help makes us feel good about ourselves. Sometimes it is something we can learn through lessons and practice, like dance or music or sports. Sometimes it is doing things to help others.

Think about some things that you are learning to do by yourself. Write them on the lines below.



EXAMPLE: a. Feed my pet

b. _____

c. _____

d. _____

e. _____



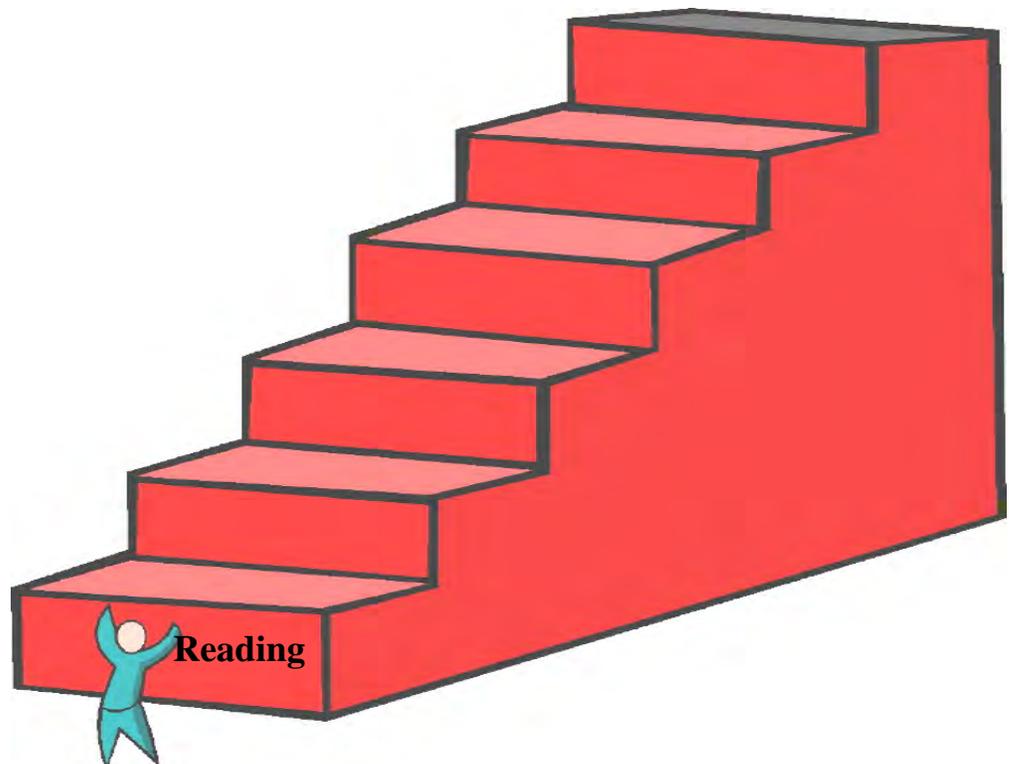
Always Learning and Growing

As we grow, we learn there are always new things that are interesting and meaningful for us. Trying new skills and learning new talents will help us feel good about ourselves and encourage us to do better.

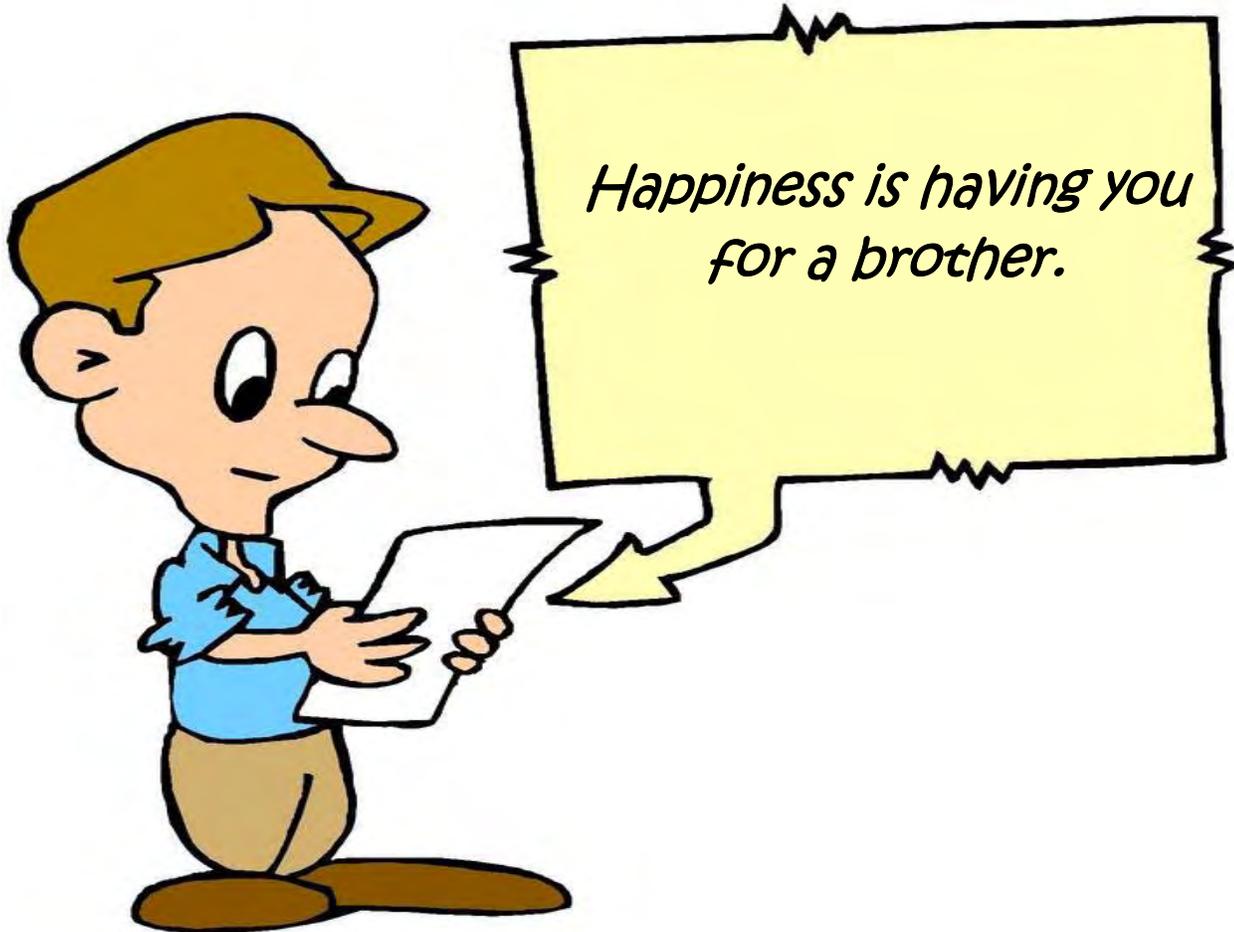


What are some things that interest you that you would like to do better?

Start at the bottom of the steps and write a skill you would like to develop. The first one is done for you.



Write a Note



It's nice to make someone you know feel special. Make a card with a one-sentence message on it.

EXAMPLE: *Happiness is having you for a brother.*

You are a good friend because _____

You are special because _____

Thank you for _____

How Others Feel

Understanding how others feel helps us get along with others.

Before doing something to someone else, we should think about how it would make us feel if someone did the same thing to us.

Circle YES or NO for each question below.



Would you like it if someone...

- | | | |
|---|-----|----|
| <input type="radio"/> teased you? | YES | NO |
| <input type="radio"/> called you a name? | YES | NO |
| <input type="radio"/> pushed you out of line? | YES | NO |
| <input type="radio"/> broke your favorite plaything? | YES | NO |
| <input type="radio"/> laughed when you made a mistake? | YES | NO |
| <input type="radio"/> blamed you for something you didn't do? | YES | NO |
| <input type="radio"/> took your share of something? | YES | NO |



My Turn!

Empathy helps us to understand other people if we think about how we would feel if we were in their shoes.

Look at this picture of a mother with her son and daughter pulling her in different directions.



Underline some of the ways you think the daughter feels:

EXAMPLE: upset unhappy angry

Underline some of the ways you think the son feels:

excited mad fussy

Underline some of the ways you think the mother feels:

stressed worried concerned

Playing Your Part

Have you ever been in a school play? Every actor has to practice their part and work along with others who are in the play. It takes lots of practice. Sometimes we make mistakes, but that's when we take a deep breath and try again.



Think of some ways you can practice being nice or respectful or more helpful.

Finish each sentence below.

EXAMPLE: I can do better *in my town* by not throwing trash on the ground.

I can do better *at school*, if I _____.

I can do better *at home*, if I _____.

I can do better *with my friend*, if I _____.

Now What?!



There are times when other people may need help. Sometimes we may be able to help them. But there may be times when it isn't safe for us to help, so we need to find someone else to help them.

What would you do for the boy in this picture? Would you try climbing to the top of the swing to help him? Would you laugh and make fun of him? Would you feel scared and run away? NO! You wouldn't do any of these things because you know there's a smart way to get help.

Make a list of people you would ask to help the boy above:

a. _____

b. _____

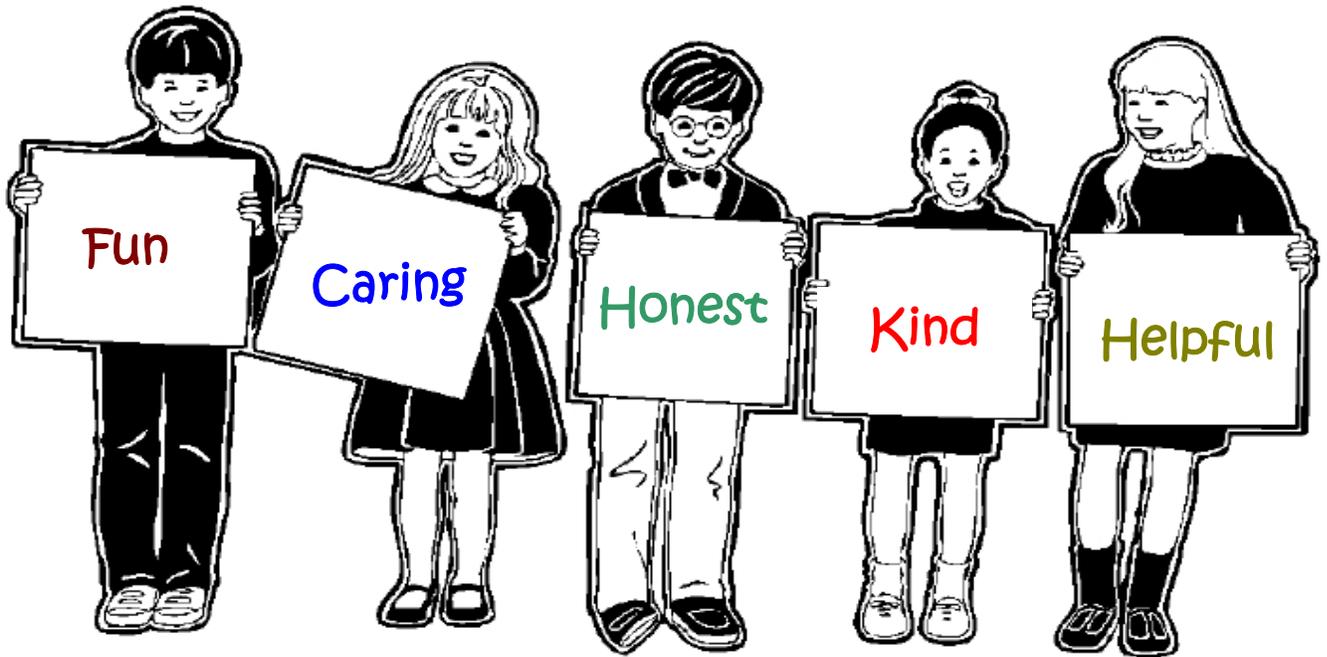
c. _____

d. _____

Making Friends

Learning how to get along with others is important.

Each girl and boy below is holding a poster with a word showing what they like about a good friend.



Think of some other words about a good friend and write them on the lines:

EXAMPLE: Bravery

_____	_____
_____	_____
_____	_____

Choose one of the words that you wrote and make a poster about the word. You will need construction paper, Crayons or colored pencils.

My World

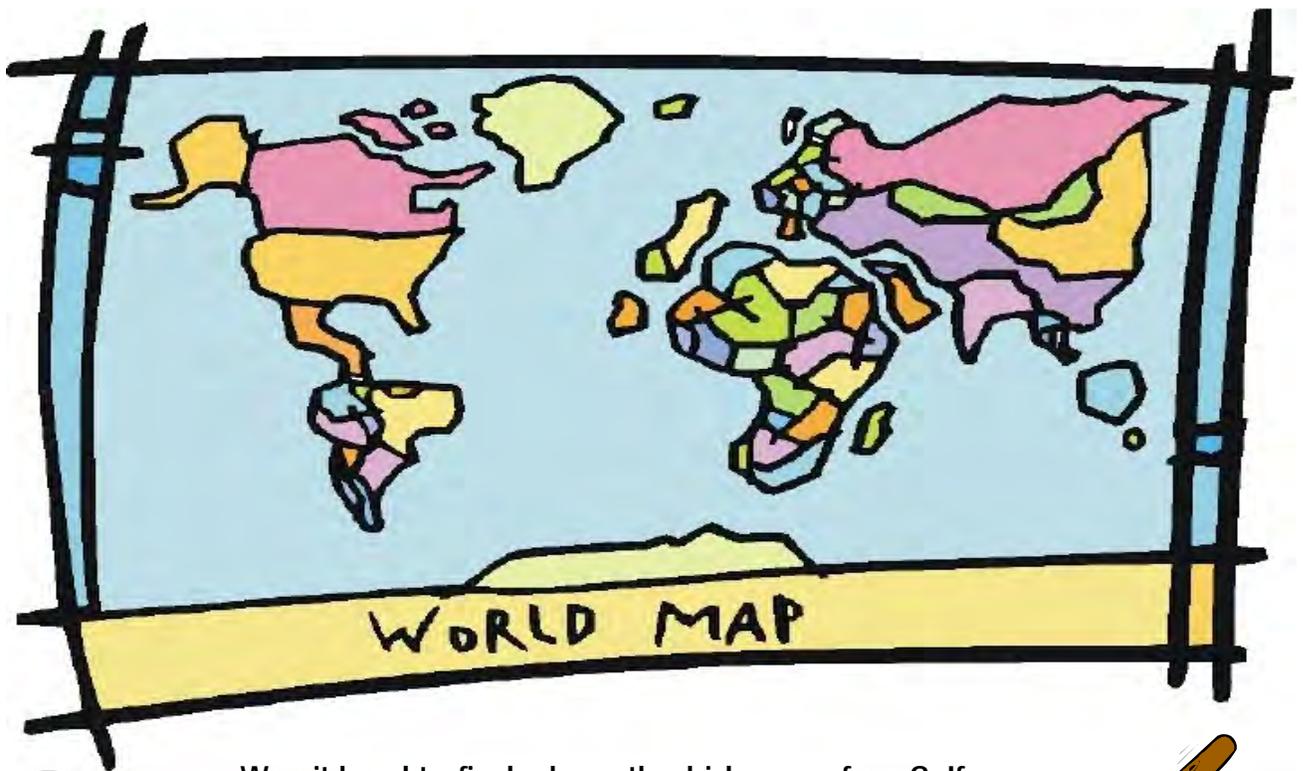


Oriental

The world is made up of different people with different languages, races and ways of living. In the map below draw a line to the country you think each of the four kids are from.



African-American



Was it hard to find where the kids were from? If you think about it, you only had to choose one place.

Where you live!

That's right, no matter where we live, we are going to have friends who are from different places. The important thing to remember is that we are all different and we need to value and respect ALL people. Share your family background with your friends and make sure they share theirs with you.



Native-American



Caucasian

Learning What We Can Trust

There may be times when we need to know the difference between what we think is happening and what is really going on. Sometimes we think something is good and it really is not.

Remember the story “*Little Red Riding Hood?*” When she first met the wolf, he acted nice to her.



But what did he really want?



What do you see in these pictures?

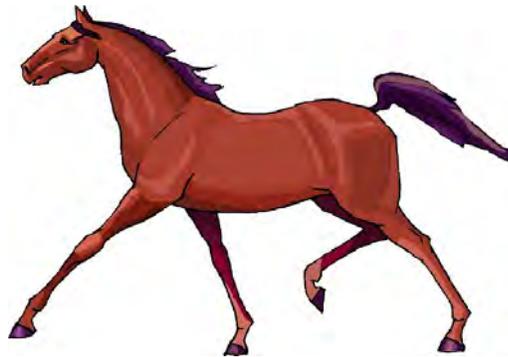
GROUP ACTIVITY: Have children discuss what they see in the pictures.

One of a Kind

Did you know that is what you are? There is no one else in the world exactly like you. That is true for everyone and even for animals and nature.

Even though we are all different, there are things we can enjoy and learn from each other.

Do you sometimes feel strong like a horse?



or brave like a lion?

Make a list of the different feelings you have about yourself:

a. EXAMPLE: full of energy

b. _____

c. _____

Stretching Our Abilities

Changes will happen as we grow up. We can use those changes to learn new things.

What if you and your parents had to move to another country because of their work? Would you feel scared because you will have to go some place where you've never been before? Would you feel unhappy because you'll have to leave your friends? You may have these feelings, but they don't have to last.

Think of the interesting things that could do.

You could learn a new language, like "Welcome" in French,

Bienvenue
FRENCH



You could make new friends.



You could see new places.

The important part is that we are willing to learn and grow,

Think about moving to a new place and finish the sentences below.

I would feel _____

I would want to see _____

I would want to write a letter to _____

I would learn _____

Changing Times

There are times in our lives when our experience will change. Maybe you and your family will move to a new home and you will need to change schools and leave your friends. Change is not easy, but if we think about making new friends and learning new things we will have a much better experience.



Think of ways you can make a new experience interesting:

- a. *EXAMPLE: Write a letter to your friends at your old school.*
- b. _____.
- c. _____.
- d. _____.
- e. _____.

Finding a Solution

Being able to solve problems is part of growing up.

When solving a problem we need to be patient and think about how other people might feel.



Look at this picture:

What do you see?

What does the girl want?

What does the boy want?

Problems have answers, such as:

The girl and boy could play with the computer together.

They each could take turns for a certain length of time.

Can you think of another way to solve this problem?

Resolving Conflict

Have each child make a hand puppet. Once this activity is complete—have them role-play using the puppet.



Examples that they may role-play:

Responsibility: Brother/sister picking up their toys.

Sharing: One puppet says this is my toy and pushes the other puppet away.

Group Activity: Have the puppets take turns talking about what is happening between the two puppets and emphasize the listening skill for the other puppet. Ask that each puppet come up with an answer. Then choose which one is best.

Staying on Top

Do you ever feel like you do not want to get up in the morning? Do you sometimes feel you do not want to go to school? When we feel sad or happy there are things we can do to make us feel better.

It always helps to think of things that make you feel good and happy.



Put a * by the things that would make you feel better:

Riding your bike

Drawing a picture for a friend

Making a card for your parents

Playing with friends

What are some other things that you can do to feel better?

a. _____

b. _____

c. _____

Dancing the **BLUES** Away!

Do you feel gloomy and in a bad mood? Are you upset about something that you can do nothing about? Sometimes when you feel down or upset you can get in a better mood and feel better if you turn on the music and dance.

You can dance silly,



or fancy,



You can even see if you can get others to join in your fun.

Like
with
Dad,



or Mom,



or
brother
and
sister,



Grandparents,

pets,



or friends.



Think Before You Act

Sometimes we want to do something that is disrespectful to someone else or that may not be good for us. It may be something like giving Mom a big box of candy to show that we love her, and then eating the candy ourselves!



Sometimes it is hard not to take something that belongs to someone else or that may not be good for us.

Look at the picture above, then put a ✓ beside the things below that you feel would be right to do:

eat the candy

ask Mom if you may have a piece of candy

wait until Mom offers you a piece

decide not to eat the candy because it's for Mom

Treat Yourself

This is a story about three brothers who, as a treat, got to go to the store and each one was allowed to buy his own bag of candy. The youngest, Christopher, is excited about the candy he receives and begins eating it right away. Before long, his candy is all gone, and then he is upset that his brothers still have candy and he does not.

It is always fun to get “treats,” but the “trick” is to eat only a little each day so that the “treat” will last.



What do you think Christopher could have done to make the candy last?

Put a ✓ beside the answers that you feel are right.

- a. Keep the cat away from the candy.
- b. Allow himself to eat only one piece of candy each day.
- c. Learn to control himself when he is tempted to eat too much.
- d. Follow his brothers' example and make his candy last longer.

Making Lemonade

Have you ever tasted a lemon? It is sour! But if you squeeze lemons into a pitcher of water and sweeten it, you have lemonade. You can even open a lemonade stand!

Optimism is a big word that means we can think of good things even if something seems terrible.



Can you think of two good things you could do if one of your parents had to go away because of their job? Maybe you could make a bag of goodies to give them or make a special picture for them to take.

What else could you do?

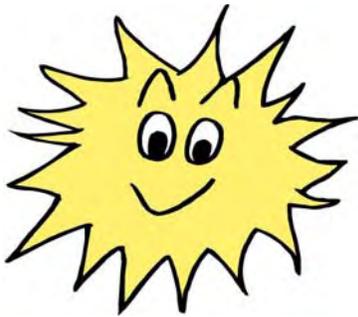
a. _____

b. _____

Let the Sunshine In

All of us have moods that may change from time to time.

Sometimes we feel happy and expect good things to happen. Those are good feelings as when the sun rises and shines brightly. Sometimes we may feel sad and not so happy.



Sad



Happy

Draw a line from the feeling word (happy or sad) to the picture that describes the feeling.

Don't forget, the sun always comes out from behind the clouds and shines brightly again. So, we know there are things that will make us feel happy again.

Make a list of things that you can do or think about that will help you feel better when you are feeling down:

a. *EXAMPLE: My parent comes home from a trip.*

b. _____.

c. _____.

d. _____.

e. _____.

Happiness is....

...feeling good about ourselves, enjoying others, and having fun.

Let's think of the things that make us happy. Find the words in the puzzle and circle them. Words may run from left to right or from top to bottom.

Words to Find

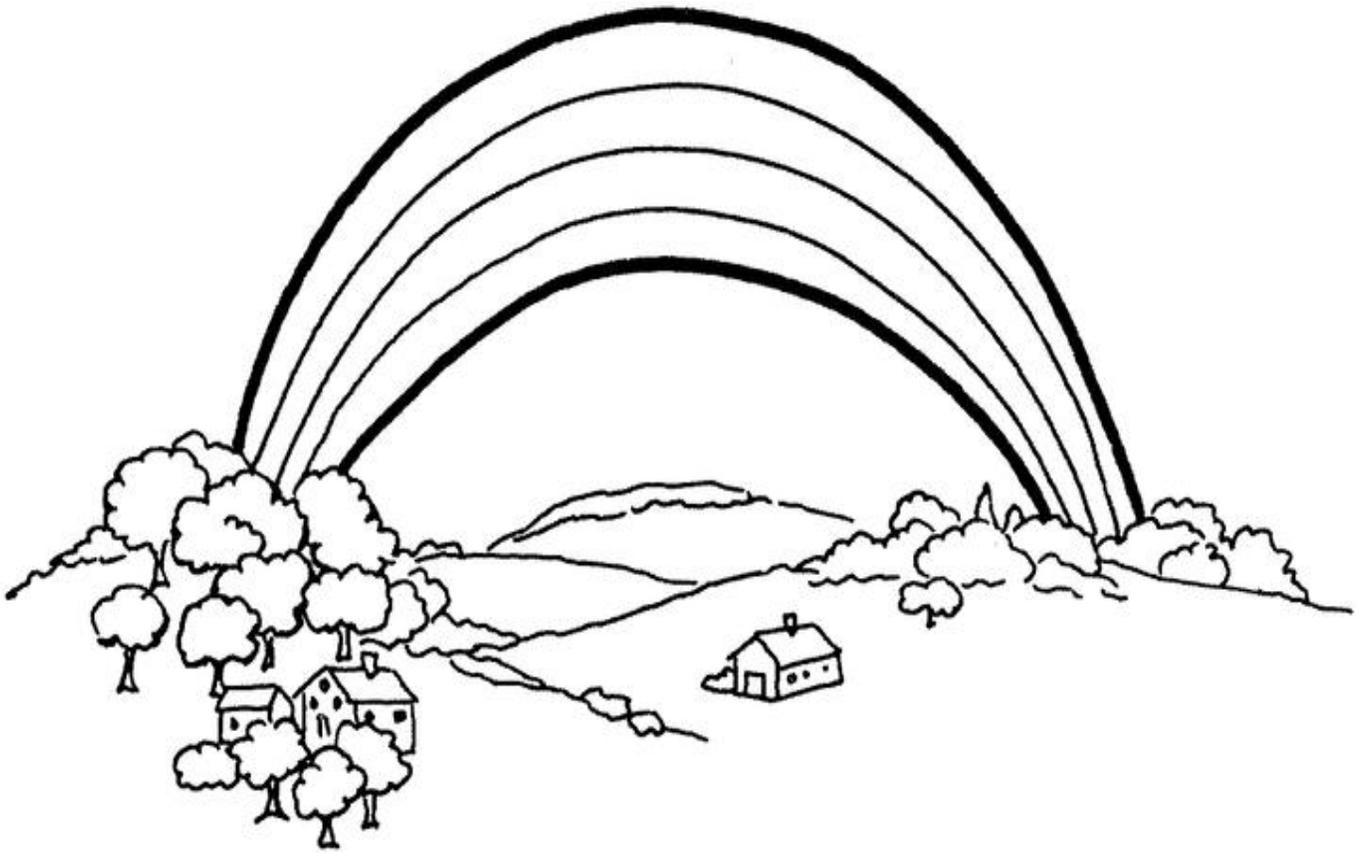
love
forgiveness
trust
giving
fun
joy
respect
pleasure
satisfaction
glad
happy
cheerful



Answers for Words to Find



Color My Rainbow



It takes all colors to make a beautiful rainbow--just as it takes all kinds of people to make a beautiful world.

With your favorite colors write things in the rainbow that make you happy. Here are some things to choose from:

friendship

love

kindness

thoughtfulness

family

sharing

sunshine

traveling

singing

learning