Emotional Intelligence

ages 11-12

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 11 - 12

InTRApersonal Scales

Self Regard	Spread Your Wings
	What Do I Think About Me?
Emotional Self-Awareness	And Now a Word From…You!
	Feelings
Assertiveness	Stand Up!
	It's NOT Okay To Do That To Me
Independence	Independence
	What Do You Do?
Self-Actualization	Make Believe
	How I Feel

InTERpersonal Scales

Empathy	Listening
	How Do They Feel?
Social Responsibility	Do I Have To?
	Lend a Helping Hand
Interpersonal Relationship	Beeee The Best
	Your Piece of the Puzzle

Adaptability Scale

Reality Testing	Mmm-um?
	Using Your Head
Flexibility	On The Move…
	Put On A Different Hat!
Problem Solving	Walking A Tight Rope
	Decisions! Decisions!

Stress Management

Stress Tolerance	How Do You Spell Relief?
	Relax!
Impulse Control	Rainy Days
	Behind Your Back!

General Mood Scale

Optimism	Way To Go!
	Look On The Bright Side!
Happiness	What Makes You Happy?
	I Am Happy When…

Spread Your Wings

The Native Americans carved totem poles as a way of passing stories along from one generation to another. The figures on the poles were symbols usually of birds and animals that represented events of the tribe, family or an individual.

Special animals that were used included: the beaver—the symbol of patience, wisdom, and wealth; whale—symbol of strength and bravery; thunderbird—the symbol in the sky dealing with thunder and lightening. The thunderbird is located at the top of the pole. His wings are always outstretched; and the eagle—is the symbol of wisdom.

Take a minute to think about the positive skills and deeds in your life and design a totem pole. Think about what type of animal describes your skills and deeds. What deeds and activities have you done that you would like to tell someone or pass along?

Materials needed:

One paper towel roll without paper

Construction paper of various colors

Glue and scissors

Markers or paint

Some examples of deeds/positive behaviors are:

Whale - strength - Telling someone to quit picking on others.

Beaver - patience - Waiting quietly through younger siblings' LONG stories.

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What Do I Think About Me?

Have you ever taken time to really think about "Who you are?" Do you feel good about the person you are? Feeling good about yourself is called self-esteem. If you don't feel good about yourself, you won't use all of your talents and skills. Take a few minutes to answer the questions below. This exercise will help you be aware of your beliefs, values, strengths, likes and dislikes.

1. List three things that are easy for you to learn.

_____

_____

_____

2. Name something that was hard for you to learn to do - but you kept practicing until it wasn't hard for you any longer.

_____

3. What is the one thing you have done in your life that you are the most proud of achieving? Why?

_____

_____

4. Name three things about yourself that makes you a good friend.

_____

_____

_____

5. Name three things about yourself that you want to improve.

_____

_____

_____

6. Complete the following sentences to the best of your ability.

I am the happiest when _____

I dislike it when my parents_____

I am proud of _____

I get angry when _____

I am afraid of_____

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AND NOW A WORD FROM ..... YOU!

Directions: On another sheet of paper use the words listed below to design an advertisement called "How I feel most of the time." Take a moment to think about it.

Feelings

Feelings and thoughts are a part of everything we do. They are NECESSARY and IMPORTANT. Some days we find ourselves being DOWN on who we are and what we are thinking and what actions we have taken. Other days are GREAT and we find we can do NO WRONG! It is very important to be aware of your feelings and thoughts—and what makes you feel the way you do.

The following activity may be shared with an adult if you would like.

Write a short definition for the following words or describe an incident that made you feel a particular way.

Brave_____

Defeated_____

Eager_____

Envious_____

Glad_____

Hopeless_____

Jealous_____

Overwhelmed_____

Peaceful_____

Shy_____

Tired_____

Worried_____

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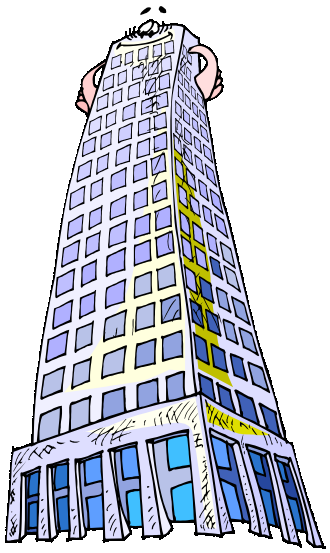

Stand Up!

Being assertive does not mean being mean or bossy. It really is okay to let people know what you want and what you like or dislike.

Read each situation below and discuss how the character could have been more assertive.

The satisfaction dilemma:

Jimmy's dad has always wanted him to be a soccer star. Jimmy didn't want to play soccer, he preferred to be in the school band. But he did not want to let his dad down because his dad was an outstanding soccer player. Jimmy wanted to please his dad.

_____

_____

_____

The interruption:

Every time you make a phone call to your best friend, your older brother interrupts your conversation and tells you to hang up the phone. You do not want to make him mad.

_____

_____

_____

Peer Pressure:

Jason, Elizabeth and Chad are your best friends. They have decided to skip English class because they did not finish the homework assignment. You do not want to skip class and you do not want to make your friends mad.

_____

_____

_____

It's NOT Okay To Do That To Me

A bully is someone who unfairly uses his or her power, socially, emotionally or physically, to hurt someone else over and over.

Can you identify bullying acts? Write the following words under the correct heading:

kicking, dirty looks, embarrassing, hitting, insults, gossiping, shoving, name calling, teasing, hurting friendship of others, breaking things, holding nose, cliques, making fun of someone's clothes

Physical	Emotional	Social
Ex. Kicking		

The best way to deal with a bully is to use the power of your mind and emotions and take away the bully's power.

1. Make friends. Be kind and friendly. Most bullies feel angry and hurt.
2. Refuse to fight and walk away. Decide if fighting solves anything. Walking away takes courage.
3. Agree or stand up to the bully. Surprise the bully. If you show that the bully's words don't hurt you, you're taking away the bully's power.
4. Use Authority. You are showing the bully you are not afraid to call on someone who is more powerful than the bully to help you.

Check your answers:
Social – embarrassing, gossiping, hurting friendship of others, making fun of someone's clothes, cliques
Emotional – dirty looks, insults, name calling, teasing, holding nose
Physical - kicking, hitting, shoving, breaking things

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Independence

Being independent means that we make decisions and do other things without being dependent too much on others. As you get older and learn more about the world and gain new skills, you will want to test your ability to do things on your own.

List the advantages of being independent.

_____

_____

_____

List three things that you can do now that you could not do when you were three years old.

_____

_____

_____

Name two people you depend on and why.

_____

_____

Name someone that depends on you and for what.

_____

_____

It is okay to depend on others at times such as, police officers, your dentist, etc. Name three other people that may be ready to help you.

_____

_____

_____

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What Do You Do?

In this activity you will learn how independent you are. Answer the following questions and share them with your parents.

Make a list of all the things you do on your own including what you do around the house.

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

What do you feel that you can do by yourself without help from a grown up?

_____ _____

_____ _____

_____ _____

Do you feel that people see you as independent or just a little kid?

What things would you like to do on your own that you aren't currently doing?

_____ _____

_____ _____

_____ _____

Discuss your answers with your parents.

Make Believe

Have you ever wanted to do something exciting, daring, or just fun? Have you ever wanted to be a cook, a taxi driver, president, or maybe a lion tamer? In this exercise all you need to use is your imagination.

Write down four things that you would like to be when you grow up.

_____ _____

_____ _____

Think of four places that you would like to live.

_____ _____

_____ _____

On another piece of paper, design a house that you would like to live in, a car you would like to drive or clothes you would like to wear.

Now, imagine yourself doing the job of your choice, wearing the clothes you've designed, driving the car around the city you have chosen and living in the house you've designed. How do you feel?

_____

_____

_____

_____

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How I Feel

Materials Needed:

Empty Jar
Scissors
Magazines
Journal

Directions: Take the words in the columns on the left and cut them out. Fold the pieces of paper and place them in a jar. Weekly, take one of the pieces of paper out and either make a collage out of pictures from a magazine on how you view that feelings or take that word and write in your journal about when you have felt that way.

Caring	Sad
Confident	Angry
Impatience	Calm
Glad	Hopeful
Eager	Happy
Worried	Hurt
Excited	Panic

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Listening

Choose someone you consider a "hero" at home, in the community or at school.

You are a newspaper reporter and you need to gather information about this person for a feature article that is going to appear in your local newspaper or newsletter.

Call your local paper and see what information is necessary for an article to appear in the paper. Then call the individual and explain why you are writing this article.

Before going to the interview, write down several questions that you want to ask.

Do not record the interview - rely strictly on your listening skills to gather and write down the information you are given.

Give a copy of your article to your “hero.”

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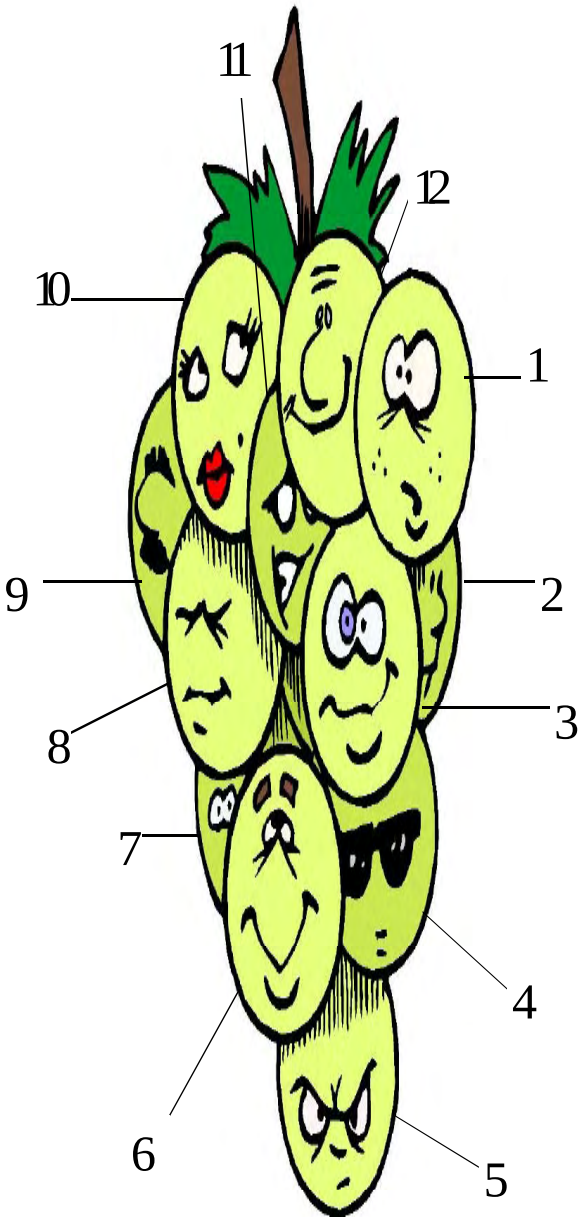
How Do They Feel?



Each one of these grapes has a face on it. Each face is different. Look at each grape and decide what he or she is feeling.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

See if you see any of these emotions on the faces of your friends tomorrow.

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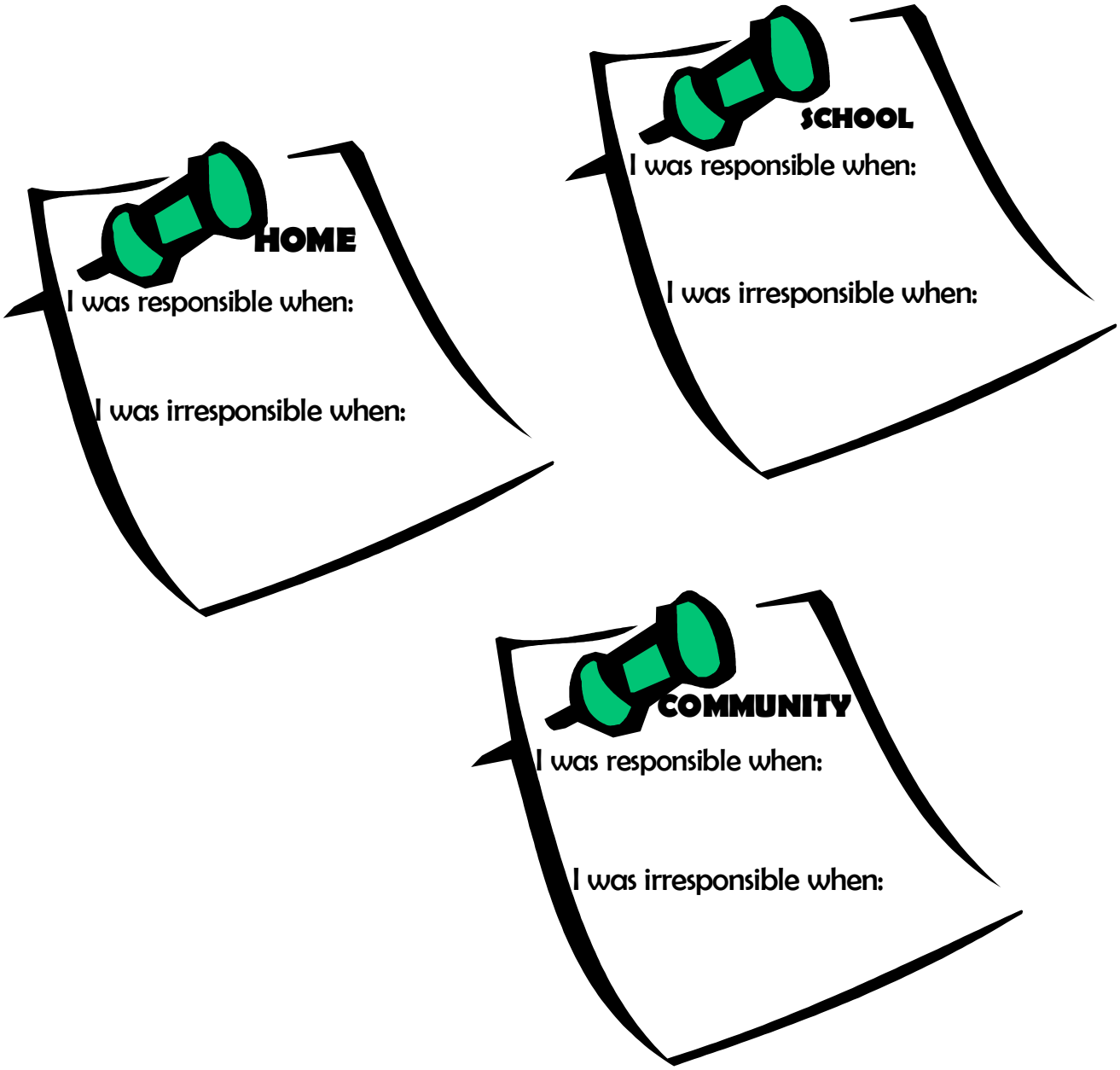
Do I Have To ...?

What is responsibility?
Responsibility is being able to answer for one's conduct and carry through with obligations.

Are you responsible?
Recognizing right from wrong and making the right choices are part of becoming more responsible.

For each situation give examples of when you have been responsible and when you have been irresponsible.



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Lend a Helping Hand

Volunteering shows how you are growing and maturing in your life. By volunteering, you exhibit your commitment to making the world a better place.

VOLUNTEERED WHERE	BENEFITS OF VOLUNTEERING	HOW DID YOU FEEL?
Ex. Elementary School	Helped someone younger learn new reading words.	I felt good about myself for helping someone.

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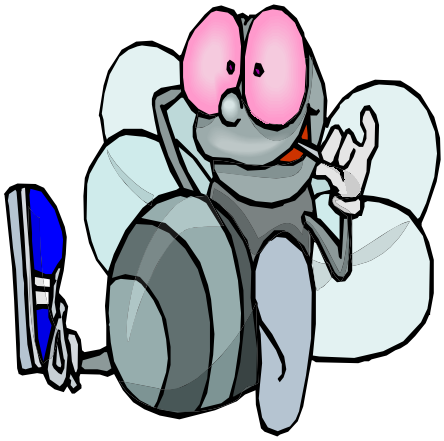
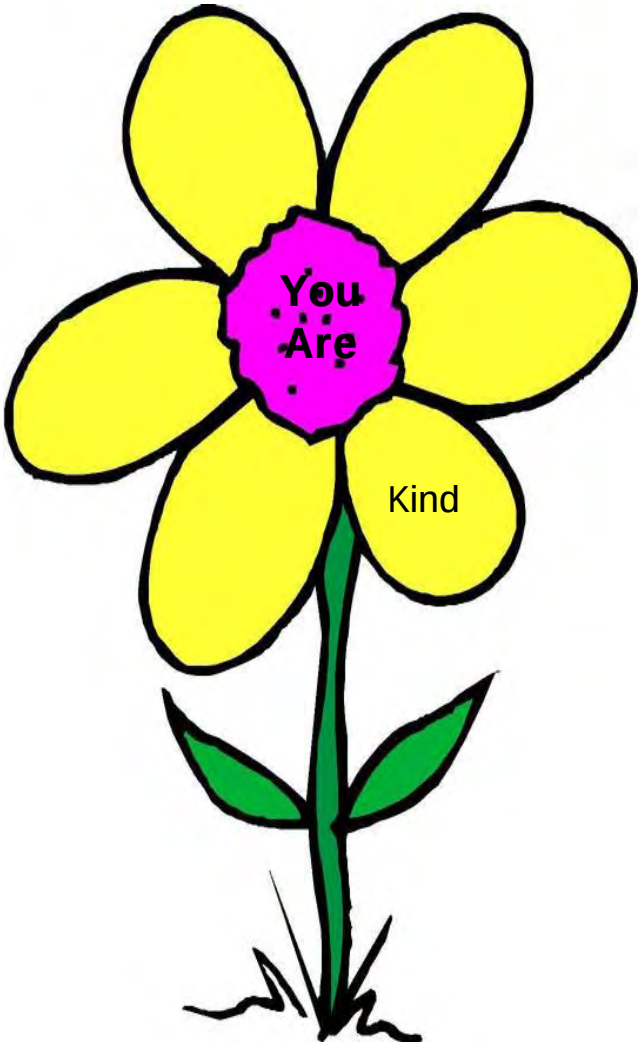
Beeee the Best



Using the examples given, write one thing on each petal of your flower to describe what makes YOU a really good friend. Now, think of your best friend (p.s. it can be one of your parents, too) and write one thing on each petal of their flower to describe what makes THEM a special person.

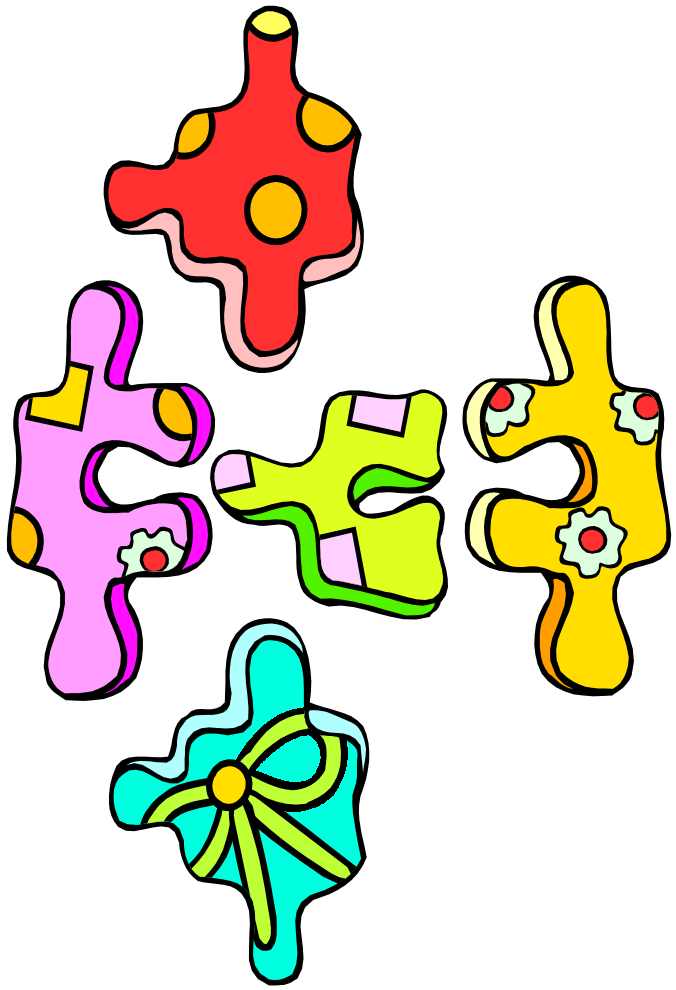


You can make a poster for your friend and give it to them.

Your Piece of the Puzzle

Your family is like a puzzle with every person having important roles and responsibilities. Like a puzzle, each person is needed to make the family complete.

Think about where you fit in your family puzzle.



Which piece are you?
Oldest, Middle, Youngest, Only Child

What would happen to your family if Mom or Dad had to travel for work and be gone a long time?

What would you do to help fill in for that person?

Write some of the things that you would do to make your home more pleasant, like …

Make your bed _____

Clean up after yourself _____

_____

_____

_____

_____

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Mmm - um?

How we see the world is how we think it really is. You may not have all the facts or they may be inaccurate but you are convinced they are true.

Let's take a look at the following statements. Note how their perception was way off the "reality mark."

"Television won't be able to hold on to any market it captures after the first six months. People will soon get tired of staring at a plywood box every night."

Darryl F. Zanuck, Head of 20th Century-Fox in 1946

"Nothing of importance happened today."

Written by King George III of England on July 4, 1776

Now ask yourself: "What views do I have that may be limiting me in life?"
Write your responses below:

_____

_____

_____

_____

_____

_____

Think about careers of the future and how technology has opened doors to areas that we never thought possible. Create a collage of pictures related to jobs that you might be interested in the future.

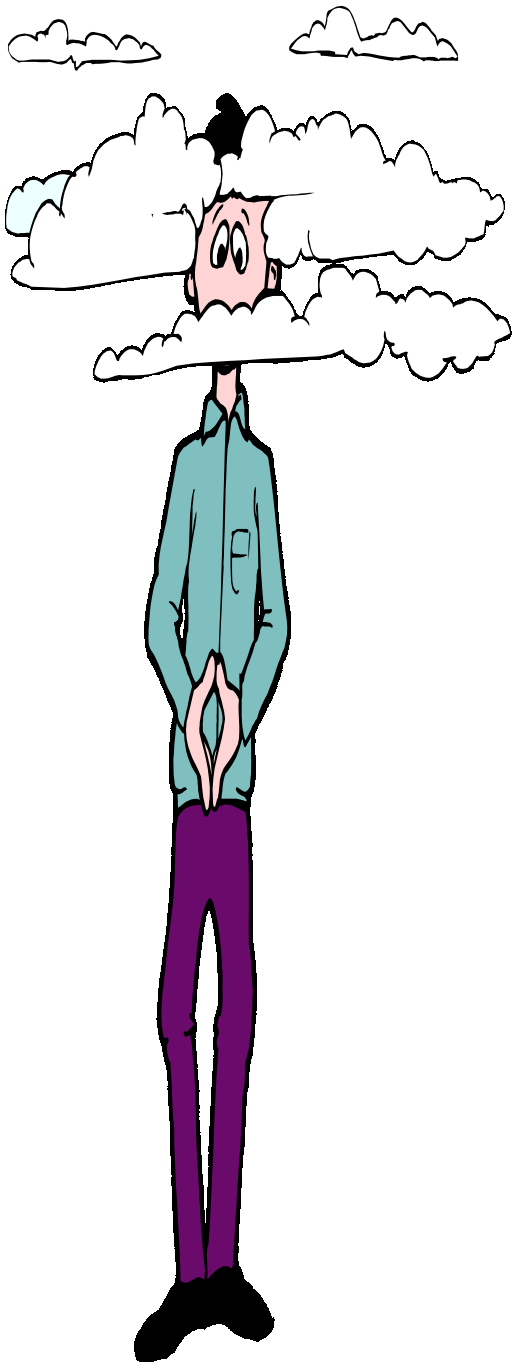
You will need: Construction Paper
Glue
Magazines

Using Your Head

It is important to be able to tell the difference between reality and fantasy. Sometimes we can make decisions based on what we think is REAL but later discover we were wrong.

Discuss a decision that you made before you knew all the facts.

_____
_____
_____
_____
_____
_____
_____
_____



What were the consequences of this decision?

_____
_____
_____
_____

What happened when you got all the facts?

_____
_____
_____

What will you do differently the next time you have to make a similar decision?

_____
_____
_____
_____
_____

On the Move …

Your family is moving to a new location in two days. You have learned that your new room is smaller than the one you now have. You must compromise and be flexible in what you take with you.

How do you decide what to take with you?

_____

_____

_____

What will you do with the items you decide to leave behind?

_____

_____

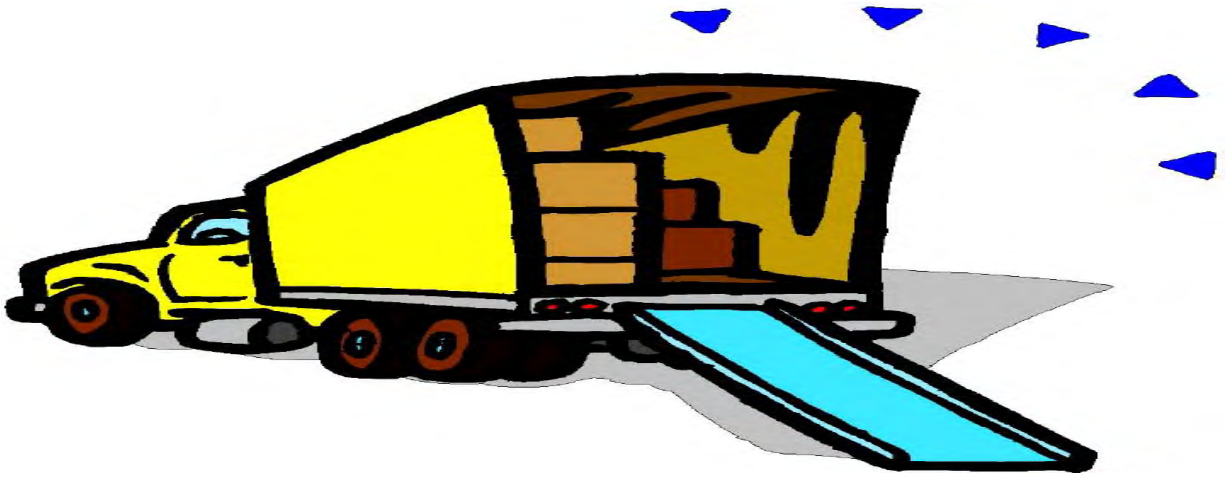
_____

How do you feel about having to make these decisions?

_____

_____

_____



Put On A Different Hat!

Have you ever tried to wear someone else's hat? What about your mom's hat when she is balancing the checkbook? What about your dad's hat when he is repairing the kitchen sink?

What would happen if you had to wear someone else's hat for a whole day? Are you flexible enough to handle all the things that go along with wearing that hat? Not only do we need to be flexible when we wear someone else's hat, we also need to be flexible in our roles as friends, children, siblings, players, and students.

Look at the hats below and answer each of the questions.

List three situations where a Fireman has to be flexible.

_____

_____

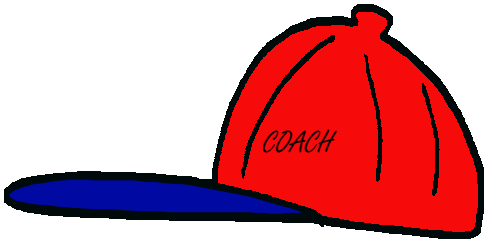
_____

List three reasons why a Coach has to be flexible.

_____

_____

_____



List three examples of how a Soldier is flexible.

_____

_____

_____

Not only do we lose our balance on the outside, but there are times we feel out of balance on the inside.

Walking a Tight Rope

What would happen to a tight-rope walker if he/she lost their balance?

Have you ever lost your balance just walking down the street? How does it make you feel?

Have you felt angry or afraid on the inside? What did you do?

What could you have done to remain in control?

Think of a way to remind yourself to act differently next time you want to lose control.

Decisions! Decisions!

1. What was the last problem you dealt with?_____

   _____

2. What was your behavior when the problem began?_____

3. How did you feel?_____

4. How do you wish you would have handled the problem?_____

   _____

5. If the problem occurs again, will you handle it differently?_____

_____

6. Did someone's feelings get hurt because of your behavior?_____

_____

7. If so, did you apologize to the person?_____

   If you answered No, why NOT?_____

8. How are you feeling now?_____

9. Did anything good come out of the incident?_____

10. What will you do now to have a good day?_____

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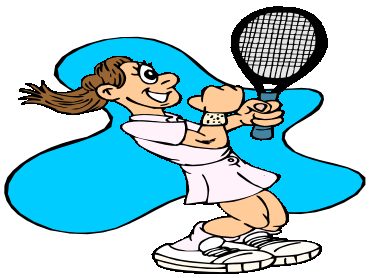
How do you spell relief?

Exercise is one great way to blow off some steam. Stress can really cause problems if you don't deal with it effectively.

Look at the pictures below and answer the following questions for each activity.



Sports

Hiking

Music

How would doing this activity help you relieve stress?

_____
_____
_____
_____
_____
_____

How often would you do this activity?

_____
_____
_____
_____
_____
_____

Photography

Biking

Skateboarding

What are other activities you could do to help you relieve stress in your life?

_____ _____
_____ _____
_____ _____

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Relax!

Learning to relax helps you manage STRESS!

Identify some situations that you have made you feel stressed out, like …

Taking a big test

Giving a speech

Playing a solo

What can you do to try to relieve stress?

_____

_____

_____

What works best for you?

_____

_____

_____

What other times can you use these relaxation techniques?

_____

_____

_____

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Rainy Days

Impulse control is the ability to control the way we respond to certain situations. Sometimes we are in a situation that we find very frustrating and we react before we allow ourselves to think it through.

For Example:

We can't control…

- Soccer games
- Our parents
- Our siblings
- The weather

We can control how we…

RESPOND!

Using the situations below, write a response that demonstrates impulse control and one that demonstrates NO impulse control.

Example:

1. You overhear someone making fun of how you played during a game.

(+) Impulse Control:_____

(-) No Impulse Control:_____

2. Your little brother or sister breaks your new video game.

(+) Impulse Control:_____

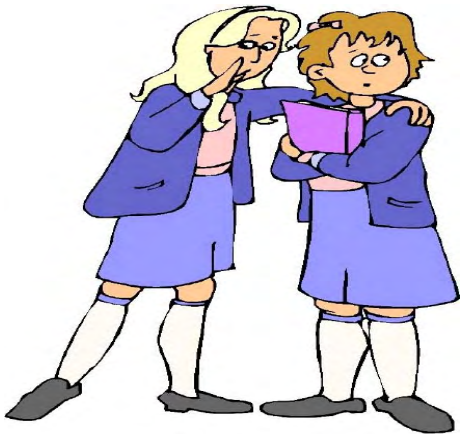
(-) No Impulse Control:_____

3. Your mom asks you to redo a chore.

(+) Impulse Control:_____

(-) No Impulse Control:_____

Behind Your Back!



As we mature, we must manage our emotions so that we do not lash out or hurt other people just because they do something we don't like. Read the following example and complete the exercise.

You overhear your best friend talking negatively behind your back. Just ten minutes earlier, the same friend was being nice to your face.

How would you feel?

How would you respond?

Give three examples of immature and mature impulse control.

Immature	**Mature**
Example: Tell them off _____ _____ _____	Example: Confront your friend and calmly tell them how you feel. _____ _____ _____

Think of another situation that has happened to you.
Did you use good impulse control?

What is a good way to handle this situation?

_____

_____

_____

_____

_____

_____

Way To Go!

"I'm so stupid!" "I should have never said that to my Mom,
I wish I could take those words back."

A lot of the time we say nothing good about ourselves. In other words, we do a lot of NEGATIVE self-talk or have thoughts that have no logic. When you spend time this way, it gives you excuses that limit how you use your talents and skills.

Take a few moments and check any of the following negative thoughts that you may have about yourself. Put a star by any positive thoughts you may have.

NEGATIVE THOUGHTS

___I can't stay awake in class.

___I can't do math.

___I don't want to go to school.

___I don't like helping my parents.

___I think my teacher thinks I'm stupid.

___I fight with my little brother/sister everyday.

___I don't like reading books.

POSITIVE THOUGHTS

___I will learn one new thing today.

___If I practice, I can do math.

___Today I will count how many times I smile.

___I will help my parent clean up the dishes after dinner.

___My teacher thinks I have improved.

___I will spend quality time with my brother/sister.

___I will read an article about something I like to do.

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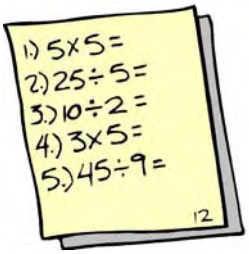
Look On The Bright Side!

In this activity you will reflect upon how to cheer yourself up in bad situations. Take each situation and think about how you could handle it in a positive way.

- ✓ Situation 1: You just had your bike stolen. You did not lock your bike up while you went into the store. How can you make this situation a positive one?

- ✓ Situation 2: You have lost your favorite toy. You have had this toy since you were very young. It was a favorite keepsake. How would you perk yourself up after such a disappointment?



- ✓ Situation 3: You have stayed up for the past three days studying for your math finals. You have drilled over multiplication and division for hours. After three days of work you take your test. Unfortunately, you did not do so well on the test. How would you manage to cheer yourself up after all the effort put into the test?

What Makes You Happy?

Here's an activity that helps you decide what makes you happy. Write as many reasons as you can think of to tell why this person, place or activity makes you feel happy.

- School _____
- Lunch _____
- Laundry _____
- Home _____
- Camping _____
- Riding a bike _____
- Taking a walk _____
- Friends _____
- Pets _____
- Art _____
- Math _____
- Reading _____

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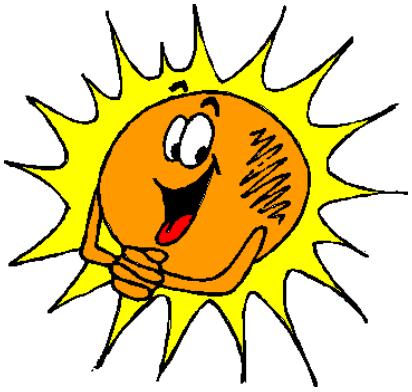
I Am Happy When…



In this activity you are to describe when you are most happy. Complete each sentence.

I am most happy when…

I am happy at school because…

I am happy at home because…

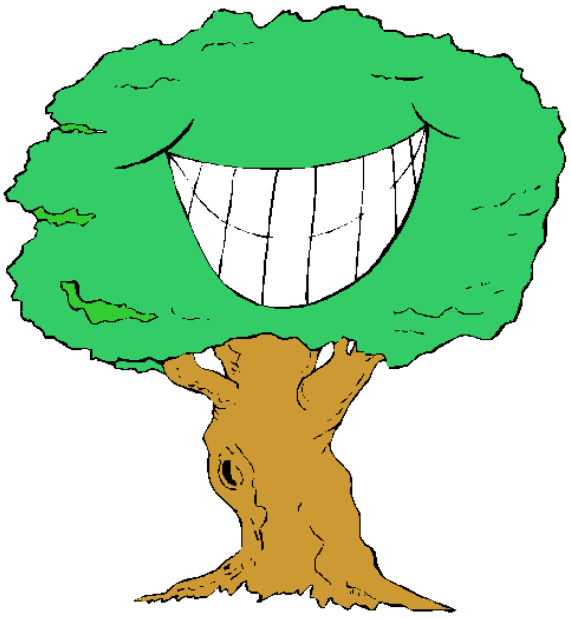
I am happy with…

I am least happy when…

I like to be happy because…

My friends make me happy when…

I am happy to be me because…



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