Emotional Intelligence

ages 13-18

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 13-18

InTRApersonal Scale

Self Regard ..... *Lay It On The Line*
Name Game
Emotional Self-Awareness ..... *Today I Feel*
I Am
Assertiveness ..... *Am I Assertive?*
Get A Grip On Anger
Independence ..... *Setting Goals*
To Do List
Self-Actualization ..... *Teen Spotlight*
Confidence Exam

InTERpersonal Scale

Empathy ..... *Dear Responsible Friend*
High Five
Social Responsibility ..... *Focus Group*
Overcoming Problems
Interpersonal Relationship ..... *Fishing For Compliments*
If I Had A Million Dollars

Adaptability Scale

Reality Testing ..... *Things Are Not Always as They Seem*
Understanding Emotions
Flexibility ..... *Responsibility Journal*
But We Always Do It This Way
Problem Solving ..... *Möbius Strip*
How I See It!

Stress Management

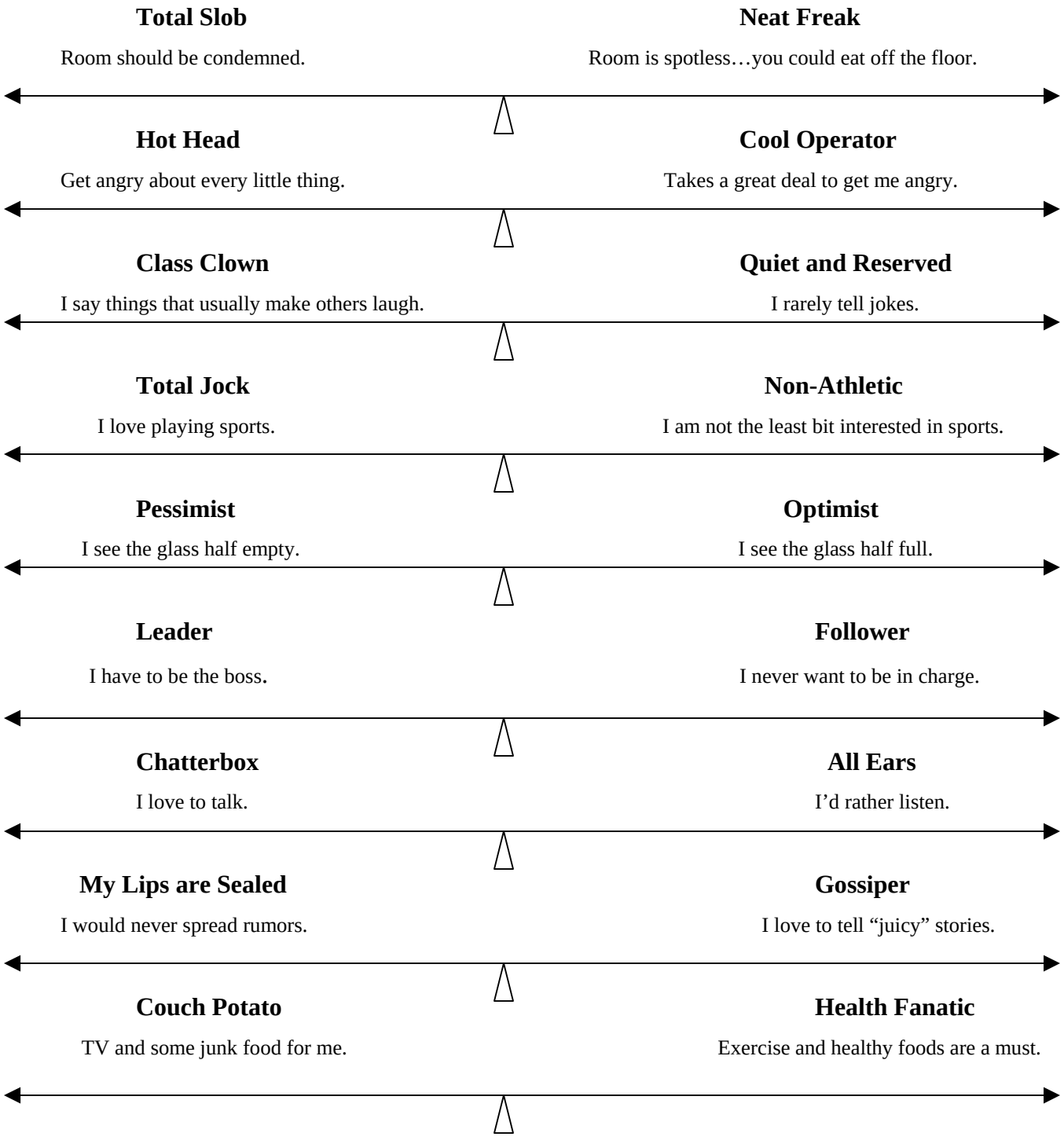
Stress Tolerance ..... *Take A Look At This*
Stress Journal
Impulse Control ..... *Don't Lose Your Cool*
Emotional Squares

General Mood Scale

Optimism ..... *It's All In Your Head*
Extra, Extra, Read All About It
Happiness ..... *HaHa*
The Best Day Of My Life

Lay it on the line

Self-regard is the ability to respect and accept oneself as you are. Place an X on the chart below to indicate on each line where you rate yourself. In which areas are you satisfied or dissatisfied? What could you do to improve the areas that need improvement?
Note: Balance is the key.



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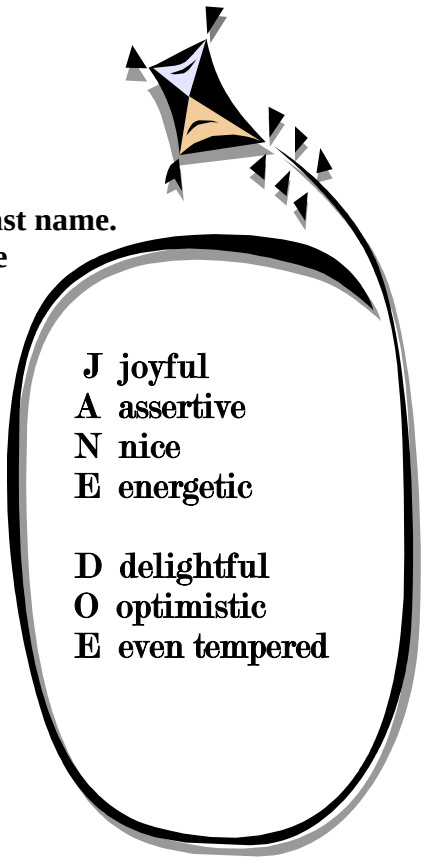
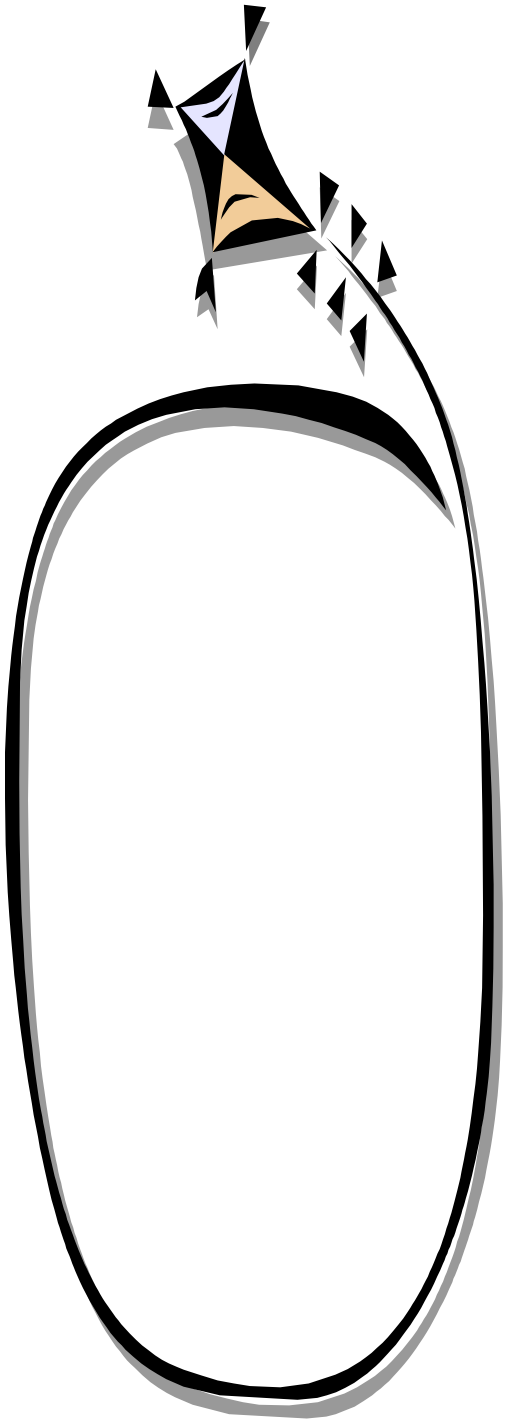
Name Game

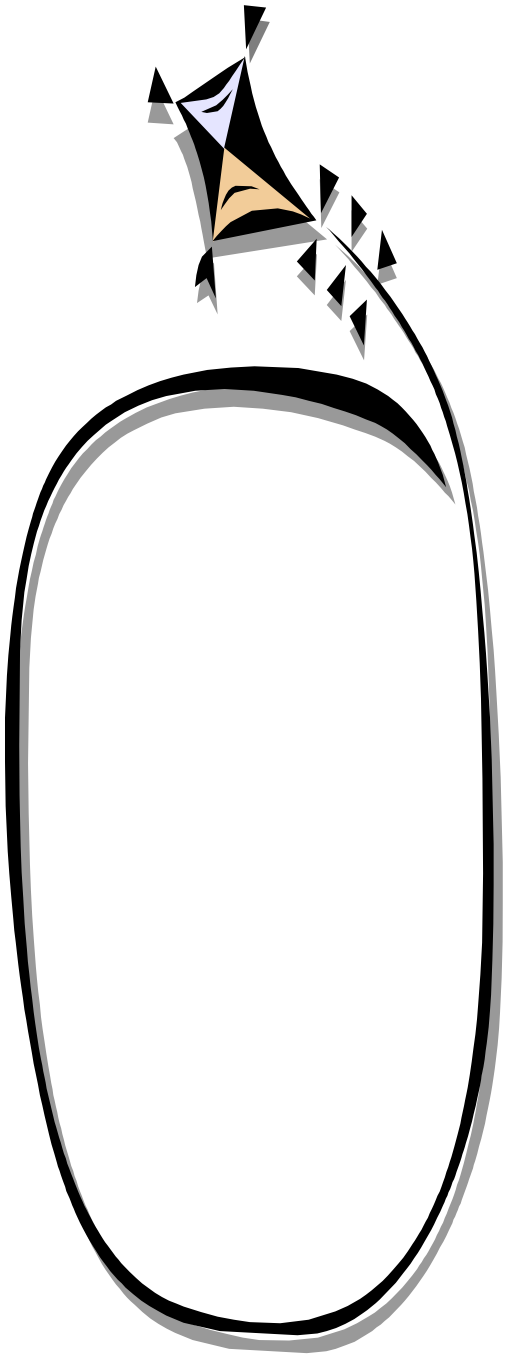
In the one of the blank shapes below, vertically, write your first and last name. Using the letters of your name, create words that express your positive traits. (Refer to the example given.)

Use the remaining shape to write the first and last name of someone who has influenced your life. Using the letters of their name, create words that express why they have influenced you.

Example:







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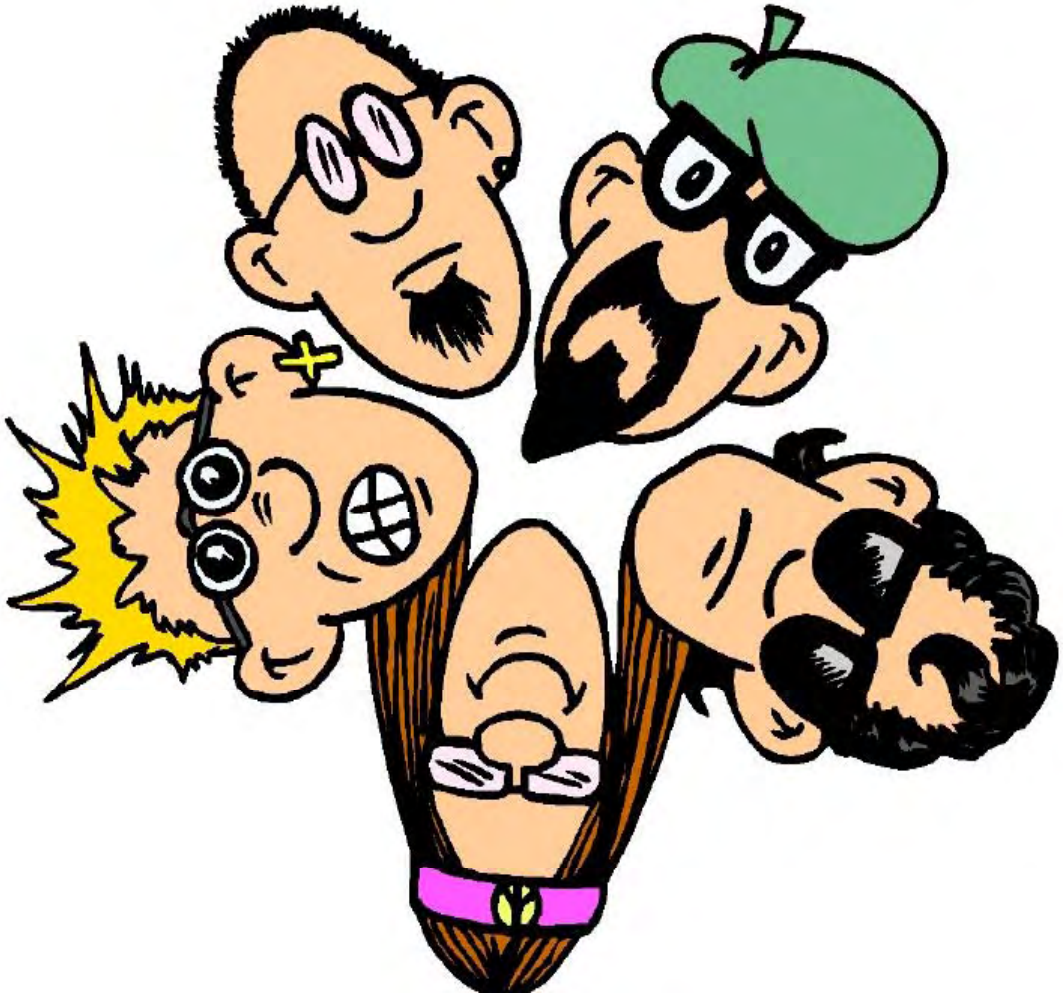
Learn to deal with your feelings in a positive way.

Today I Feel…

Use the picture below to identify how you feel today. Once you determine your emotional feelings, you can respond by making smart choices as you interact with others throughout the day. Recognizing your feelings and making a conscious decision to react positively to your feelings is the difference between a good day and a bad day. You have the capability to make this the best day of your life.



How do you feel today?

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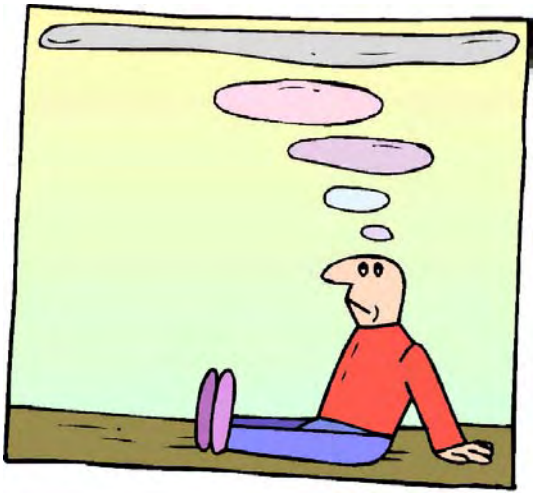
I Am...



Emotional self-awareness is the ability to recognize one's feelings. In the spaces below complete each statement based on how you feel. Use the blanks to add your own feeling words.

Example:
I am most happy when _____.

I feel embarrassed when _____.

I think negative thoughts about myself when _____.

I am _____ when _____.
I feel _____ when _____.
I think _____ about _____ when _____.

I am _____ when _____.
I feel _____ when _____.
I think _____ about _____ when _____.

I am _____ when _____.
I feel _____ when _____.
I think _____ about _____ when _____.

I am _____ when _____.
I feel _____ when _____.
I think _____ about _____ when _____.

Finish this statement: I think the world needs...

Am I Assertive?

Assertiveness is the ability to express your wishes and beliefs in a positive way. Too little assertiveness can make you a doormat. Too much, and we can be bossy and aggressive.

Think of a time when you were a doormat.

What happened? _____

What did you do? _____

How did you feel? _____

Now, think of a better way to handle that situation in the future. Write a better response and practice it.

_____

_____

Think of a time when you were too bossy.

What happened? _____

What did you do? _____

How did you feel? _____

Now, think of a better way to handle that situation in the future. Write a better response and practice it.

_____

_____

Get a Grip on Anger

Sometimes people use anger to get their way. Being assertive doesn't mean getting your way; it means that you can express your wishes and beliefs in a positive non-destructive way. Some examples of how people deal with anger are listed below. Brainstorm some ways that are used to deal with anger. Include both good and bad methods. When you have finished with a list, go back and place an asterisk (*) in the boxes of the methods that are healthy ways to deal with anger.

It really isn't "My Way or Else!"

☐ Throw things	☐ _____
☐ Scream	☐ _____
☐ Count to 10	☐ _____
☐ _____	☐ _____
☐ _____	☐ _____
☐ _____	☐ _____
☐ _____	☐ _____
☐ _____	☐ _____
☐ _____	☐ _____
☐ _____	☐ _____
☐ _____	☐ _____
☐ _____	☐ _____
☐ _____	☐ _____
☐ _____	☐ _____
☐ _____	☐ _____
☐ _____	☐ _____

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Setting Goals

Listed below are guidelines for setting goals that will help you achieve independence. Answer the questions and try setting some reasonable goals for yourself. Goals are easier to accomplish when they are clear, specific, and broken down into steps you can manage and measure.

How to Set Goals

1. Understand Yourself
   - What do you do well?
   - What do you enjoy doing?
   - What are the most important things in your life?
2. Make Clear, Specific Goals
   - A goal should tell you exactly what you want and should be measurable. For example, "I want to score ten goals in soccer this season" is both clear and specific.
3. Goals Should Be Positive
   - Say "I want to lose 5 pounds before the prom" rather than "I will never fit into my dress."
4. Set Time Limits
   - Give yourself a reasonable deadline in which to accomplish your goal.
5. Break Your Long Term Goals Down Into Smaller Parts
   - If your ultimate goal is to be a professional basketball player, a realistic, specific short-term goal would be to make the varsity basketball team this year.
6. Write Your Goals Down
   - Keeping your written goals where you can see them will help keep you focused on achieving them.
7. Check Your Progress
   - Evaluate your progress towards your goals. Are you doing what needs to be done to meet your goals? If not, what can you do to get back on target?

Now, It's Your Turn

Write three clear, specific, manageable goals for this coming week:

1.

2.

3.

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To Do List

On the form below list all of your assignments, after school activities, practices, community events, appointments, etc. Use the "to do list" as a guide to assist you in managing your time wisely. Include as much information as possible for each event. Draw a line through each item as you finish it.

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

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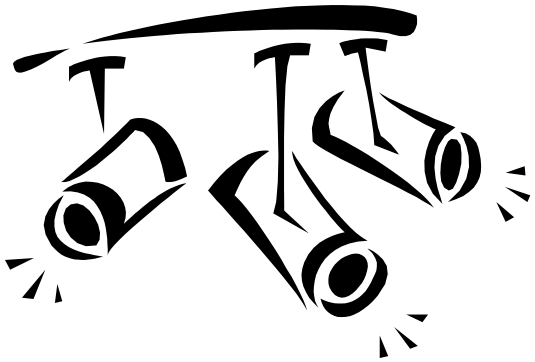

Teen Spotlight

Self-actualization is the ability to set goals and feel that you are accomplishing those goals. Using the newspaper layout below, design a newspaper highlighting YOURSELF. Include your greatest accomplishment, a self-portrait of you doing something that you enjoy, headlines, etc. In the box at the top, give your newspaper a unique name.

<table>
<tr><td colspan="4">Headline</td></tr>
<tr><td rowspan="4">Feature story about Your greatest accomplishment</td><td colspan="2" rowspan="2">Self-portrait</td><td>Favorite foods</td></tr>
<tr><td rowspan="3">Funniest thing that happened to you</td></tr>
<tr><td>Favorite songs or groups</td><td rowspan="2">Story about your friends</td></tr>
<tr><td>Personal ad listing your strengths</td><td>Your future plans</td></tr>
</table>

Confidence Exam

Setting and achieving goals builds self-actualization. This helps develop good self-confidence. Prepare for this self-confidence exam by taking a close look at yourself. Read each statement then circle the number that indicates where you think you best fit. Total the circled numbers and check your results in the key below.

	Never	Occasionally			Usually
1. Basically, I am satisfied with myself.	1	2	3	4	5
2. I am happy with the way I look.	1	2	3	4	5
3. I am pleased with my relationships.	1	2	3	4	5
4. I can accept criticism without getting upset.	1	2	3	4	5
5. I keep trying when things don't go my way.	1	2	3	4	5
6. I am glad for others when good things happen.	1	2	3	4	5
7. I am willing to seek help if I need it.	1	2	3	4	5
8. I enjoy the challenge of trying new things.	1	2	3	4	5
9. I feel comfortable meeting new people.	1	2	3	4	5
10. I set goals and expectations for myself.	1	2	3	4	5

Total Score _____

Key

Total Score

41- 50 Your self-confidence is GREAT!
31- 40 You are mostly satisfied with yourself.
21- 30 Your self-confidence is lacking.
10- 20 You need to work on your self-confidence.

Do you have the confidence that you desire? If so, good for you! If not, make some changes and keep trying!

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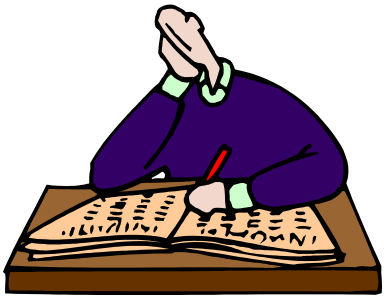
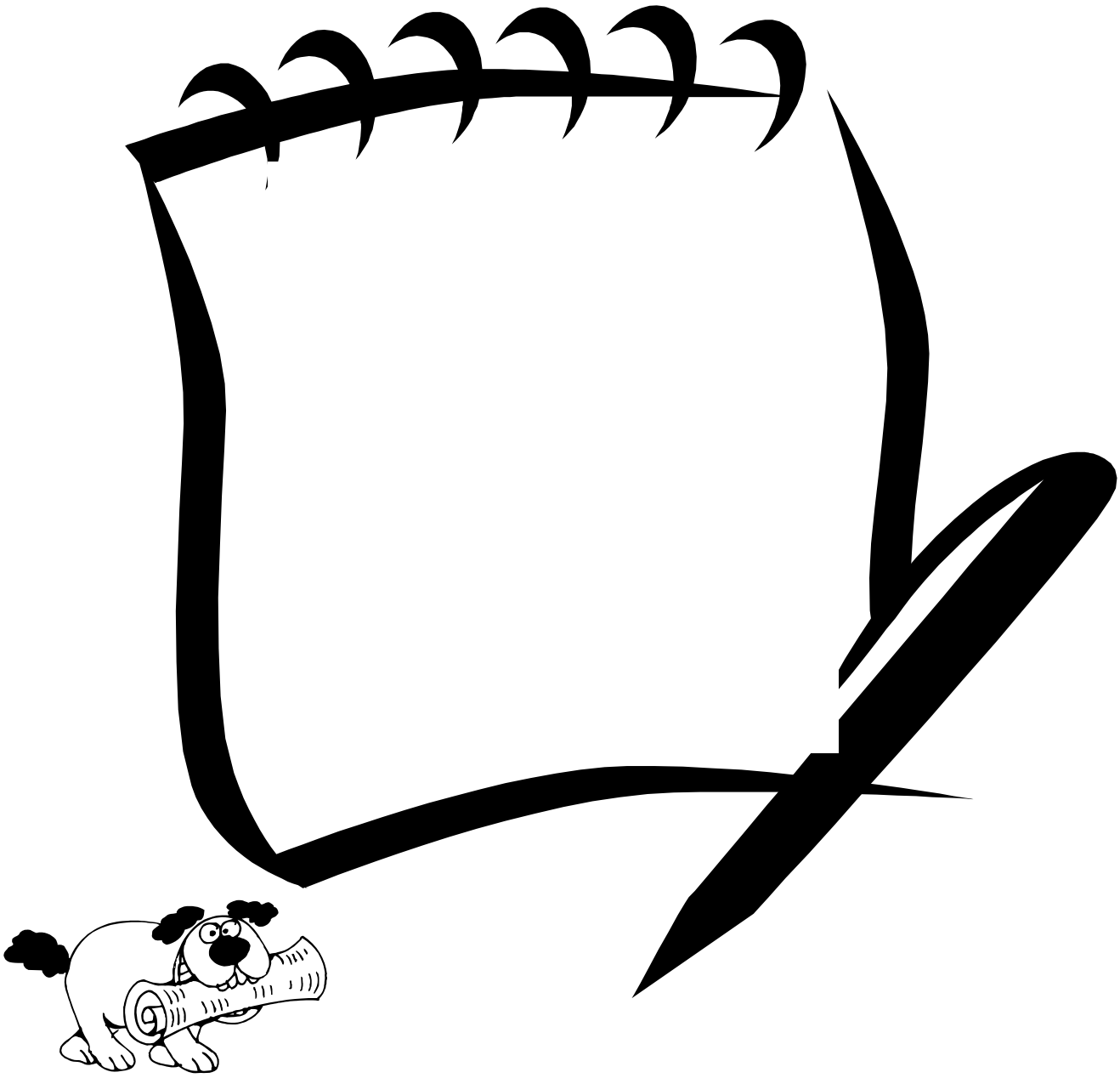
Dear Responsible Friend…



Write a brief letter to someone you really trust. The letter should consist of a request for advice concerning a real problem, present or past. It's ok to describe someone else's problem, as long as you know enough about it to be specific. Please include enough facts and clues as to the emotions of the people involved to allow someone reading the letter to empathize with their feelings and point of view. Sign your letter with a fictitious name. Wait until instructed to pass your letter to another person. Once you receive a letter and read the request you must follow-up with a response in writing.

When finished read aloud your letter and response to the group.
How much empathy did you feel for your correspondent in the situation described?



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High Five
(Group Activity)

Building self-esteem in yourself and others is an easy task when giving and receiving compliments.

You will need a large sheet of colored construction paper taped to the back of each person and a colored marker or crayon.

Each person will move around the room and write at least one positive comment on every other person's paper. Comments should draw attention to that person's strengths.

When finished, ask each person to remove the paper and read what others have said about him or her.

Open discussion should follow based on the comments shared.

Focus Group

Form a focus group to debate an issue to find a solution. Share your feelings, beliefs and thoughts on one of the following statements.

As a group, come to an agreement about the best way to address the topic.

1. Volunteering is a good way to learn responsibility.
   Why and why not?

2. The only person that I should really compete with is myself.
   Why and why not?

3. If I am a team member, I should put the good of the team before my own desires.
   Why and why not?

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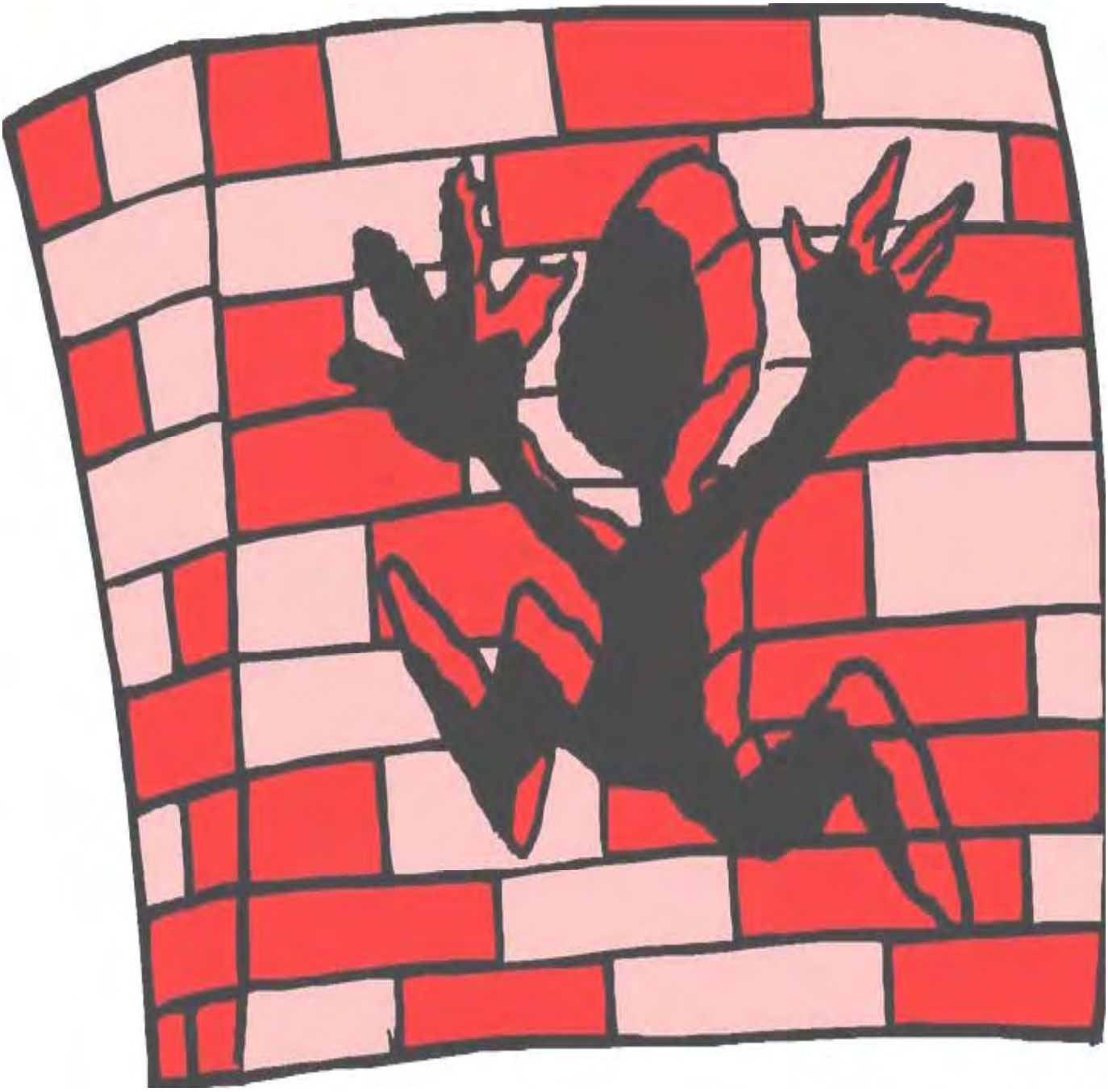
Overcoming Problems

"Breakthrough not Breakdown"

Problems often seem hard to solve. For some it's like facing a brick wall. Knocking down the barriers and pushing through the brick wall is a remarkable feat. Without taking the problem on yourself, whom would you help and what problems would you help them solve? On each brick below write the name of the person you would like to help, and the problem you would like to help them remove.



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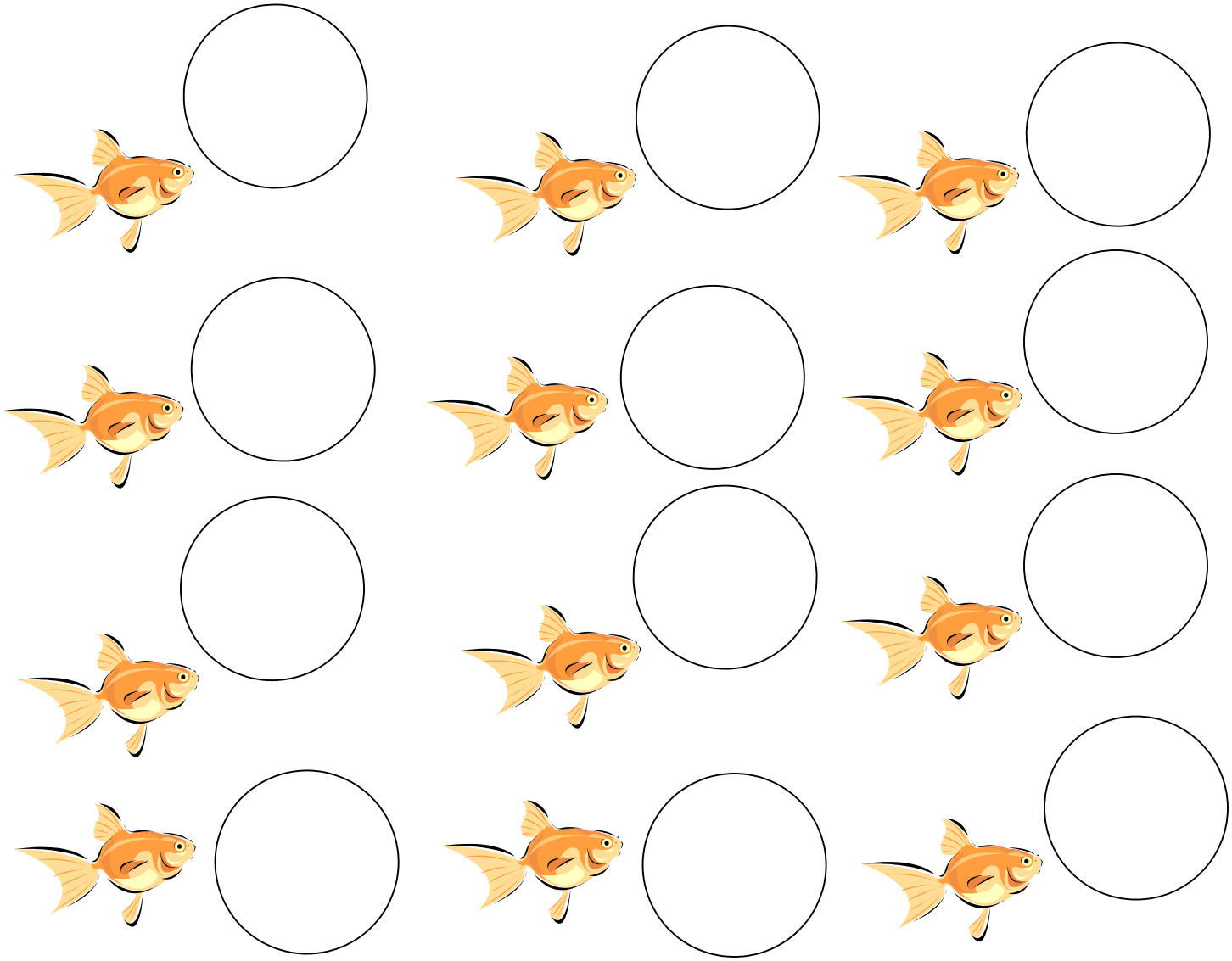
Name _____

Fishing for Compliments

We all need compliments once in a while. Write your name in the space provided, and then pass this paper around to someone in your group. When you receive a paper, in the spaces provided, write a compliment to the person whose name is at the top. Continue to pass the paper around until it is filled with compliments then return it to the owner.



How does it feel to receive so many compliments?

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If I Had a Million Dollars!

WAIT A MINUTE! MONEY ISN'T EVERYTHING!
On each gift tag below, write the name of a person you would like to give a gift. Around each gift box, write the gift that you would like to give that person. The gift should be something that will help develop a real friendship, like a smile or an encouraging word. Now, think of other gifts you can give to anyone at anytime.

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Things Are Not Always As They Seem …

Think of a time that you jumped to a conclusion and said or did something you regretted. Knowing the truth helps us make better choices. In the space below describe the…

Trigger Event (what happened): _____

_____

Reference (how you incorrectly evaluated the situation): _____

_____

Unhealthy Response (what you did or said that you now regret): _____

_____

Truth (what was really going on): _____

_____

Healthy Response (what you can do or say better the next time): _____

_____

Revised as of 28 January 03

Understanding Emotions

Understanding emotional competence will help you know yourself and learn ways to fine-tune your relationship skills.

Using the definitions listed on the right side of the page, place the letter of the correct definition on the space for each Emotional Intelligence Competency term listed. There is only one correct choice for each term.

1. _____ Stress Tolerance
2. _____ Independence
3. _____ Empathy
4. _____ Self-Regard
5. _____ Optimism
6. _____ Impulse Control
7. _____ Problem Solving
8. _____ Social Responsibility
9. _____ Assertiveness
10. _____ Flexibility
11. _____ Interpersonal Relationship
12. _____ Emotional Self-Awareness
13. _____ Happiness
14. _____ Reality Testing
15. _____ Self-Actualization

a. I am a responsible, cooperative and contributing member of society. I am socially conscious and concerned about others.

b. I am able to resist or delay an impulse, drive or temptation when I choose.

c. I am able to achieve my potential and get involved in things that lead to an interesting, exciting and meaningful life.

d. I understand, accept and respect myself.

e. I am sensitive to what, how and why people feel and think the way they do. I care about others and show interest and concern for them.

f. I am self-reliant and autonomous in my thoughts and actions.

g. I am able to look at the brighter side of life and maintain a positive attitude even when times are tough.

h. I am able to identify problems as well as generate and implement solutions.

i. I know what I feel and why I feel the way I do.

j. I am able to establish and maintain mutually satisfying relationships. I am comfortable giving and receiving affection.

k. I am able to withstand stressful situations without falling apart by actively and positively coping with stress.

l. I feel good and at ease in school, work and leisure situations. I am able to relax and enjoy my life.

m. I able to adjust my feelings, thoughts and behaviors to changing situations and conditions. I am open to different ideas and ways of doing things.

n. I am able to tune into the immediate situation and can see things objectively; the way they are, rather than how I wish or fear them to be.

o. I am able to express my thoughts and feelings and can ask for what I need. I can defend my rights in a constructive manner.

Understanding Emotions
Answer Key

1. **k** Stress Tolerance
2. **f** Independence
3. **e** Empathy
4. **d** Self-Regard
5. **g** Optimism
6. **b** Impulse Control
7. **h** Problem Solving
8. **a** Social Responsibility
9. **o** Assertiveness
10. **m** Flexibility
11. **j** Interpersonal Relationship
12. **i** Emotional Self-Awareness
13. **l** Happiness
14. **n** Reality Testing
15. **c** Self-Actualization

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Responsibility Journal

What does personal responsibility mean to you?

Being flexible means we can change in order to become more responsible. Think about some responsible things that you did during the last week. Write down things you said or did that were responsible. Also, write down things you said or did that you realize were not responsible. Based on your honest answers now, examine your not responsible list. Complete the "what I have learned" section.

Responsible:

ACTION	CONSEQUENCE

Not Responsible:

ACTION	CONSEQUENCE

What I have learned…

Thought Questions:

1. Which do I have more of, actions which are responsible or actions which are not responsible?
2. What surprised me?
3. How do I feel about my not responsible actions?
4. What steps will I take to improve?

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"But We Always Do It This Way"

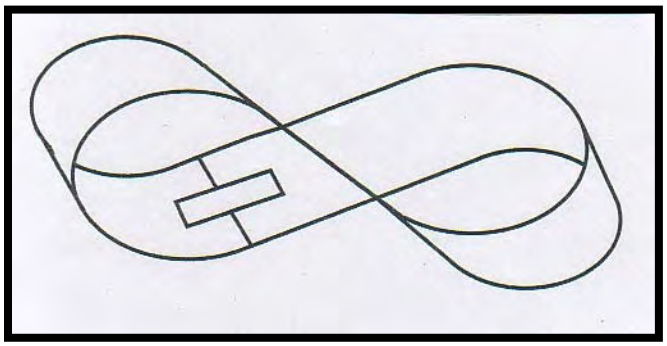
Flexibility means that you are able to adapt to change and sometimes do things differently. Flexibility skills can be learned and improved. If we refuse to try new ideas or accept change, we may miss great opportunities to mature.

Use this situation: You are a teacher and the Vice-Principal, Counselor and Custodian all have the flu and called in sick.

Think of ways that being flexible will be very helpful for you as you make sure your students have a good day. Think of some examples of problems that will occur if you refuse to be flexible.

Write a short story to describe your day.

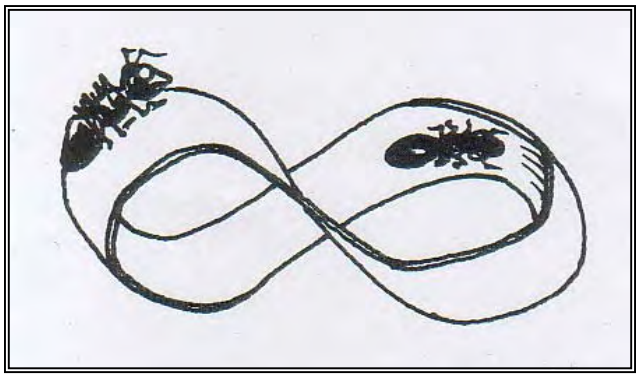
MÖbius Strip



Problem solving can be fun! Here is one of the strangest loops you will ever see. It's called a MÖbius strip in honor of the German mathematician who first investigated its properties. To build a MÖbius strip, you need a strip of paper about one inch wide and ten inches long. Coil the paper into a simple loop. Then put a single twist in the loop before securing the ends together with a piece of tape. Use a marker to color one side of the strip red and the other side blue. You will soon discover that this loop has only one side!

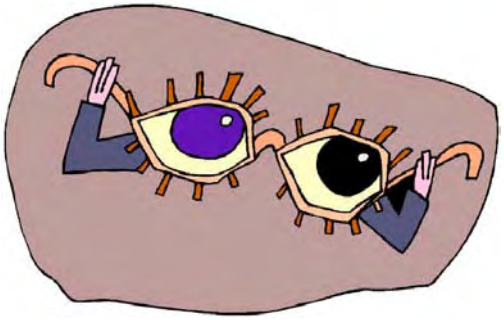
Now, for some problem solving fun!

If we place two ants side by side on a MÖbius strip and start them off in opposite directions, will they pass each other? If so, at what point? (Answer: Below)



Answer:

No, they will never pass each other. One ant will be walking on the top side of the strip, while the other will be on the bottom side.



How I See It!

Are the beliefs that you have about yourself TRUE or FALSE? Do you see yourself as being a loser? Really stupid? Not fitting in with your group of friends? Even though your friends say you are NOT a loser—and tell you how smart you are—and what a wonderful friend you are? It is still hard for you to think that they are being honest and real with you. Our perception is our reality; therefore we must work at changing how we see ourselves.

Write three words that describe how you SEE yourself.

_____

_____

_____

Write three words that describe how you FEEL about yourself.

_____

_____

_____

Write three reasons why those beliefs about yourself are RIGHT or WRONG in your eyes.

_____

_____

_____

Now it is time to note your good qualities. Name three of your good qualities.

_____

_____

_____

Take A Look At This

Take a look at the warning signs of stress listed below. Check EACH of the warning signs that apply to you. When you are finished checking your warning signs, discuss your list with someone you c an trust. Are there any similarities? How much stress do you think you are currently under? Discuss ways that you can eliminate some of the stress that could start to cause you physical or emotional or behavioral difficulties.

Physical

____ headaches
____ stomach aches
____ dizziness
____ back pain
____ neck stiffness
____ ulcer sores on mouth
____ jaw pains
____ weight loss
____ weight gain
____ twitches (eyelids, face)
____ weakness
____ nausea
____ indigestion
____ excessive sleeping
____ overeating
____ loss of appetite
____ inability to sleep
____ skin problems
____ constant fatigue
____ cold hands or feet
____ excessive sweating
____ chest pains
____ high blood pressure
____ rapid or difficult breathing

Emotional

____ mood changes
____ lack of concentration
____ nightmares
____ panic attacks
____ anxiety
____ anger
____ irritability
____ crying
____ thoughts of suicide
____ depression
____ confusion
____ feelings of helplessness
____ restlessness
____ racing thoughts
____ aggressiveness

Behavioral

____ smoking
____ nail biting
____ tapping
____ pulling hair
____ grinding teeth
____ use of alcohol
____ use of medication
____ compulsive dieting
____ hair chewing
____ nervous laughter
____ pacing
____ lateness
____ putting things off
____ not caring about physical appearance
____ compulsive overeating

Stress Journal

Before you can deal with stress, you must learn to recognize what causes it. Think about last week and list as many events as you can remember that caused you stress. Use the chart below to record the stressful events. Include all the information that will help you determine if there is a pattern to your stress. This journal will help you recognize what causes the most stress in your life. Be sure to rate each event as "high", "medium", or "low." Think of your reaction to the stress. For example, Did your heart start to pound? or Did you feel your temperature rise? Write your reaction in the space provided. Now, think of some ways to relieve the stress so you can keep your cool!

Date	Time	Event (who, what, where)	Stress Level (high, medium, low)	My Reaction

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DON'T LOSE YOUR COOL

We all have certain things, situations, or people that cause us to lose our composure from time to time. Determine what causes YOU to "lose your cool" by completing this activity. When you begin to identify your stressors, you can become skilled at preventing negative consequences. Place an **X** next to each factor that causes you stress. There are blank spaces provided so you can add your own.

Don't Push the Panic Button!

What causes you to "lose your cool"?

_____ being late
_____ too much homework
_____ speaking in public
_____ babysitting
_____ going to the dentist
_____ arguments with friends
_____ restrictions at home
_____ chores
_____ lack of sleep
_____ no date for a dance
_____ zits
_____ physical education class
_____ math class
_____ English class
_____ other class _____
_____ cafeteria food
_____ boredom
_____ rude people
_____ no money
_____ no transportation
_____ playing on a sports team
_____
_____
_____
_____

_____ being cut from a sports team
_____ losing something valuable
_____ parents fighting
_____ getting detention
_____ your job
_____ taking tests
_____ video games
_____ using a computer
_____ closed-in spaces
_____ commercials
_____ interruptions while busy
_____ getting an injection
_____ arguments with parents
_____ fight with boyfriend/girlfriend
_____ losing
_____ careless drivers
_____ slow drivers
_____ loud people
_____ baby crying
_____ disrespectful children
_____ a friend betrays you
_____
_____
_____
_____

EMOTIONAL SQUARES

In each square write what you do when you experience the emotion listed. Include both productive and destructive behavior.

Aggravated?		
Angry?		
Depressed?		
Content?		
Scared?		
Worried?		
Happy?		
Energized?		

Do you have more positives or negatives listed? Having someone you trust to talk to when you are feeling out of sorts helps you avoid negative behaviors and consequences.

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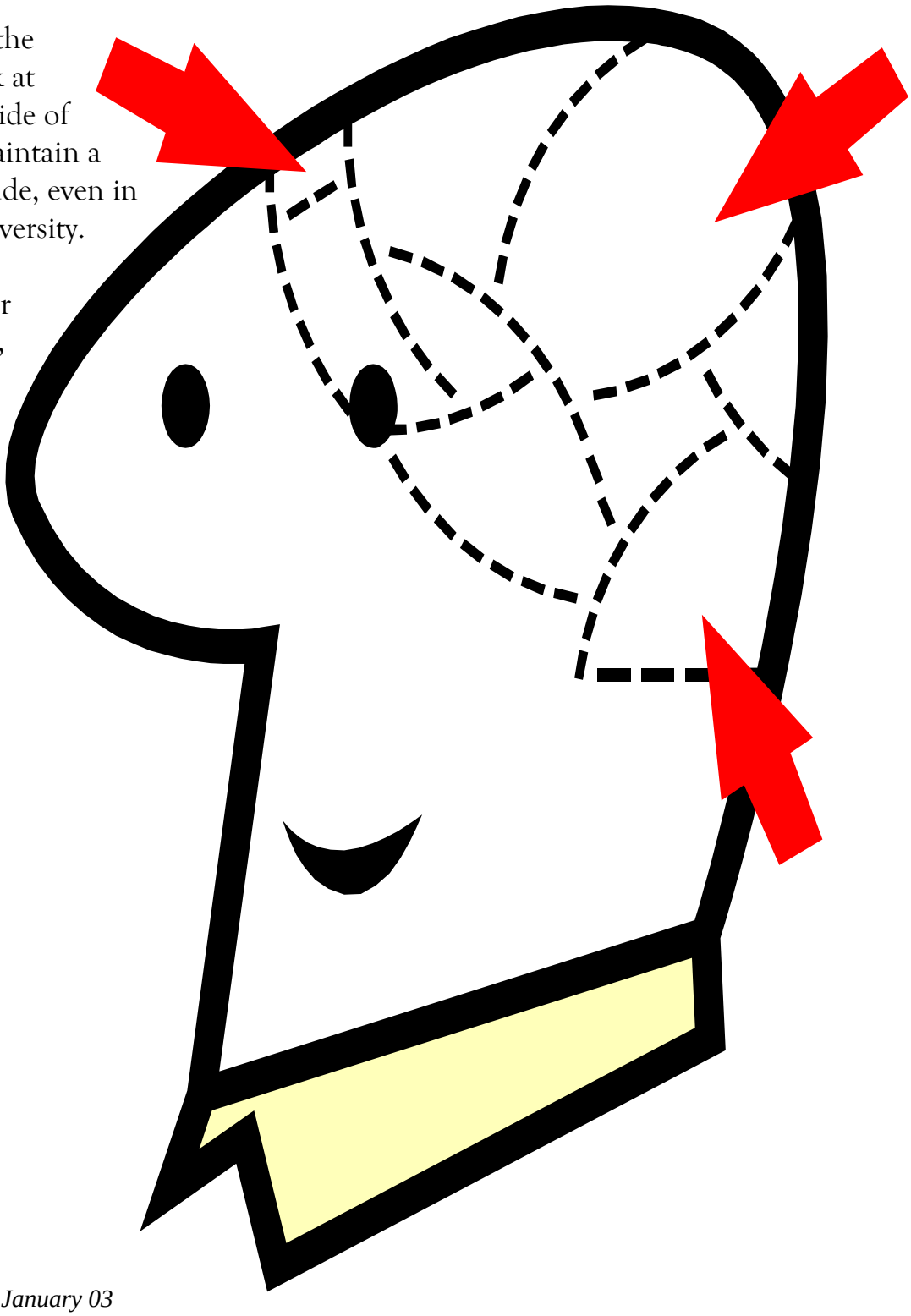
It's All in Your Head

What does your brain contain? The picture of the head is divided into sections. In each section write or draw what you spend the most time thinking about.

Optimism is the ability to look at the brighter side of life and to maintain a positive attitude, even in the face of adversity. Next, using a different color pen or pencil, write positive thoughts to fill your brain.



Revised as of 28 January 03

Extra, Extra, Read All About It!

On the newspaper below, write a story that highlights the **#1** goal that you want to achieve in your life. Be sure to describe the steps you need to take to meet your goal. Now, be honest, every goal is achievable if you take the right steps.

Revised as of 28 January 03

Laughter helps us feel good. So, spending time with people who make you laugh is a good way to relax. Answer the questions below and have a laugh or two!

Who is one of the funniest people you know?

What is something this person said or did that made you laugh?

What is the funniest thing that has ever happened to you? Describe.

_____

_____

What is the funniest thing that has ever happened to your best friend? Describe.

_____

_____

Describe something your favorite comedian did that made you laugh.

_____

_____

Did anything make you laugh today? If so, what?

Draw a cartoon character of yourself as a baby, teenager, and distinguished elder. Have fun!

Revised as of 28 January 03

The Best Day of My Life

Spend a few minutes thinking about what the best day of your life would be like. Then write a story describing in detail everything about that day. What makes this one day the best day of your life?

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