Emotional Intelligence

ages 8-10

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 8-10

InTRApersonal Scales

Self Regard	*My Special Gifts and Talents*
	Whoooo Are You?
Emotional Self-Awareness	*Piecing A Quilt*
	Name That Emotion!
Assertiveness	*Make No Bones About It!*
	You're Not the Boss of Me!
Independence	*Planting Seeds To Independence*
	A Skeleton of My Former Self
Self-Actualization	*Responsibility*
	Go For It!

InTERpersonal Scales

Empathy	*Seeing Through Different Eyes*
	Do You Care?
Social Responsibility	*Speak Kindly*
	Are You Barking Up the Right Tree?
Interpersonal Relationship	*Opening Doors To Friendship*
	Friendship Chain

Adaptability Scale

Reality Testing	*Choices*
	Get Real!
Flexibility	*Choosing Between Two Things*
	Flexibility
Problem Solving	*Solving Problems*
	The Lucky Five

Stress Management

Stress Tolerance	*Relax Before You Break*
	Blowing Bubbles
Impulse Control	*Treat Yourself*
	Lifesavers

General Mood Scale

Optimism	*Positive Thinking*
	Put On A Happy Face
Happiness	*Keys To Happiness*
	Let A Smile Be Your Umbrella

My Special Gifts and Talents

Everyone has something they do well. It may be in a sport, or playing a musical instrument, or even a particular subject like math. A person can even be good at making friends. Whatever a person does well can be a gift or talent.

See if you can recognize your own gifts and talents.

I, _____, bring these special gifts and talents to my community.

1. _____
2. _____
3. _____
4. _____
5. _____

Of your talents, which are you most proud? Why? _____

_____

What would the world be like if everyone had the same gifts and talents?

_____

What if everyone on the baseball team was a good pitcher, but no one did well at running or hitting? _____

_____

What is one of the nicest things you could say about yourself? _____

_____

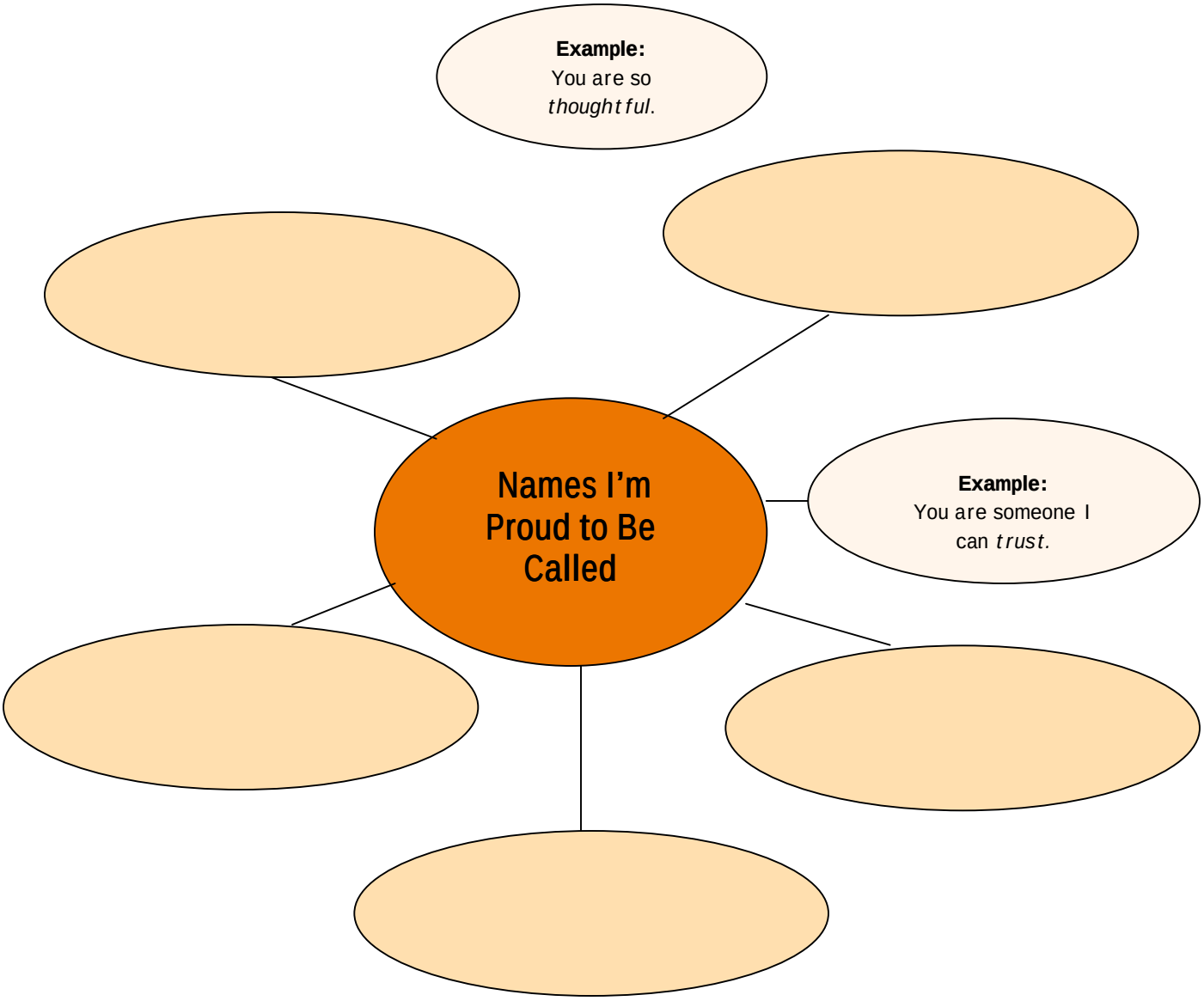
What are some things you've been able to show other people how to do?

_____

Whoooo Are You?

Self-regard is the way you feel about who you are and your self-worth. That means you know who you are and feel satisfied with yourself. You have a good feeling of success. With a feeling of your worth, you will have high self-confidence and feelings of being adequate.

Fill in the ovals in the flowchart below to find out more about yourself.



Piecing a Quilt

Many emotions make up the person you are. It is important to be able to identify those emotions and know how to deal with them. Your emotions are like a patchwork quilt. Each of your emotions is pieced together to make up the whole you.

Inside the patches on the quilt below, draw a face showing different emotions you have felt.

Name That Emotion!

How familiar are you with emotions? Use this exercise to help you have fun finding out about different emotions that are important for you to know.

See how many different words from the two following groups of emotions below you can use to fill in the blanks in the sentences. Write them in the boxes below each sentence.

proud helpful calm alert quiet surprised eager delighted hopeful curious excited friendly pleased relieved interested glad happy amazed

ashamed confused jealous sorry angry uneasy concerned impatient disliked scared worried depressed embarrassed abandoned sad guilty

1. I was so _____ when I won the spelling bee.

2. The 'D' I got on my math test made me feel _____.

3. The class was _____ when the alarm sounded.

4. I felt_____ when my best friend made fun of me during lunch.

5. Dad was _____ when I missed my foul shot.

6. This math problem makes me feel _____.

7. I felt _____ when my friends went to the movie without me.

8. She was so _____ at the last scout meeting.

Make No Bones About It!

Do your friends sometimes do or say things that make you feel uncomfortable? Maybe they say unkind things to other classmates. Or maybe they take the seat you were saving for someone and won't move when you ask them.

Do you feel like you should speak up about it, but are afraid? Here are some steps to take to help you speak up.

Decide what you would like to say to that person.

Write it down.

Practice saying it in front of a mirror.

Or, practice saying it with your parent or another person.

Keep practicing until you feel like you can say it to that person. You will feel better if you can stand up for yourself and what you believe.

Now go stand up for yourself!

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You're Not the Boss of Me!

Assertiveness looks like a big word, but it's easy and important for you to understand. It means that you can defend your beliefs and take care of yourself. You have a right to take up for your beliefs, feelings, thoughts and opinions. You need to develop skills in order to do this.

Can you do any of the following?

- Are you able to refuse doing things that aren't right?
- When you don't agree with someone are you able to speak up and share your views?
- Can you avoid things that will hurt you?
- Can you avoid letting other people influence your decisions?
- Do you have confidence in your own judgment?
- Do you ask for help when you need it?

Here are some steps to help you stand up for yourself:

1. Decide what you want to change and believe in your rights.
   (**For example:** *A friend is always telling you what to do.)*
2. Describe to the other person involved, the situation as you see it. Be specific.
   ("You're always bossing me.")
3. Describe why you feel as you do using an "I" statement. Be firm, strong, look at the person and be sure of yourself.
   ("I feel irritated because I can take care of myself.")
4. Describe changes you'd like made. Be specific about what actions should stop and what should start. Be reasonable and willing to make changes in return.
   ("I want you to stop always telling me what to do, and instead, ask me what I'd like to do.")

Now, pick a situation that you want to change. It could be with a friend or with someone in your family. Maybe someone hurts your feelings when they tease you, or maybe someone is bullying you. Go through the four steps. You might want to practice with another person, your pet or a stuffed animal.

Remember, you have the right to be who you want to be!

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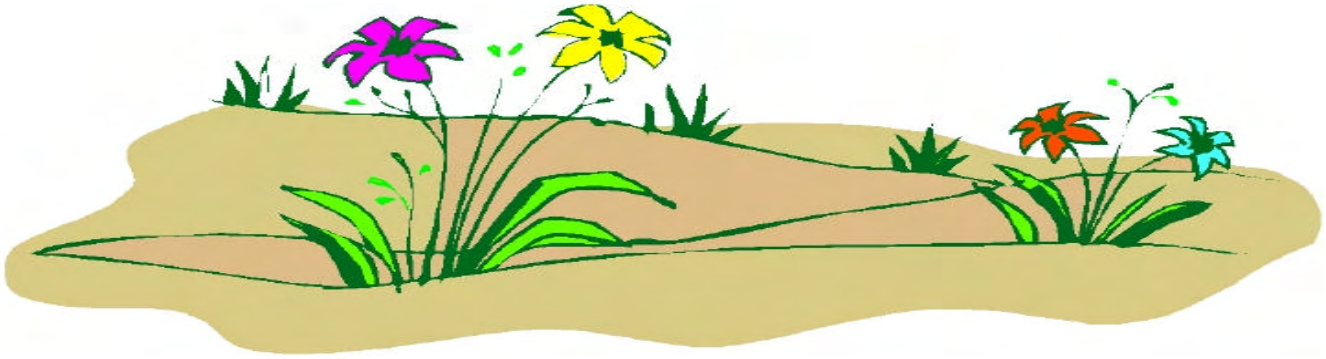
Planting Seeds to Independence

What kind of person are you going to become? Think about words that describe who you are now and who you want to become as you become more independent. Write those words on the lines in the soil.

Some examples could be dependable, helpful or fair.



_____ _____

_____

_____ _____

_____

_____

_____ _____

_____

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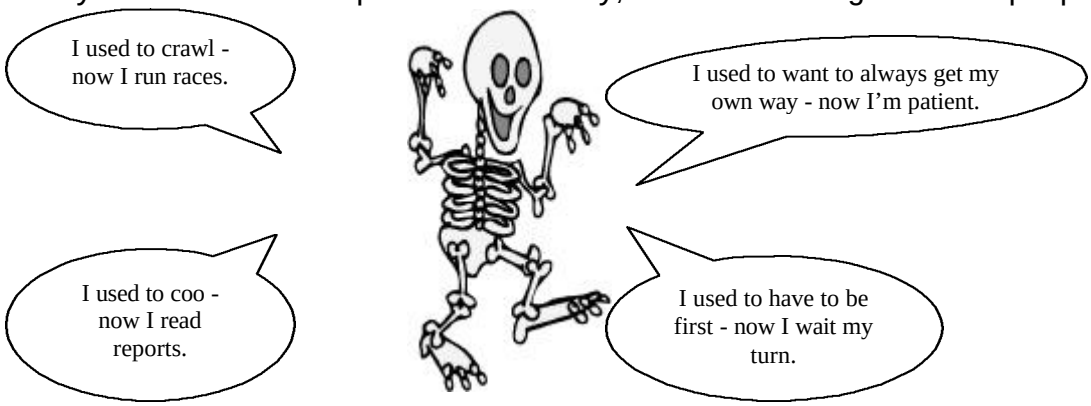
A Skeleton of My Former Self

Independence is when you are able to take care of yourself. You are able to plan and make important decisions for yourself, and you can make those decisions without falling apart or depending on others to bail you out emotionally. You are courteous, honest and respectful of yourself and others. You are willing to take responsibility for your feelings, thoughts and actions. You rely on others for help when necessary, but do not cling to other people.



Fill in the table below to find out more of your strengths.

Before	Now
My Mom used to have to wake me up.	Now I get up and get dressed for school on my own.

Responsibility

Do you know what it means to be responsible? It means that you can be depended upon and can handle the results of your actions. Are you a responsible person? Ask yourself the following questions to help you find out. Write your answers on the lines.

Do you quit when you are not doing well? _____

_____

Always keep trying.

Do you control your temper or do you throw things, scream or hit when you don't get your way? _____

_____

Always control yourself. Wait your turn, and show courtesy and good manners.

Are you a good loser? _____

_____

Win with grace. Don't brag when you win or make excuses when you lose. Take pride in how you play the game, not just whether you win.

Always remember the importance of not harming others by words or actions. Everyone has a right to meet his or her own needs.

Go For It!

Self-Actualization means working to reach your goals and being eager to follow your dreams. It means knowing what you want to do in life and caring about improving yourself. Work on skills in order to know who you are and in order to have a full life.

Sometimes it takes courage to try a new skill because you are afraid you might fail or be embarrassed. Try being a risk taker. Pick a skill you'd like to develop. It could be something as simple as being a better listener or being on time. It could be something harder, like volunteering answers in class. Use the flowchart below to help you. Each time you practice your skill, write it in the next box. Be a confident goal setter – **you can do it!**

Example: "*Being On Time*"
Today I was ready to leave for school when the bus arrived.

1.

2.

3.

4.

5.

6.

7.

Good Job!

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Seeing Through Different Eyes

It is important to be aware of just how many different ways people can view situations. Read the following and think about how differently people can react to an event.

It's Thanksgiving Day. The power suddenly goes off.

Mom is frustrated. She has been cooking all day and the turkey is only half done, the vegetables need heated and the guests will be arriving soon.

Dad is furious. He was watching football. His team was ready to score a touchdown that would put them ahead to win the game.

Sister is relieved. She was helping in the kitchen and is tired of "wasting" her day cooking. She wanted to get back to a book she was reading.

Brother is glad. He hasn't been able to play video games because of the football game. Now no one can use the TV.

The same event is seen through different eyes.

How could different people view the following events?

Pick one of the following events and write down how you would react.

- ❒ A snowstorm hits the town in the middle of the day.
- ❒ The fire alarm goes off.
- ❒ The swim team loses the state swim meet.

Think of more events and how different people see them differently.

Do You Care?

Do you care about the needs and feelings of others? In each of the situations below, choose the answer that shows concern for the feelings of others.

1. A small girl is crying because she is lost in the store. You…
   a. take her home with you.
   b. yell for her parents.
   c. tell her to stay where she is until her parents come to find her.
   d. stay with her until her parents or some responsible adult comes.

2. Your friend's grandfather is dying of cancer. You…
   a. tell her that her grandfather will be all right.
   b. tell her about the time your Mom broke her wrist and how hard it was on the family.
   c. spend time with her so she knows you are available when she needs someone.
   d. tell her you are glad to help in any way you can as long as it isn't during cheerleading practice or Saturday.

3. Your friend, Jeff, missed catching the ball and the kids are laughing at him. You…
   a. laugh, but quietly.
   b. hit the kids who are laughing at him.
   c. tell Jeff you've missed catching the ball and it's no big deal.
   d. tell Jeff he can have someone coach him.

4. The new boy at school doesn't have friends yet. You…
   a. stare at him when you pass in the hall, but you don't speak.
   b. go up to him and invite him to sit with you at lunch.
   c. whisper about him with your friends.
   d. wait for him to speak first.

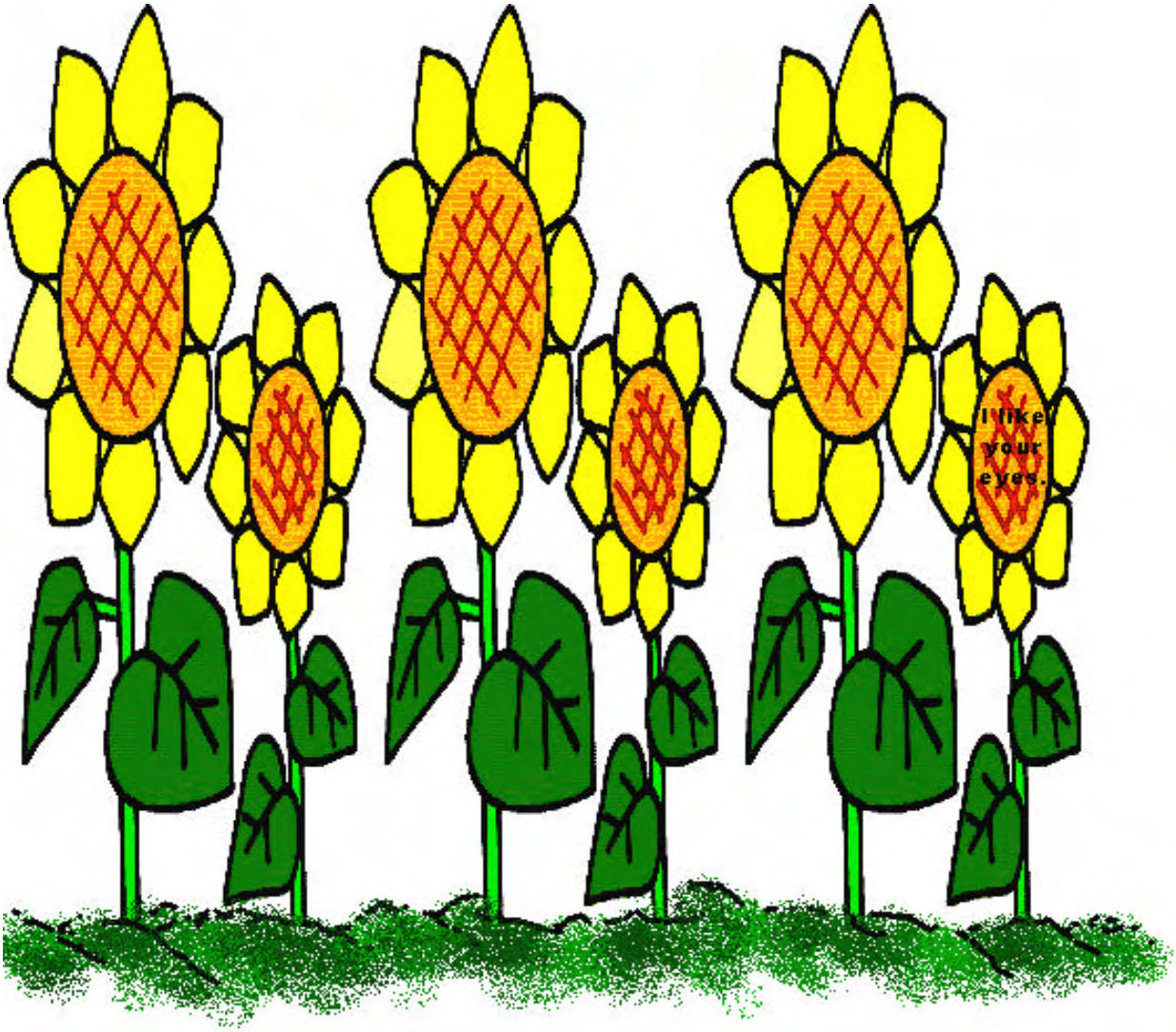
5. Your friend says his backpack is too heavy. You…
   a. suggest he carry some of the items in his arms.
   b. offer to help.
   c. suggest he leave something out.
   d. tell him "too bad."

If you chose the following answers you are a person who can put yourself in another person's place, realize how they feel, and then show that person understanding.
(1. d, 2. c, 3. c, 4. b, 5. b)

Speak Kindly

Words that people speak are like drops of water; they can soak into the soil and help flowers grow. Unkind words can hurt people's feelings. Just like flowers being watered, kind words help people be pleasant to each other.

Think of good thoughts and kind actions to write on the flowers below. One is done for you.



Are You Barking Up the Right Tree?

NO!

Calls out answers
Forgets homework
Bosses people
Knocks books out of people's hands
Doesn't put up dirty dishes
Shoves
Doesn't complete class work
Doesn't make bed
Doesn't pick up clothes
Doesn't pick up after self
Doesn't brush teeth
Is always late
Bugs people
Doesn't stop when asked
Stuffs food in mouth
Litters
Takes things
Talks loudly

YES!

Listens in class
Doesn't talk out of turn
Always does homework
Follows rules
Helps classmates
Doesn't litter
Helps around house
Makes bed
Brushes teeth
Picks up clothes
Puts away belongings
Is always on time
Takes out garbage
Washes car
Does what told
Keeps clean
Stops when asked
Uses quiet voice

Maybe you are not as responsible a person as you could be. If you act like the **"NO"** column you might not be trying very hard to get along in your world. **Remember, you are the one responsible for your actions**. It might be time to start changing some of your behaviors. Not all at once - start with one and go from there. Being more responsible will make you feel better about yourself and make you a better citizen.

List below some things about yourself that you **need** to change.

_____

Which one will you start with first? _____

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Opening Doors To Friendship

Friends are important in making us feel good about ourselves. You can never have enough friends. You also need to be a good friend. Think about the things you like about the friends you have and write them in the boxes under the doors. For example, "He always says to me, 'Good try' when I miss the basket during our games", or "She always notices when I'm wearing something new."

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Friendship Chain

Do you know what it means to be a friend? A friend is a person who knows and likes another person. Are you a good friend? Would you like to be a better friend? Think about your friends and what you like about them. Then do the activity below.

This activity is about all of your friends, not just your close friends. That includes classmates, neighbors, cousins, any adult or child that you can call a friend.

You will need construction paper, scissors, glue and markers or crayons.

Cut your construction paper into strips. You will need one for each of your friends.

On one side of each strip, write the name of a friend.
For each friend you can use different colors and even certain colors.
You can put the name of your friends on a strip of their favorite color.

On the other side of the strip, write what you like about that person.

Make a chain by forming one color strip into a circle and gluing the ends together. Next, take another color strip, loop it through the strip you just made and glue it so that you are making a chain.

You might want to do this activity with a friend.

Even if you are shy and don't have many friends, you can do this activity. You will probably find out that you have more friends than you thought.

Did you find out you knew more about your friends than you thought?

Did you find you had more friends than you thought?

Did you find some qualities that you would like to have in yourself?

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Choices

For the next few days, pay close attention to your actions. Write down things you say and do that are responsible actions. Also, write down things you say or do that you realize are not responsible actions.

Action I throw my clothes on the floor instead of putting them in the hamper._____
Responsible? __No_____
Reactions of Others My Mom gets upset and fusses._____
I Learned I disappoint my Mom and feel badly about what I did._____

Action _____
Responsible? _____
Reactions of Others _____
I Learned _____

Action _____
Responsible? _____
Reactions of Others _____
I Learned _____

Action _____
Responsible? _____
Reactions of Others _____
I Learned _____

Action _____
Responsible? _____
Reactions of Others _____
I Learned _____

Action _____
Responsible? _____
Reactions of Others _____
I Learned _____

Get Real!

Read the following story to help you learn more about facing and handling situations that cause worry.

Kevin will be going to a new school in September. He has worried about it all summer. He is concerned about meeting new teachers and students. Kevin is smart and has made some plans to make the first day easier. He has memorized a map of the school and has also decided to try to imagine the first day. He's going to use all of his senses and thinks of all the details he can in order to make himself feel more comfortable. He begins by imagining walking into the school and what it feels like to have everyone look at him because they don't know him. He notices that the school smells fresh and clean. He pictures saying "hi" to the first boy who looks like he could be in the same grade. He imagines going into the classroom and looking around. The side of the room with the windows looks sunny and inviting to him, and a friendly-looking boy is sitting there. While he sits waiting for class to begin he feels the warm sun on his back and hears the rustle of paper and quiet voices of friends greeting each other. Soon some of the kids began asking him about himself. Kevin imagines they would ask him his name and where he used to live. He imagines asking one of his classmates if he can sit beside him at lunch.

By picturing what the first day might be like, Kevin is not as afraid. He is realizing that it won't be as bad as he felt.

Try to visualize some situations yourself by completing the table below. Write or draw what you imagine. Use as many of your senses as you can.

Visualize	Write	Draw
Making a foul shot	The ball feels cool. My hands feel clammy. I look at the hoop and focus on the place where I want the ball to hit. I relax myself and shoot the ball.	
Reading a report in front of the class		
Being the last one picked for a team		

Choosing Between Two Things

Have you ever been in a situation where you had to choose between two things and couldn't make up your mind? Think about a time when you had to choose one thing over another because you couldn't do both. Maybe you wanted to buy two toys and only had money for one, or maybe you were invited to go to two places at the same time. Think about it for a few minutes and then answer the following questions.

How did you feel about giving up the thing you didn't choose?

_____

_____

How is making a decision like taking a chance?

_____

_____

If you had it to do over, would you make the same decision? Why or why not?

_____

_____

Is the best choice for one person the best choice for everyone? Why?

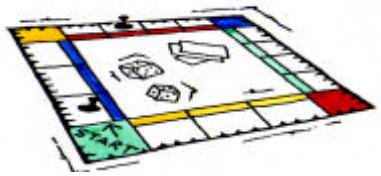
_____

_____

Flexibility

Do you know what it means to be flexible? It means you are able to adjust to various changes. Read the story below to see how the members of one family adjust to a change in their plans.

Marla's family was watching a movie together. They didn't get to see the end. Something went wrong with the set and the picture disappeared. The family adapted to their change in plans by playing a board game. Instead of letting a problem ruin their fun, the members of this family found other ways to have a good time.



See how well you are able to adjust to changes. Read the following statements and underline your choice.

You have been placed in a work group with kids you don't like. You…

a. try hard to work well with them.
b. get annoyed because all of your friends are all together in another group.
c. don't put forth a lot of effort.

Your school basketball team is losing by 40 points. You…

a. cheer as loudly as you can.
b. cheer for the other team.
c. sit quietly and do nothing.

You and your friend are meeting to watch the school basketball game together. You've been waiting for 15 minutes and the game is about to begin. You…

a. wait 5 more minutes and then go on in.
b. go call your friend.
c. go into the game and then call her that night to let her know how angry you are.

If you chose "a" for each of your answers, you are well on your way to being a flexible person.

Solving Problems

Discussion Group

Objectives: Identify meaning of conflict and practice solving conflict**.**

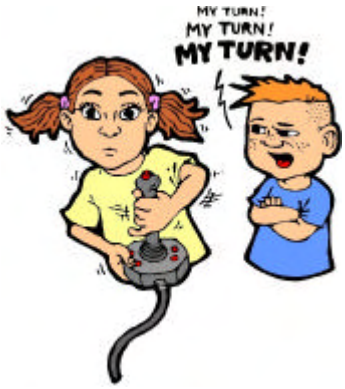
Materials: Chalkboard and chalk or chart paper and marker.

Procedures:

1. Write the word "conflict" on the board and ask the children for the definition. Make sure they understand that it is a disagreement between two or more people.
2. Ask the children to help list words they think of when they hear the word "conflict". List the words.
3. Have the children help put the list of words into negative and positive word lists.
4. Use the following ideas to guide a group discussion.
   a. Why do you think there are more negative words than positive?
   b. Have someone describe a conflict they've had. Have them determine if it was positive or negative.
   c. Have someone describe a conflict that ended in a way where the results changed for the better and everyone involved felt good at the end.

Use the following situations for discussion in order to practice using conflict resolution.

Jenny was being called names and teased by classmates.
She didn't like it and was starting to not want to go to school.
What are some things she can do to get control of this situation?



Bobby and his sister are always arguing over whose turn it is to play the video game. Bobby feels like he is not getting a fair share. He is frustrated and wants to take care of this problem. What would you suggest he might do?

Jeremy and Jason are playing on the same baseball team.
They both want to be the pitcher.
They end up shouting at each other.
What can they do to resolve this?

The Lucky Five

How would you solve this problem?

Everyone likes to get up a game of kickball when the classes go out to the playground after lunch. Kelly's best friend, Mandy, is not a great player. Mandy is usually picked last. Kelly understands that the captains of each team want the best players, but it really makes her feel badly to see her friend suffer because she is the very last one chosen. Kelly has decided to do something about it. She feels like there needs to be a way for the worst players to not feel scared they will stand out. She comes up with a plan and the next day she tells all of the kids about it as they gather to choose sides. Kelly suggests that the last five people not chosen get to pick on which team they want to play. She is ready to point out that this way everyone will feel like they are important to the team.

Do you think this was a good solution?

_____

_____

Would you try it with your friends?

_____

_____

Can you think of a better solution?

_____

_____

Relax Before You Break

Do you feel tired? Does your stomach hurt or your head ache?

You may be feeling stressed. One of the best things you can do to handle stress is to exercise. You can use any kind of movement to help get stress out of your muscles.

You can play or jog.

Just moving your arms up and down or rolling your shoulders back and forth can help you feel less stressed. You can even do these sitting in a chair or at your desk.

Try some breathing exercises.
Close your eyes and sit up straight. As you inhale deeply, slowly count to yourself one, two. Hold your breath on three, and then let the air out for four and five. Hold your breath again, six, seven. Repeat three more times, then open your eyes.

Blowing Bubbles

Do you sometimes find that thinking of something you are soon going to have to do or face makes you feel tense? Maybe you are worried about the first day of school, or maybe you have been assigned to a group at school and you dread being with these particular students. Perhaps you didn't play well in your last game and now you are dreading the upcoming game. The key is to find a way to calm you.

Here are some activities that may help you relax and get through these stressful events.

- You can think of some phrases to help you get through these stressful events.
  Here are some examples:
  "I am in a safe place."
  "It's okay to feel this way."
  "That was before, this is now."
  "I can get help if I need it."
  "I can get through this."
  "There is no danger at the moment."
- You can find a small pebble to carry in your pocket. When you need help to feel calm, put your hand in your pocket and hold your pebble. You can even make your pebble into a "pet rock" by using paint or markers.
  Here are some "pet rock" ideas you might use:
  Ladybug
  Bee
  Car
  Dog
  Owl
  Flower

- Get your mind on something else.
  Blow bubbles
  Watch a funny movie
  Call up a friend
  Skip
  Go visit someone
  Jump rope

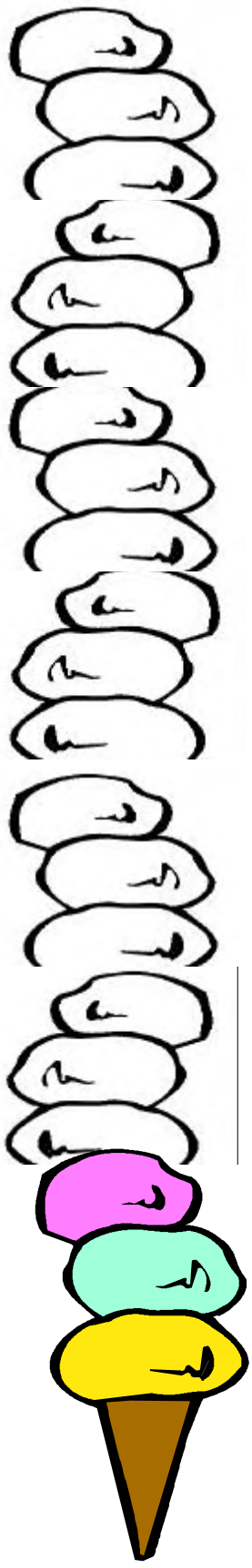
Treat Yourself!

Do you pout or throw temper tantrums when you don't get your way?

Pick one of your bad habits that you would like to change. An example would be accepting the answer "no" from your parents. That means not arguing, pouting, screaming, or making a scene.

Set a time limit, like two weeks, for you to change this habit. Every time you are able to quietly accept the answer "'no," color the next scoop on the ice cream cone.

Don't worry if you slip up. Just keep trying.



Have you done a good job of changing this bad habit?

If so, celebrate your success by rewarding yourself to an ice cream cone.

Now pick another bad habit and try doing the same thing.

Lifesavers

Do you ever react to a situation before you give yourself time to think and then regret your reaction?

Here are some examples:

- You bought a video game you weren't planning to buy and then regretted doing it because now you didn't have money to buy your parent's birthday present.

- Maybe you shoved someone because they were teasing you. You regret it because it was the wrong thing to do and now you are in trouble. You realize you could have reacted in a better way, using words to describe your feelings instead of action.

- You are watching a special movie. It has 30 minutes left and your Dad comes in and says the family is all going out to dinner. You start yelling and stomping. You are sorry you acted that way because now no one is going to enjoy eating out, your Mom has to cook, and you are grounded to your room for the rest of the day.

Do you react to situations too quickly by hitting or raising your voice?
If you do and would like to start breaking the habit, try this idea.

Buy a roll of candy.
Focus on pausing and thinking before you react.
Every time you are successful, reward yourself with a "lifesaver".

Positive Thinking

You probably have things about yourself you wish you could change. Some of those things can be changed and some can't. You don't have to feel unhappy about the things you can't change. Remember, negative feelings are caused by negative thoughts. The easiest way to stop feeling miserable is to change thoughts about the thing that is bothering you.

Instead of feeling bad or embarrassed, choose one of two things.

1. Change the things about yourself that bother you.
2. Change your thoughts about yourself you don't like.

What could you do in each of these situations? Write down what you could do to change your feelings to positive ones.

1. You like the color of your best friend's hair and wish yours was the same color.

_____

2. You are sensitive about your weight (too fat or too thin).

_____

3. You are short and think that people pick on short people.

_____

4. You think you are not good in sports because you're always the last one chosen for teams.

_____

5. You think your nose is too big.

_____

6. You are shy and would like to make friends more easily, but you have trouble going up to other kids and starting a conversation.

_____

Put On a Happy Face

Do you want to feel happy? Focus on positive thoughts rather than negative. Here are examples of positive and negative ways of looking at a situation.

Situation: A large family

Negative

It's never quiet.
Everyone has more responsibilities.
Everyone has to share the toys and games.
Everyone has to wait their turn for their parents' attention.

Positive

It's never lonely.
There's always plenty of help with homework.
There's always someone to play a board game.
Someone will always stick up for you.

A person thinking positive thoughts about being in a large family is a person who is having a much happier life than a person thinking negative thoughts.

Now you can practice being a positive-thinker. Think of a situation that is hard for you. Write down positive and negative things about it.

Positives	Negatives

Now, focus on the positive – put on a "Happy Face"

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Keys To Happiness

It is important to be happy. Unlock the door to your happiness. Focus on the things and feelings that make you happy and write them down in the boxes below. Some examples of words to use are “joy” and “fun.”

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Let a Smile Be Your Umbrella

Just like an umbrella protects you from the rain, a smile can protect you from feeling unhappy.

What do you think it would be like if you spent a whole day smiling?

Try it!

Spend tomorrow smiling!

Before you go to bed, write down all the things that may have gone differently throughout the day because you smiled.

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