



## **FLYING A PLANE REQUIRES CAREFUL ATTENTION**

**So does the job of navigating emotions when anxious or agitated.**

Wizard Wisdom— Discuss with kids the helpfulness of learning to react more calmly whenever getting anxious or agitated. Suggest that navigating our minds through bothersome agitations is similar to steering an airplane through turbulent storms. Sometimes kids get agitated by not getting or doing what they want. Just as a pilot must stay on course, kids must hold tight and say calming words to themselves, rather than getting upset or pouting. There is much for kids to learn that will help them grow healthier minds and develop good behaviors. Look for the free Emotional Intelligence Awareness Month activities, as well as the inexpensive *EI Activity Book for Kids* at the [e-ii.org](http://e-ii.org) store page.