



EMOTIONAL INTELLIGENCE AWARENESS MONTH



Emotional intelligence (EI) is something we learn that helps us understand what is going on in our minds. EI teaches us to notice our feelings, be kind, be helpful, and make good decisions. Kids aren't born with these skills already installed in their minds—they learn them over time, with guidance and practice.

WORD OF THE YEAR: DISCERNMENT

Discernment is the skill that helps us tell the difference between what is true and what is not, what is important and what is not, and what deserves our attention. It helps us slow down, think carefully, and make choices that are fair, accurate, and wise. Discernment is like an invisible compass we can build in our mind that helps guide our thinking and helps keep us safe.

WHY DISCERNMENT MATTERS

Discernment helps us avoid being tricked, confused, or pushed into reacting too fast. It helps us understand situations more clearly and make better choices — in our responsibilities and in our relationships at home, at school, with friends, and online. Discernment also helps kids recognize what kindness, respect, and appropriate behavior look like — and practice those skills in everyday life.

WHY DISCERNMENT IS HARDER TODAY

Today, the way we communicate and learn about others is much different and more complicated than it has ever been before. Information moves very fast — faster than our minds can think. Some messages and videos are designed to grab our attention or stir up emotions, making it harder to slow down and think clearly. All this fast information can clutter kids' minds, making it harder to know what deserves their attention and what doesn't.

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Earn Your Emotional Wizard in Training Certificate! Adults can download and personalize this award. The EI Institute (e-ii.org) also shares several Awareness Month activities for kids.

LESSON OF THE YEAR

CLEAR THINKING IN A BUSY WORLD



Stop means: Don't do what is Unhelpful & Unkind

When we don't stop ourselves from doing or saying unhelpful, unsafe, or unkind things, problems begin to grow.



Caution means: Do be Kind & Considerate

When we choose what is kind and considerate, we make people feel safe and valued.



Green means: Do Be Helpful & Responsible.

When we choose to be helpful and take responsibility, we make life easier and safer for everyone.

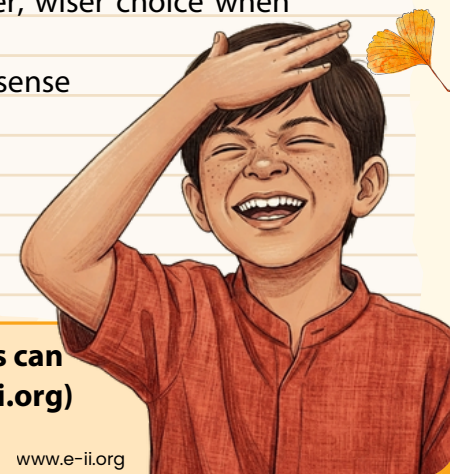
Discernment helps you choose what's kind, safe, and wise.



HOW TO STRENGTHEN DISCERNMENT

Kids can learn to make safer, wiser choice when they practice:

- ✓ checking if things make sense
- ✓ pausing before reacting
- ✓ noticing emotions
- ✓ comparing information
- ✓ thinking ahead
- ✓ slowing down



www.e-ii.org