

EMOTIONAL INTELLIGENCE

ACTIVITY BOOK FOR KIDS



Excerpt

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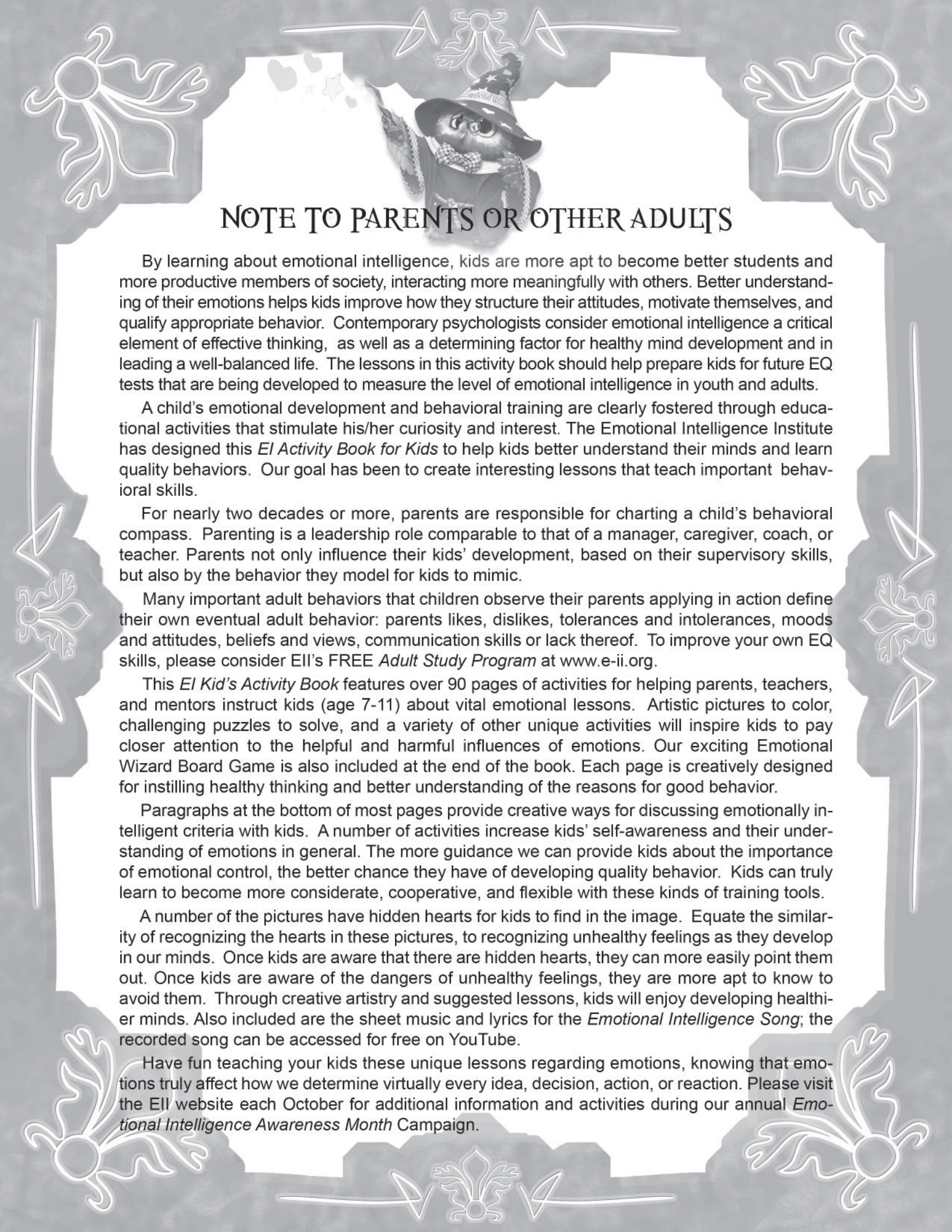
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NOTE TO PARENTS OR OTHER ADULTS

By learning about emotional intelligence, kids are more apt to become better students and more productive members of society, interacting more meaningfully with others. Better understanding of their emotions helps kids improve how they structure their attitudes, motivate themselves, and qualify appropriate behavior. Contemporary psychologists consider emotional intelligence a critical element of effective thinking, as well as a determining factor for healthy mind development and in leading a well-balanced life. The lessons in this activity book should help prepare kids for future EQ tests that are being developed to measure the level of emotional intelligence in youth and adults.

A child's emotional development and behavioral training are clearly fostered through educational activities that stimulate his/her curiosity and interest. The Emotional Intelligence Institute has designed this *EI Activity Book for Kids* to help kids better understand their minds and learn quality behaviors. Our goal has been to create interesting lessons that teach important behavioral skills.

For nearly two decades or more, parents are responsible for charting a child's behavioral compass. Parenting is a leadership role comparable to that of a manager, caregiver, coach, or teacher. Parents not only influence their kids' development, based on their supervisory skills, but also by the behavior they model for kids to mimic.

Many important adult behaviors that children observe their parents applying in action define their own eventual adult behavior: parents likes, dislikes, tolerances and intolerances, moods and attitudes, beliefs and views, communication skills or lack thereof. To improve your own EQ skills, please consider EII's FREE *Adult Study Program* at www.e-ii.org.

This *EI Kid's Activity Book* features over 90 pages of activities for helping parents, teachers, and mentors instruct kids (age 7-11) about vital emotional lessons. Artistic pictures to color, challenging puzzles to solve, and a variety of other unique activities will inspire kids to pay closer attention to the helpful and harmful influences of emotions. Our exciting Emotional Wizard Board Game is also included at the end of the book. Each page is creatively designed for instilling healthy thinking and better understanding of the reasons for good behavior.

Paragraphs at the bottom of most pages provide creative ways for discussing emotionally intelligent criteria with kids. A number of activities increase kids' self-awareness and their understanding of emotions in general. The more guidance we can provide kids about the importance of emotional control, the better chance they have of developing quality behavior. Kids can truly learn to become more considerate, cooperative, and flexible with these kinds of training tools.

A number of the pictures have hidden hearts for kids to find in the image. Equate the similarity of recognizing the hearts in these pictures, to recognizing unhealthy feelings as they develop in our minds. Once kids are aware that there are hidden hearts, they can more easily point them out. Once kids are aware of the dangers of unhealthy feelings, they are more apt to know to avoid them. Through creative artistry and suggested lessons, kids will enjoy developing healthier minds. Also included are the sheet music and lyrics for the *Emotional Intelligence Song*; the recorded song can be accessed for free on YouTube.

Have fun teaching your kids these unique lessons regarding emotions, knowing that emotions truly affect how we determine virtually every idea, decision, action, or reaction. Please visit the EII website each October for additional information and activities during our annual *Emotional Intelligence Awareness Month Campaign*.



PARENTING IS A DIFFICULT LEADERSHIP ROLE

Helping kids understand their emotions is critical to this role.



WIZARD'S WISDOM – Parents are responsible for charting a child's behavioral compass for nearly two decades, assuming a leadership role comparable to many important professions. The lessons in these paragraphs are designed to assist parents and other adults with the many challenges of cultivating kids' emotional well-being. These kinds of lessons are becoming increasingly important in the 21st Century. While striving for kids' academic excellence, these Wizard pages will help improve the emotional development of their thoughts, behavior, and relationships with others.



BEHAVIORAL WORD STUDY

FRIENDLINESS

FRIENDLINESS is an important social skill that requires us to learn much more than just its simple meaning. A child's effort to understand FRIENDLINESS not only stimulates connection with other kids, but also provides a learning environment for developing future adult relationships. Inspiring kids' interest in the subject allows them to discover a multitude of ways for expressing FRIENDLINESS and for nurturing respect and healthier friendships.

Engage kids in discussing what FRIENDLINESS means to them. Use this word study for helping kids to discover new friendly habits they can nurture, as well as unfriendly habits to avoid. Explain any words below that kids aren't familiar with to enlighten their understanding. Use the blank spaces to write-in additional possibilities.

DYNAMICS INVOLVED

- | | |
|---|--------------------------------------|
| ☐ Appreciation | ☐ Fairness |
| ☐ Caring | ☐ Fun |
| ☐ Communications | ☐ Generosity |
| ☐ Courtesies | ☐ Helpfulness |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

UNFRIENDLY BEHAVIOR

- | | |
|---------------------------------------|--|
| ☐ Bad attitude | ☐ Jealousy |
| ☐ Bullying | ☐ One-upmanship |
| ☐ Dishonesty | ☐ Rudeness |
| ☐ Disinterest | ☐ Self-centeredness |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

REQUIRED SELF-MOTIVATION

- | | |
|---|--|
| ☐ Accepting discomfort | ☐ Kind intentions |
| ☐ Assertiveness | ☐ Supportiveness |
| ☐ Compromising | ☐ Sensitivity to others |
| ☐ Interest in others | ☐ Thoughtfulness |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

GUIDANCE FROM OTHERS

- | | |
|---|--|
| ☐ Adult kindness | ☐ Mannerly advice |
| ☐ Encouragement | ☐ Opportunities |
| ☐ Ethics instilled | ☐ Support |
| ☐ Actual lessons | ☐ Virtues instilled |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

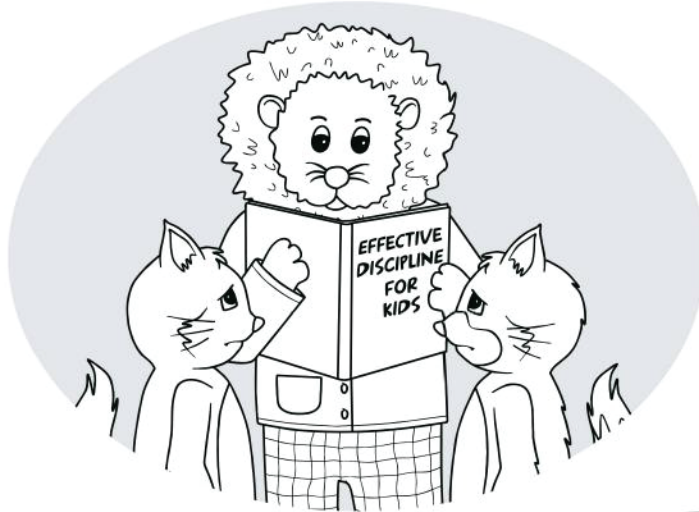
REQUIRED BEHAVIOR

- | | |
|---|--|
| ☐ Asking questions | ☐ Honesty |
| ☐ Compliments | ☐ Memorization |
| ☐ Empathy | ☐ Politeness |
| ☐ Helpfulness | ☐ Sharing interests |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

RESULTS EXPECTED

- | | |
|---|---|
| ☐ Companionship | ☐ Reducing hostilities |
| ☐ Happiness | ☐ Reducing loneliness |
| ☐ Keeping friends | ☐ Respect |
| ☐ Making new friends | ☐ Team spirit |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

Secret Message!



Cross out the word **CONSEQUENCES** every time it appears in the box. Between each **CONSEQUENCES** you will find a stray letter. In the circles below, write each of those letters in the order they are written for discovering the secret message.

CONSEQUENCESBCONSEQUENCESA
CONSEQUENCESDCONSEQUENCESC
CONSEQUENCESHCONSEQUENCESO
CONSEQUENCESICONSEQUENCESC
CONSEQUENCESECONSEQUENCESS



**See how the page direction changes from vertical to horizontal above.
The rest of the pages are all horizontal, so turn your book in that direction now.**

HELPFUL THOUGHTS

- ✓ Increase focus on what you are doing.
- ✓ Consider what else needs to be accomplished.
- ✓ Repeat what needs to be remembered.
- ✓ Investigate ways to cautiously solve problems.
- ✓ Consider what is important to think about.
- ✓ Encourage yourself to apply best behavior.
- ✓ Review reasons to be grateful.
- ✓ Recall daily and weekly events.
- ✓ Study school lesson or useful knowledge.
- ✓ Review important rules and guidelines.
- ✓ Consider what you do wrong to help remember to do better.
- ✓ Think about fun times with others and questions to ask them later.



HARMFUL THOUGHTS

- ✗ Complain sarcastically, critically, or hatefully.
- ✗ Blame others for your own mistakes.
- ✗ Roam aimlessly to entertain yourself.
- ✗ Hatefulness.
- ✗ Accept your own impatience.
- ✗ Consider revengeful ideas.
- ✗ Worry instead of trying to solve problems.
- ✗ Encourage hurtful or bad behavior.
- ✗ Feel sorry for yourself.
- ✗ Exaggerate emotional pain.
- ✗ Justify or deny your own wrong doing or poor behavior.
- ✗ Dwell on anger, sadness, fearfulness, or loneliness.

HELPING KIDS SPEND THOUGHT TIME WISELY

Requires distinct direction and their own effort to practice.



WIZARD WISDOM- With much of our success and mature happiness depending on how well we learn to manage our minds, teaching kids distinct lessons for directing their thinking is imperative. This lesson page suggests several valuable ways that kids can learn to direct their thinking. Disturbingly, by growing up with too little knowledge of *helpful and harmful* ways we can apply thought time, kids establish habits that are difficult to change in adulthood. Help kids to memorize these lists so that when they have spare time for thinking, they are better prepared for using this time wisely, rather than aimlessly.



SHARING WARM FEELINGS WITH OTHERS

Helps us build healthier relationships.



WIZARD WISDOM – We can help kids find meaningful ways to let others know they care by discussing what makes us feel warmth and love toward others and how we show it. Have kids color this page and think about special loved ones with whom to share their coloring project. Once chosen, have them write the name of the person on the blank space of the artist's canvas. Then help kids place this page in an envelope to either present personally or mail. Write and post a list of ways kids can let friends and loved ones know they care and ask kids to look at the list frequently and to practice these warm behaviors.

WORD LIST

HONEST

RESPONSIBLE

POLITE

KINDLY

HEROIC

RESOURCEFUL

CAREFUL

HELPFUL

ATTENTIVE

ORGANIZED



EMOTIONAL WIZARDS LIKE LEARNING TO BE GOOD

Kids can be motivated to become Emotional Wizards too.

WIZARD WISDOM – Cartoon characters can be inspiring role models for kids. Parents need all the help they can get to assist kids in remembering to apply healthy behaviors. When we consider how quickly the off spring of most animals mature, it becomes helpful for us to recognize the long-term patience required for raising psychologically well-adapted kids. The more clearly adults understand emotional literacy, the better chance they have to steer kids toward good behavior. Here are a few clues that will help solve the puzzle; begin by positioning the two longest words in the puzzle and work your way from there.