



Applied EQ
GROUP

EQ FOR STUDENTS

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The wise man in the storm prays to God not for safety from danger, but deliverance from fear. It is the storm within which endangers him, not the storm without.” --Ralph Waldo Emerson



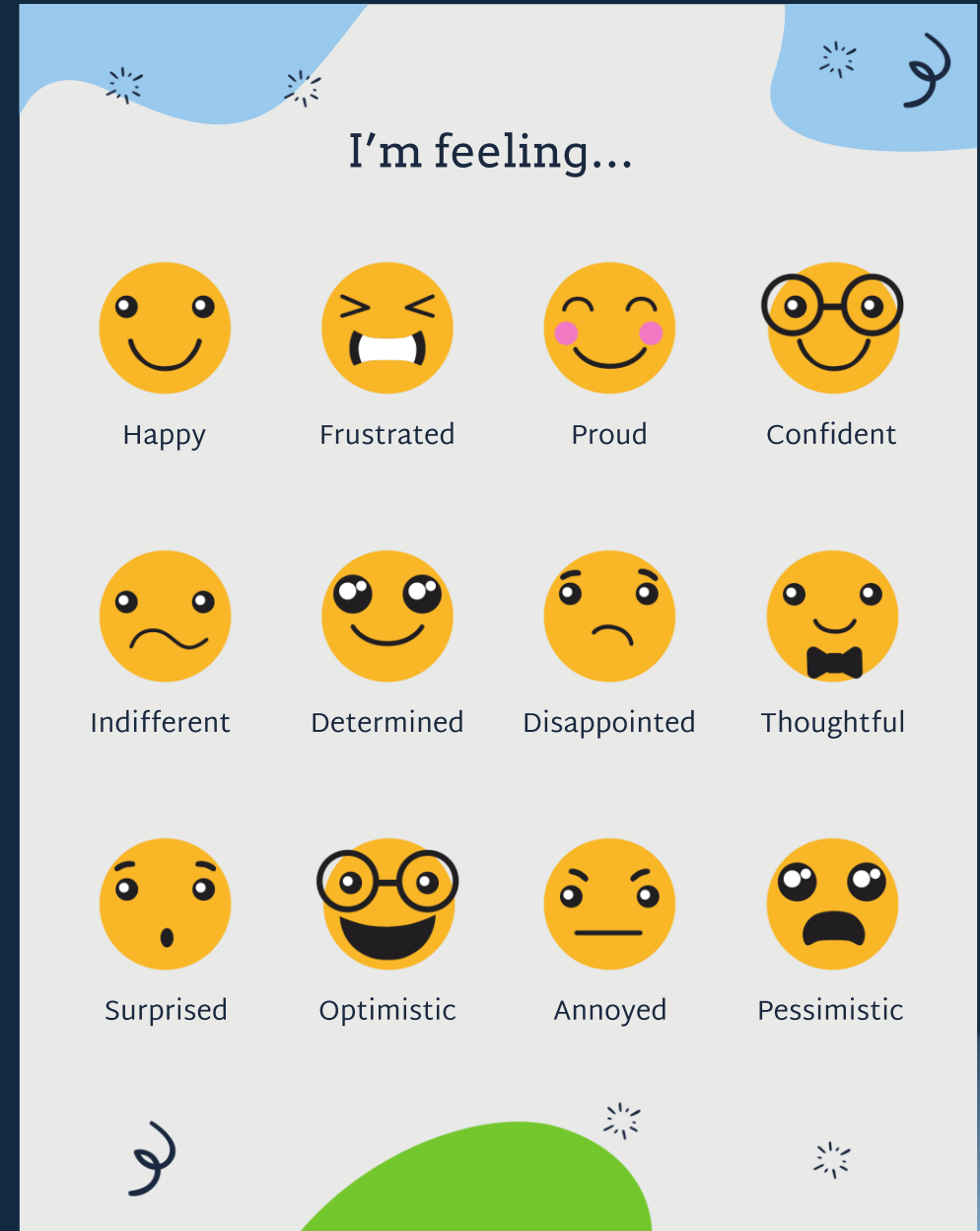


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How am I
feeling?





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What does SEL
look like in a
classroom,
school,
community?





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My toxic boss story...





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This matters because the skills
and habits we impart to our
children carry into their
adulthood.

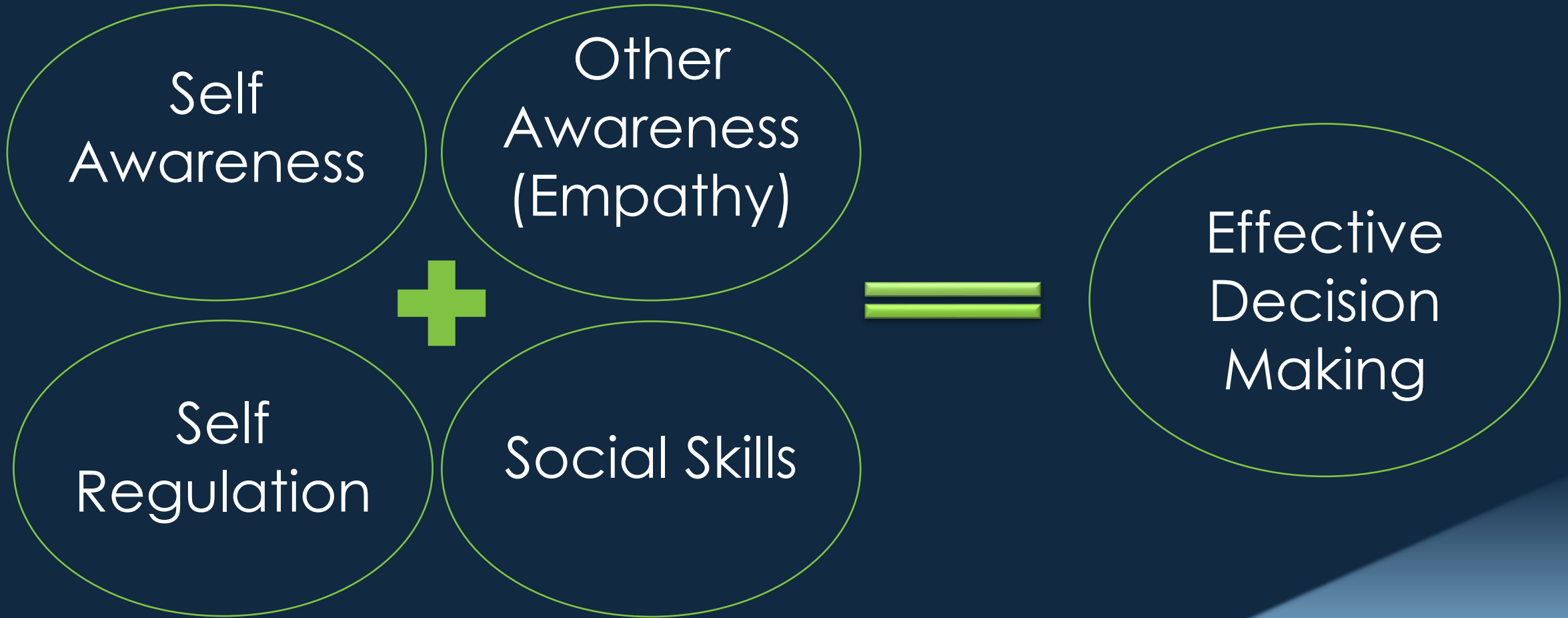
What does SEL
look like in a
classroom,
school,
community?





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WHAT IS EMOTIONAL INTELLIGENCE?





1) **Ignore** emotion: In some way, act like it's not there.



FIVE WAYS WE CAN HANDLE EMOTIONS

- 1) **Ignore** emotion: In some way, act like it's not there.
- 2) **Inhibit** emotion: Restrict my students from experiencing challenging feelings.



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- 4) **Invite** emotion: Tell my students that all feelings are welcome.
- 5) **Instruct** emotion:



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How do we instruct emotion?



INSTRUCTING EMOTION

Step 1) Identify the feeling using a feeling chart and any other cues:

Say, "Adam, it looks like you're feeling angry. I see that your fists are clenched, and your eyebrows are squished. Your face looks like this one on the feeling chart."



INSTRUCTING EMOTION





Step 3) Link the feeling with a hurtful behavior:

Say, "Adam, I know that you are angry. When you feel angry, you use your body to hurt others."



Step 3) Offer a substitute adaptive behavior:

Say, "Adam, it's okay to be angry, but it's not okay to (name the inappropriate behavior). Next time you feel angry, please take five deep breaths just like we do when we find our learning place."



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Key Truths for Students to Know About Their Emotions

All emotions
are okay,
none are
“bad.”

There are
helpful and
hurtful ways
to handle our
emotions.



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MORNING AGENDA...

1. I want to encourage you.
2. I want to equip you.
3. Q/A (“Hey Adam, what would you do if...”)