



# Emotional Intelligence

Emotional Intelligence is the ability to identify and regulate our own emotions, to recognise the emotions of other people and feel empathy towards them, and to use these abilities to communicate effectively and build healthy, productive relationships with others.

## Why is developing emotional intelligence in children so important?



Effective management of emotions



Positive relationships



Develop Empathy



Preserves mental health



Reduces conflicts



More engaged & attentive

## How can we support the development of emotional intelligence in children?

### Model Emotional Intelligent behaviours

How we express and manage our emotions impacts how children express and manage theirs. **01**

### Teach Emotional Vocabulary

We can help children identify and label their feelings to increase their self-awareness and empathy. **02**

### Encourage Empathy

Embracing empathy means fostering children's understanding of other's emotions. **03**

### Promote Problem Solving

Support children in resolving conflicts peacefully by encouraging them to consider others' feelings and perspectives. **04**

### Provide Safe Spaces

When children feel that they are in a safe environment, they can be themselves and share how they feel. **05**

### Practise Mindfulness

Simple mindfulness exercises can help children develop self-awareness and regulate emotions. **06**

### Acknowledge and Validate Children's Feelings

**07**

Emotional Intelligence acknowledges and validates other people's feelings.

Showing empathy and understanding when a child expresses their emotions, reinforces to the child that they have been heard and all feelings are valid.

