

1.



2.

EQ or Emotional Intelligence

Simply stated, EQ (Emotional Quotient), otherwise known as emotional intelligence, is the ability to "monitor one's own and others' feelings, to discriminate among them, and to use this information to guide one's thinking and action." (Salovey & Mayer 1990, p. 189)

Later, more refined definitions break this abstract concept into 4 distinct abilities including the ability to perceive, use, understand and manage emotions. (Mayer & Salovey, 1997).

3.



***Why
EQ?***

***What
is
EQ?***

eqinstitute
intelligence redefined

4.

Why EQ?

Research suggests that people who have a high EQ or are higher in measured scales of emotional intelligence, have greater work success and more fulfilling personal relationships with others. It stands to reason that if a child develops this ability more thoroughly early in life, it can translate to these same benefits at a greater capacity later in life. (Salovey & Grewel, 2005) Additionally, in all environments whether it is a home, a business or a school; the capacity for persons in those environments to navigate the complex world of emotions more effectively leads to greater success and achievement over time.

5.



Why
EQ?

What
is
EQ?

eqinstitute
intelligence redefined

6.



EQ boost



10 Simple Ways to Improve Academic & Behavioral Success

7.

#1

What is a feeling actually?



8.



Remove Judgement & Shame

#1

What is a feeling actually?



#1

What is a feeling actually?



11.

#2

Naming

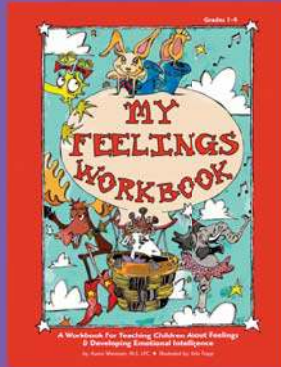
What are the 5 Main
Feeling Groups? Why
5 Groups?

12.

#2

Naming

What are the 5 Main Feeling Groups? Why 5 Groups?



13.



14.



15.



16.



17.



18.

#1

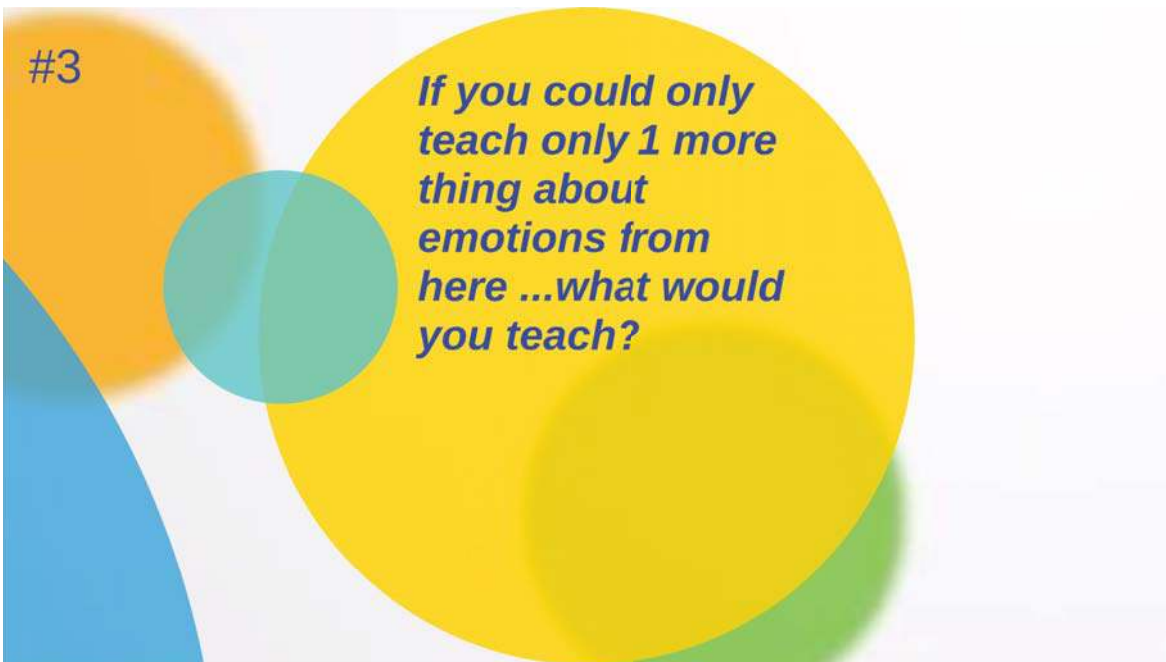
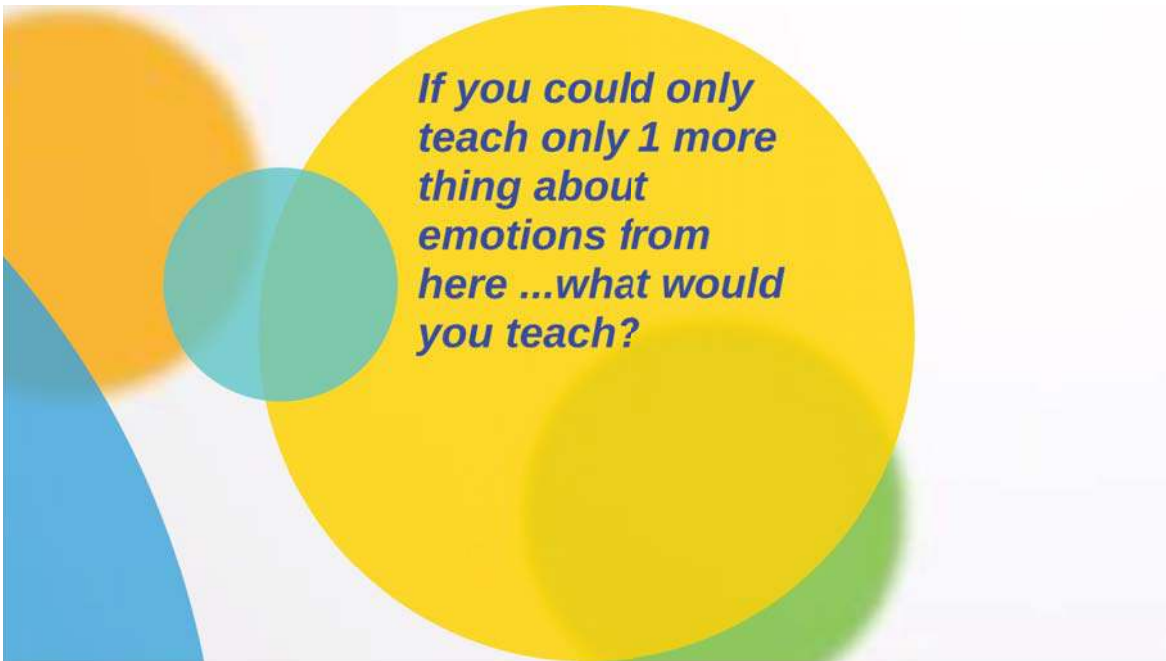
What is a feeling actually?



#1

What is a feeling actually?





#3

If you could only teach only 1 more thing about emotions from here ...what would you teach?



23.

#3

If you could only teach only 1 more thing about emotions from here ...what would you teach?



How

24.

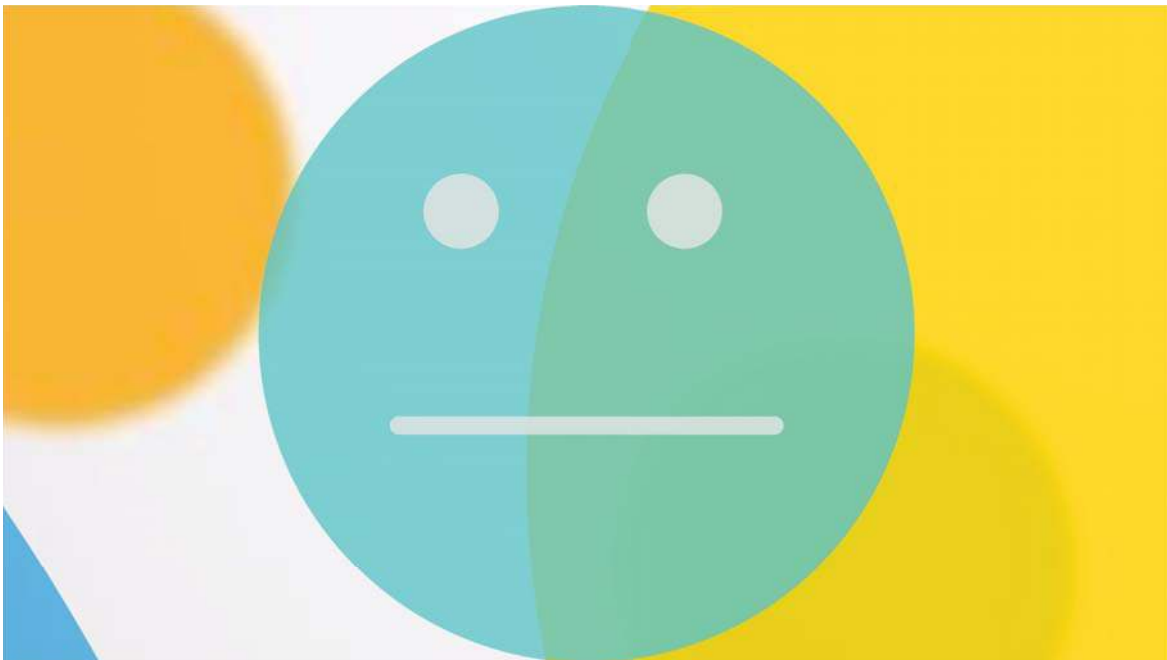
#3

If you could only teach only 1 more thing about emotions from here ...what would you teach?

How

Where

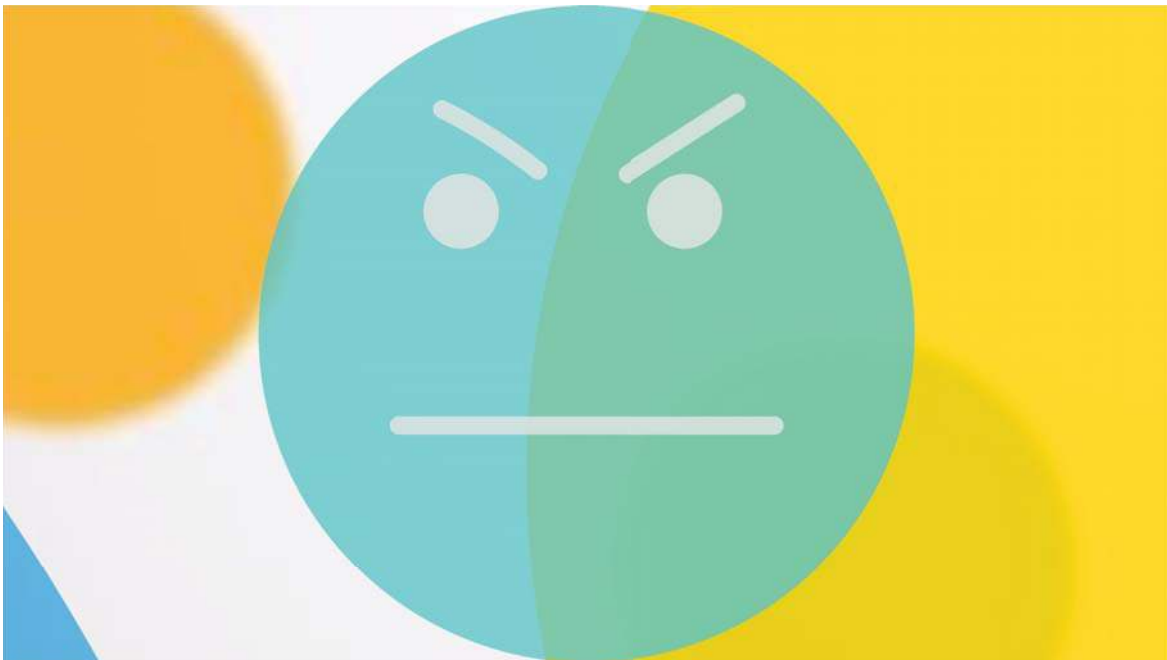
25.



26.



27.



28.

#3

If you could only teach only 1 more thing about emotions from here ...what would you teach?

How

Where

29.

#1

What is a feeling actually?



30.

EQ boost



10 Simple Ways to Improve Academic & Behavioral Success

31.

#4

How Much?



32.

#4

How Much?



0-10 scale

33.

- *Moves away from all or nothing thinking*
- *organizes affect into manageable categories*
- *zones of regulation*
- *pair with differing names in a feeling group*

34.

#4

How Much?



0-10 scale

35.

#5
Anger
on
Repeat



- what is anger?
- why is anger?
- differentiate anger and angry behavior
- reframe as fear based

36.

#4

How Much?



0-10 scale

#6 Change Your Language

#6 Change Your Language

- Reduce "Good & Bad" Feelings and Move to Comfortable & Uncomfortable

39.

#6 Change Your Language

- Reduce "Good & Bad" Feelings and Move to Comfortable & Uncomfortable
- Expression of Feelings as Actual Feelings Not Just Thoughts

40.

#6 Change Your Language

- Reduce "Good & Bad" Feelings and Move to Comfortable & Uncomfortable
- Expression of Feelings as Actual Feelings Not Just Thoughts
- Your "Making" Me Mad

41.

#6 Change Your Language

- Reduce "Good & Bad" Feelings and Move to Comfortable & Uncomfortable
- Expression of Feelings as Actual Feelings Not Just Thoughts
- Your "Making" Me Mad
- Separate Feeling From Choice - I can have an uncomfortable feeling and make a right choice

42.

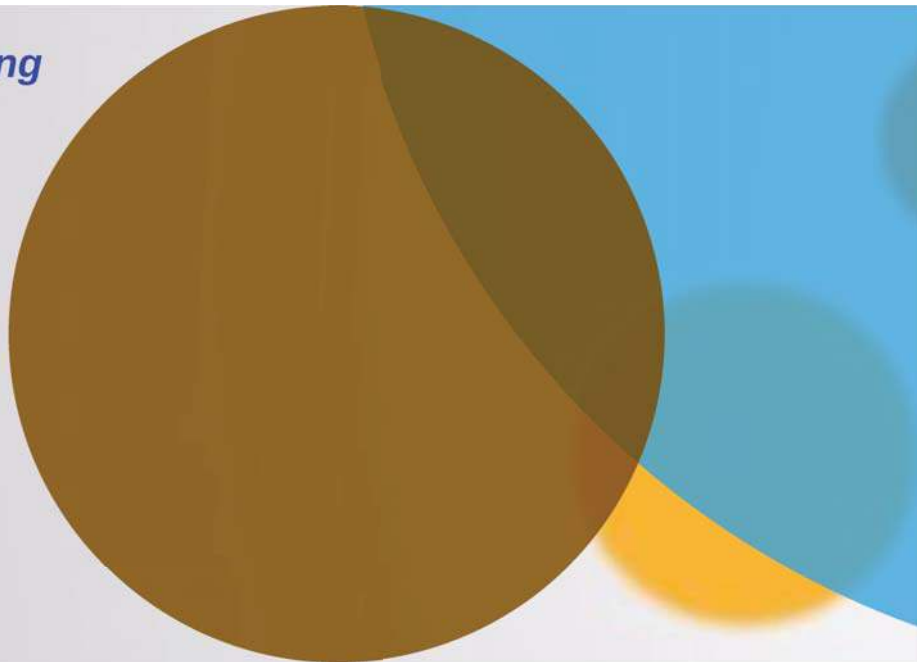
#4

How Much?



0-10 scale

7 Managing Emotions



7 Managing Emotions

LESSON 11

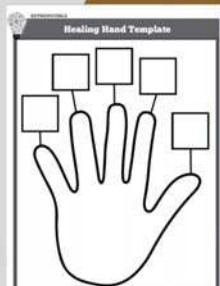
What Eappens When Feelings Get Too Big?
The Overflowing Cup Metaphor

45.

7 Managing Emotions

LESSON 11

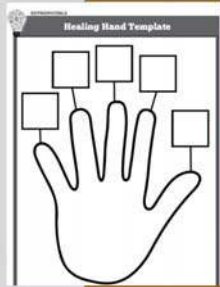
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46.

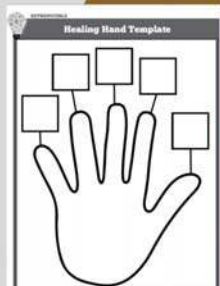
7 Managing Emotions

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7 Managing Emotions

LESSON 11
What Happens When Feelings Get Too Big?
 The Overflowing Cup Metaphor



HEALTHY COPING

Using the Feeling Pathways Diagram with a family member will help you understand what the feeling means and how to find positive ways of dealing with using the number system. The student can color the 1-2 part of the scale green, 3-4 part yellow, 5-6 red.

Low Level Emotion: _____
 Best Coping Skill: _____

Medium Level Emotion: _____
 Best Coping Skill: _____

High Level Emotion: _____
 Best Coping Skill: _____

HEALTHY COPING LIST

1. Writing out a problem when you are calm	7. Talking to a friend or confidant
2. Taking a walk in nature or a park	8. Talking to a teacher
3. Talking about it to a friend or family member	9. Talking to a parent
4. Going to school or church	10. Going to a safe place
5. Drawing a picture	11. Listening to calming music
6. Taking time to relax	12. Practicing deep breathing
13. Using humor	14. Practicing self-talk
15. Drawing or painting	15. Talking to a parent with a complaint
16. Using something comfortable like a blanket	16. Talking to a friend about a problem



#4

How Much?



0-10 scale

49.

E
Q *boost*



HIGH MOUNTAIN
COUNSELING & TRAINING INSTITUTE

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Behavioral Success

50.

#8 Feeling Errors

Lesson 30: Misconceptions About Feelings: You're Making me Mad!.....	96
Lesson 31: Misconceptions About Feelings: I Have a Bad Feeling About This Lesson!.....	98
Lesson 32: Misconceptions About Feelings: I Cannot Control my Feelings!.....	101
Lesson 33: Misconceptions About Feelings: I Will Always Feel This Way!.....	103
Lesson 34: Misconceptions About Feelings: Crying When I Feel Sad Makes Me Weak.....	105

#9 Connect Real Life to Emotions

How Do You "Grow" Empathy?

- 1) Authenticity**
- 2) Plant Seeds**
- 3) Seize Powerful Moments**
- 4) Use Tech Relevant Real Life Videos/Movies**
- 5) Remember The Base In Every Person**

53.



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54.



55.

**Relevant
leos/Movies
er The Base
son**

56.

Rel
leos
er Th
son



**#9 Connect Real
Life to Emotions**

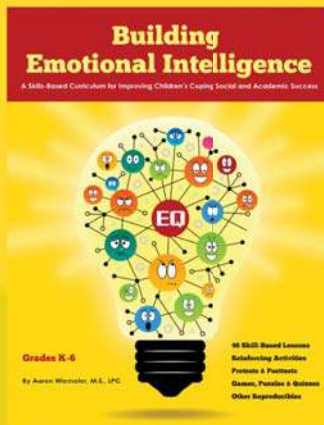
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#10 Top 10 Lessons

1-4, 7, 8, 12, 15, 25 & 40



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What's Next Once Errors are Addressed?

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10 Simple Ways to Improve Academic & Behavioral Success