

# Emotional Intelligence

Emotional Intelligence helps people to perceive emotions in themselves and others, take control of stress and overwhelming emotions and build and maintain better relationships.

So how can you help your pupils to become more emotionally intelligent and manage exam stress, conflict and promote good mental health?

## 1. DEVELOP SELF-AWARENESS THROUGH THE CURRICULUM

Provide opportunities through the curriculum for pupils to widen their emotional vocabulary, and understand the emotions of characters through literacy texts and current news.



## 2. DEVELOP SELF-AWARENESS THROUGH PSHE

Explicitly teach pupils to connect emotional vocabulary with their own physiological experience. Teach pupils that feelings give us information that is helpful, and there are no good or bad feelings, just uncomfortable or comfortable ones.



## 3. APPLY TO CONFLICT SITUATIONS

At times of conflict, it is helpful to remind pupils that they can use these skills to understand, empathize and regulate their own emotions. They can also use problem solving skills to resolve conflict.



## 4. DEVELOP SELF-AWARENESS IN THE MOMENT

When pupils display a particular emotion, help them name it. When you can name it you can tame it.



## 5. HELP PUPILS TO PROBLEM SOLVE

Once pupils can understand and regulate their emotions, they can then make healthier choices and problem solve more effectively because they are not hijacked by strong emotions. Help pupils develop the skill of problem solving regularly.



## 6. MODEL HEALTHY SELF-REGULATION

Self-awareness leads to regulation. Provide pupils, through modelling and discussion, ways of managing and regulating overwhelming feelings i.e. calming down techniques, mindfulness, safe space or walk and talk.



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### Meet the Expert: Anna Bateman

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