



Emotional Intelligence Lessons

GOLEMAN'S EI QUADRANT

	Recognition / Awareness		
Self	Self-Awareness	Social Awareness	Others
	Self-Management	Relationship Management	
	Regulation / Control		

Intended Audience:

- 4-H Camp Counselors, 4-H Volunteers, and other 4-H Teen audiences

Lesson Objectives:

Participants will:

- Recognize other individuals' feelings.
- Develop strategies to work with others who have different feelings than you in a similar setting.

Time: 30-45 minutes

Relationship Management: Working with Others

DEFINITION

Relationship Management: The ability to take one's own emotions, the emotions of others, and the context to manage social interactions successfully.

BACKGROUND

It is important to be aware of the emotions we experience, and also be aware of the emotions of the people with whom we interact. The ability to recognize both builds a strong working relationship. Refer to the specific definitions and emotional intelligence overview for additional background information.

WHAT TO DO

Activity:

- As a large group, ask why it is important to work with others in a 4-H camp, club meeting, etc. setting.
- Divide the group into groups of two to three people. Give each group a scenario. See addendum for the scenarios.
- Allow for some planning time, and then have each group act out the scenario in front of the others. Instruct them to act out what they would say/do to handle the conflict.
- Following each role play, ask the individuals who just acted:
 - What was the scenario?
 - How did you feel? (ask each person presenting)
 - How did you think the other person was feeling?
 - What cues did you use to inform your perception (body language, tone of voice, etc.)?
 - Were you right or wrong about how the other person was feeling?
 - What can you do if this situation arises at camp/work/4-H club meeting/school/etc.?
- Continue having groups act out their scenarios until all groups have had a chance to present.



Equipment and supplies:

- Addendum with scenarios
- Props, costumes, or other 'skit' items (if desired)

Do Ahead:

- Review lesson.
- Gather supplies.

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TALK IT OVER**Reflect:**

- What strategies can you use to work effectively with others? Examples:
 - Validate their feelings.
 - Actively listen.
 - Speak in a calm voice.
 - Use "I" messages.
 - Use eye contact.
 - Smile.
 - Keep your body language in check.
 - Say please and thank you.
- Why is it important to be aware of others' feelings?
- What are other situations you might be faced with where you would need to be aware of someone else's feelings?
- What was the most challenging part of this activity?
- What are strategies learned today you plan to use in the future?

Apply:

- Pay attention to individuals' expressions.
- Validate others' feelings when they are having a hard time.
- Put the strategies learned to use!