



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 individual's feelings.
- Develop strategies to work with others who have different feelings than you in a similar setting.

Time: 20 minutes

Relationship Management: Identifying Other's Feelings

DEFINITION

Relationship Management: the ability to take ones 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 we interact with. The ability to recognize both builds a strong working relationship. Refer to the emotional intelligence overview for additional background information.

WHAT TO DO

Activity:

- Present the scenario to the entire group:
 - Scenario: Your goal is to lead the next game with a group of 10-15 people (campers, club members, etc. depending on your audience).
- Show them a picture of their co-presenter (see addendum for pictures to use).
- Ask the group:
 - How is this person feeling?
 - How do you know they are feeling this way?
 - How can you communicate with them to reach your goal of leading the game? 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.
- Continue sharing other pictures of their co-presenter and discussing the questions listed above.



Equipment and supplies:

- Addendum of pictures

Do Ahead:

- Review lesson.
- Gather supplies.

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TALK IT OVER**Reflect:**

- Why is it important to be aware of other's 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 individual's expressions.
- Validate other's feelings when they are having a hard time.
- Put the strategies learned to use!