



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 their feelings
- Record their feelings when faced with multiple scenarios

Time: 30 minutes

Self Management: Being Aware of Feelings

DEFINITION

Self Management: (also known as self-regulation) the ability to manage one's actions, thoughts, and feelings in flexible ways to get the desired results.

BACKGROUND

It is important to be aware of the emotions we experience, recognize when we feel a certain way, and also be able to manage these emotions and take responsibility for them. Refer to the emotional intelligence overview for additional background information.

WHAT TO DO

Activity:

- As a large group, read a scenario from the addendum. Have a discussion asking:
 - How did you feel when this happened?
 - Why did you feel that way?
 - How do you know you felt that way?
 - How would you like to feel?
 - What could you do to manage these feelings?
- Continue sharing a few other scenarios and discussing them until the group seems to handle it.
- Distribute paper or other material and writing instruments.
- Tell the group that they will be recording their reactions to the scenarios on their own. They may do this by drawing a feeling face (smiling, frowning, anger, etc.) or just writing a word to describe it.
- Have the participants hold up their reactions so you can visibly see them.
- Share the remaining scenarios one at a time.
- Point out when individuals have different reactions.



Equipment and supplies:

- A journal, notecards, or other item for each participant to separately write on
- Writing utensil for each person

Do Ahead:

- Review lesson and addendum
- Gather supplies.

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TALK IT OVER**Reflect:**

- How did you respond?
- Why did you respond that way?
- Was it the same response as others? (Point out that everyone responds differently.)
- How can you change the reaction or manage your feelings? Examples may include:
 - Breathe.
 - Count to 10.
 - Smile.
 - Take a sip of water.
 - Reframe your thought process: how is this situation positive?
 - Take time to stop and think.
- What are strategies you plan to use to be aware of your emotions?

Apply:

- Keep an emotion diary of how you feel to monitor your responses to situations.
- Think through your previous emotions in the future when responding to situations.