



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:

- Identify their response to a challenging situation
- Be equipped with strategies to help respond to a situation

Time: 30 minutes

Self Management: Reactions Matter

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, 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:

This lesson has two options to generate conversation with group members.

Option 1

- Ask participants to think of an instance where they reacted in a manner they would like to change (at camp, in a meeting, at the fair, etc. preferably something related to 4-H or the particular group you are working with during this activity).

Option 2

- Give scenarios (see addendum) of how people have reacted poorly at camp, 4-H meetings, county fair, etc. and ask participants to analyze them.

For either option:

- Following each instance or scenario, lead the group in a discussion:
 - Why did you (or that person) respond in a certain way?
 - Think of someone else who has been faced in a similar situation--how did they react?
 - How would you like to respond to that situation?
 - How can you use that experience when faced with future situations?
- Continue discussing instances or scenarios until you are out of time.



Equipment and supplies:

- Addendum of scenarios (if using Option 2)

Do Ahead:

- Review lesson.
- Gather supplies.

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TALK IT OVER**Reflect:**

- Is there one way to react to a situation?
- What are some ways that can help you change your response to a challenging situation? (examples below)
 - 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.
- How are you going to take this information and improve how you manage your reactions to challenging situations?

Apply:

- Practice changing your response to previous experience where you had a less than desirable emotional response.
- Focus on techniques to help change the response.