



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:

- Become more aware of what others are doing and saying.
- Become aware that perception by the receiver might not be the intent from the sender.

Time: 45 minutes

Social Awareness: Do the Eyes See What the Ears Hear?

DEFINITION

Social Awareness: the ability to accurately notice the emotions of others and “read” situations appropriately.

BACKGROUND

Truly listening to someone is one of the most important gifts we can give one another. Being heard makes someone feel important, respected, and validated. This lesson will help develop good listening skills and connect listening with a greater understanding of empathy. Refer to the specific definitions and emotional intelligence overview for additional background information.

WHAT TO DO

Activity 1:

Instruct participants to stand in a circle.

Leader says: “Please follow my words. Raise your right hand over your head. Keep following my words. Make a fist. Please make sure to follow my words. Round your fist three times and then put your fist on your forehead! (just before this moment, you put your own fist on your jaw!)”

Most participants would follow your action and put their fists on their jaws! Some may find the mistake and reposition their fists on their forehead.

Leader asks: “What happened? I asked you to follow my words for three times, but you followed my actions! Why?”

Activity 2:

- As a group watch Brené Brown’s Empathy Video: <https://youtu.be/1Evwgu369Jw>
- Hand out listening guide addendum to each person. Rewatch video as a group while filling out listening guides individually.
- As a group review and discuss the listening guide answers included in addendum.



Equipment and supplies:

- Addendum
- Computer
- Projector
- Sound
- Video

Do Ahead:

- Review lesson.
- Gather supplies.
- Download/have link prepared to “Empathy” video.

Sources:

- Brené Brown “Empathy”
<https://youtu.be/1Evwgu369Jw>

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TALK IT OVER**Reflect:**

1. Lead a discussion on the difficulty of listening well to what someone is saying. Ask participants to share a time when they tried to fix a problem immediately instead of just listening.
2. Ask the group to brainstorm non-verbal actions that demonstrate empathetic listening? Ask the group to share appropriate empathetic verbal responses.
3. Lead a discussion about how to validate feelings in acceptable ways before responding by problem solving.

Apply:

- Practice looking for clues (verbal, non-verbal) to interpret what someone is saying or showing you. Practice empathetic listening skills at home and at school.