



Lesson 7.3 Building Emotional Intelligence

Module #7: Emotions & Conflict

We all have many emotions and express these emotions in different ways. It's important to recognize not only our own emotions but also the emotions of others. And sometimes with emotion comes conflict. And whether we're the perpetrator or the victim, handling conflict, bullying and other forms of aggression is something everyone must be prepared for and have strategies to use.

Enduring Understandings

- I. **The ability to communicate effectively and manage emotions is key to healthy relationships.**
- II. Bullying comes in many different forms, but all are dangerous and hurtful. Open communication and effective conflict resolution both are powerful bullying combatants.

Essential Questions

- I. **How can I manage emotions effectively to build positive relationships? (I)**
- II. What is bullying? (II)
- III. What are effective strategies for managing and resolving conflict? (I, II)

Lesson Objective(s)

Students will develop an understanding of emotional intelligence and the skills to build it.

Lesson 7.1

Lesson 7.2

Lesson 7.3

Challenge 2.2

Challenge 2.3

Directions:

1. Begin the lesson by introducing to students the concept of Emotional Intelligence.
 - Emotional Intelligence is being smart about our feelings – using our thinking to inform our feelings, using our feelings to inform our thinking.
2. Show the following video:
<https://www.youtube.com/watch?v=dmz9Yb9dWck>
3. Just like any other type of intelligence, there are skills we can develop to get better at it. Overview the key skills of emotional intelligence with students:
 - Be aware of the emotions you are feeling and/or the emotions of others. Notice what it looks like, feels like and sounds like.
 - Know what triggers different emotions in yourself and in others.
 - Describe different types of emotions. Give each a name and/or descriptor.
 - Recognize the same emotion can be expressed in different ways based on the situation.
 - Learn how to control an emotion and behave appropriately.
4. Divide the class into 5 small groups. Assign each group one of the emotional intelligence skills. Then, have each group develop a poster collage of different images that illustrates what it would look like if the skill is understood and mastered.
5. Have each group share its poster collage.

(Source: Lesson adapted from activities provided by the "Be A STAR" program)

Materials & Supplies

- Magazines, internet access, etc. to use for poster collage

Focus
Point

Emotional intelligence is something that we can build and get better at. By understanding and practicing the skills of emotional intelligence, we can better manage and control our emotions.

- Extend this module with additional resources from *WILL Interactive* (producers of *Hate Comes Home*). The interactive *Just Two Days* is an effective addition to Module #7 lessons and activities. *WILL* has additional interactive games and simulations that also work well. Visit www.willinteractive.com.
- Add suicide prevention education and activities to Module #7 with the help of the Jason Foundation. Visit www.jasonfoundation.com for excellent resources, lessons, and activities.

Resources
&
Extension