

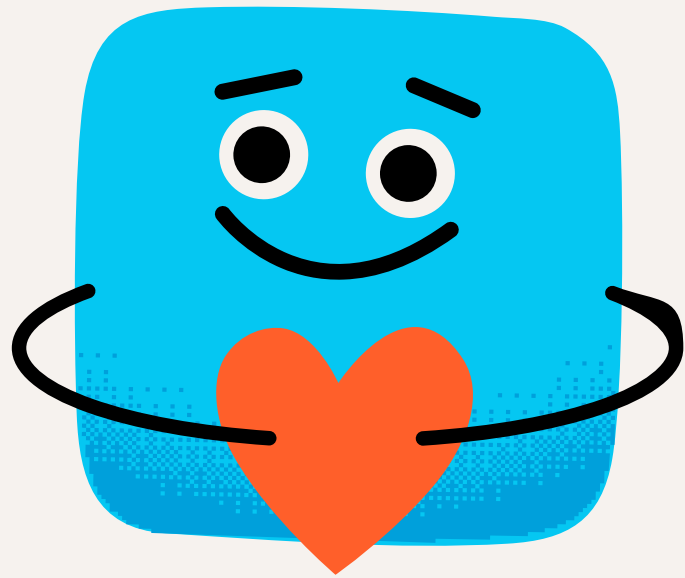
# Emotional Intelligence in Children

Emotional intelligence and its  
importance in a child's life.



# What is **emotional** intelligence?

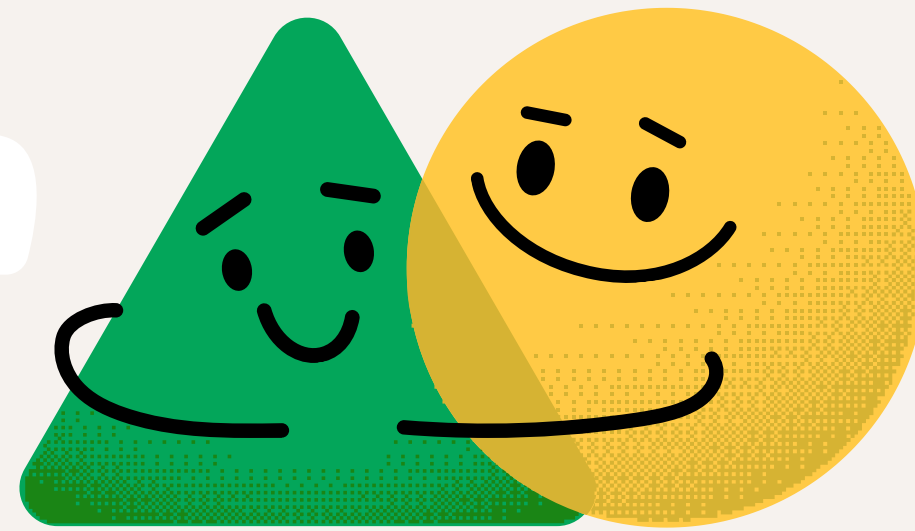
The ability to recognize, understand, and manage your emotions.



Self-awareness



Self-regulation



Empathy



Social skills

# Why is **developing** emotional intelligence important?

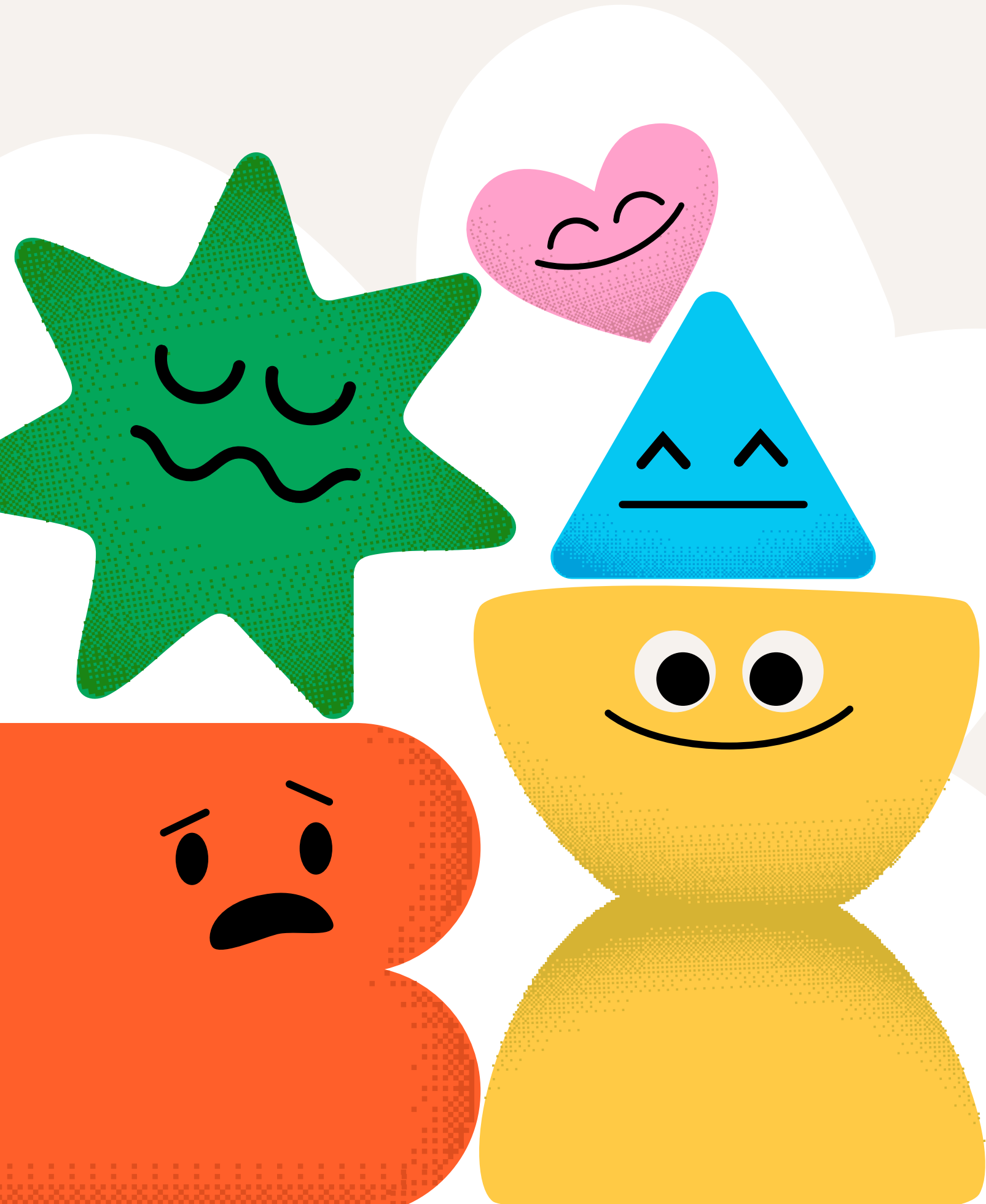
- Improves relationships with friends and family.
- Helps cope with difficult emotions.
- Enhances academic and social success.



# How to recognize emotions?

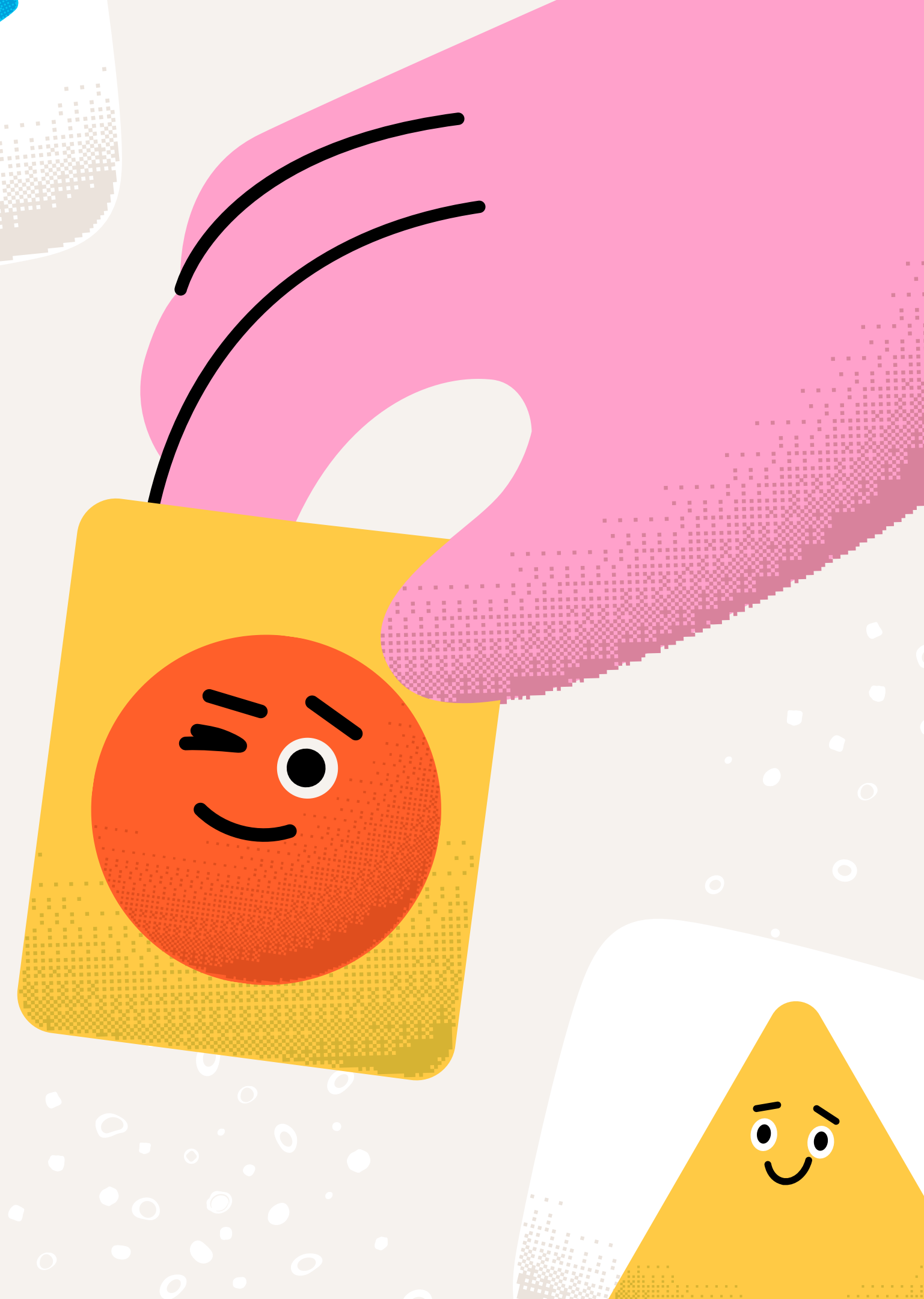
- Help your child label their feelings.
- Use emotion cards or facial expressions to show a variety of feelings.

When children understand their feelings, they can better express themselves and manage situations more effectively.



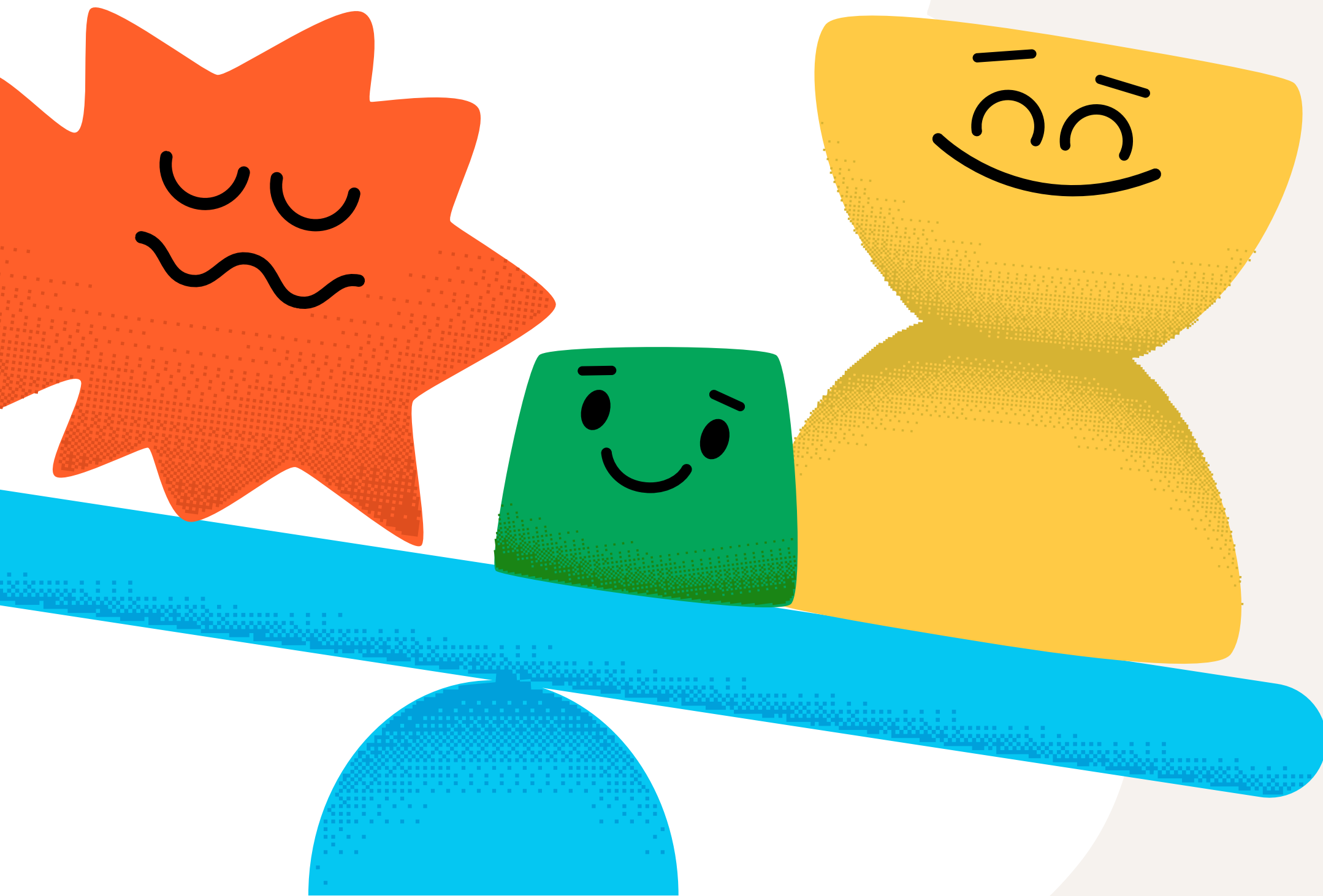
# Developing Self-Awareness

- Teach children to recognize their emotional reactions.
- Ask questions like, "What are you feeling?" and "Why do you think that?"
- Help your child notice physical changes when experiencing emotions.





# Managing Emotions



- Develop self-control techniques, such as breathing exercises.
- Help your child think before reacting to difficult situations.

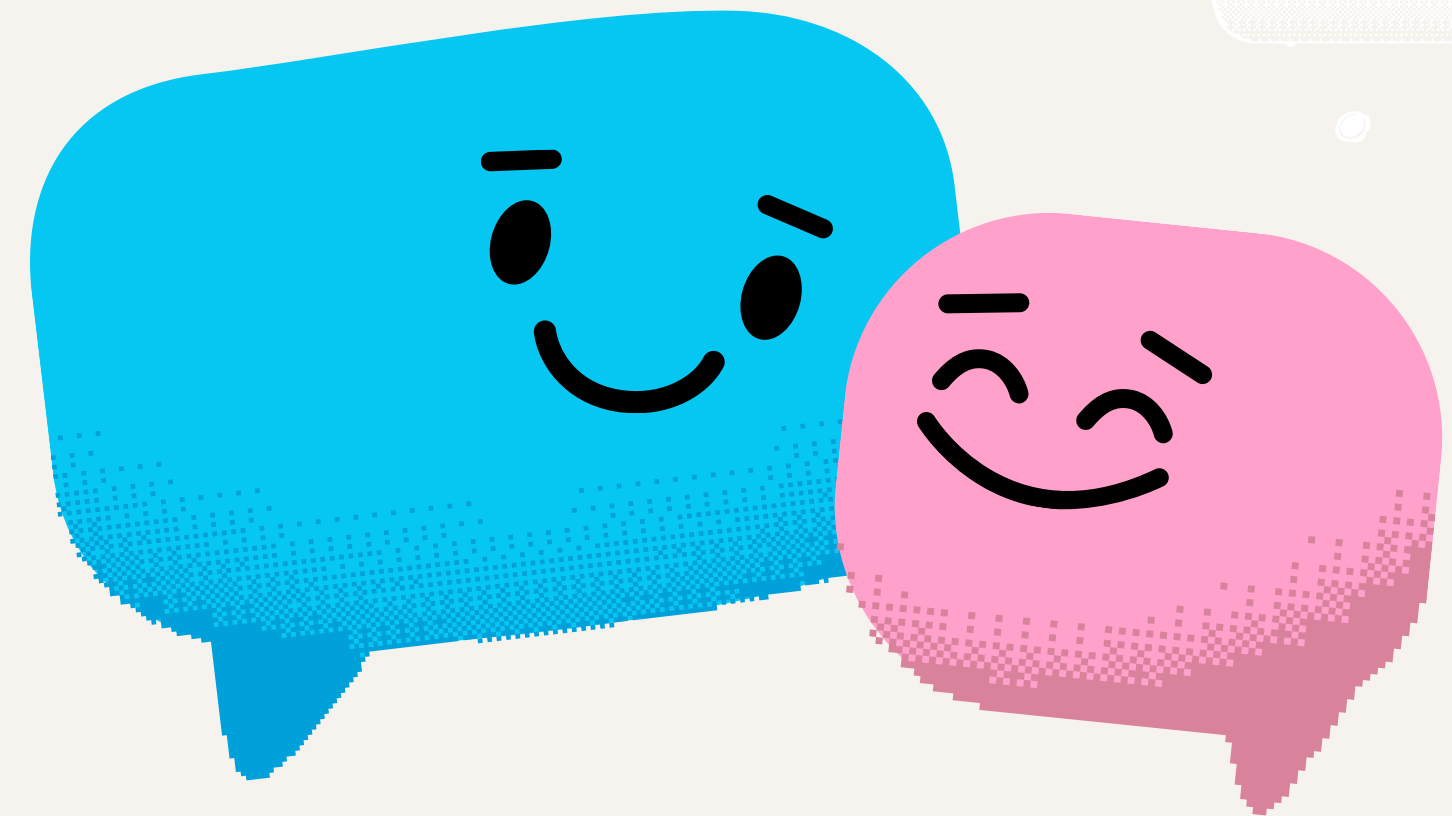
# Developing Empathy

- Role-play to understand how others feel.
- Discuss how others might feel in different situations.
- Discuss with your child how their actions might affect others' feelings to develop empathy.



# Developing Social Skills

- Practice playing together, listening, and communicating politely.



- Teach children to support others and resolve conflicts.





# Supporting Emotional Intelligence Development

## TIPS FOR PARENTS:

- Be an example in expressing and managing emotions.
- Encourage open discussions of feelings and experiences.

# Emotional intelligence is the **key** to success!

Emotional intelligence helps children become more confident and happy.  
Continuous support and development will help the child adapt to life.

