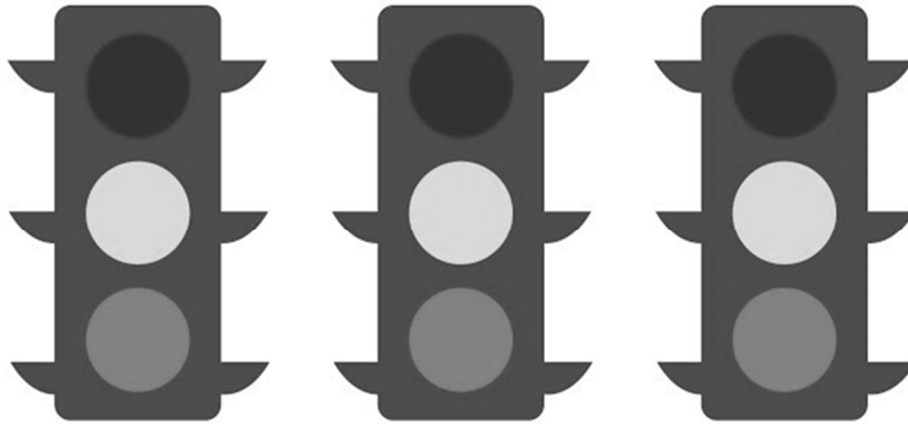




Emotional Intelligence Activity



- ✓ Angry Traffic Light System
- ✓ What you need:
 - Glue
 - Scissors
 - Old tissue box or cereal box
 - crayons
 - Angry Feeling card
 - Coping cards
- ✓ Step one: Make a traffic light
 - Print out the traffic light template
 - Colour the traffic light in
 - Cut out the traffic light and glue it onto your box
- ✓ Step Two: Introduce the Angry emotion

Remember that it is always okay to feel angry. This is a very important emotion to have and we must not try to hide it or avoid it but rather learn how to deal with this emotion correctly.

 - Use the angry feeling card and talk about this emotion
 - Talk about what makes us angry
 - How do we feel when we are angry?
 - What kind of things does our bodies want to do when we are angry?
- ✓ Step three: Discuss the Angry Rules
 - We are not allowed to hurt ourselves
 - We are not allowed to hurt others
 - We are not allowed to hurt our environment



- ✓ Step Four: Use the Traffic light system
 - Red: I must STOP.
 - Yellow: Think about why I am angry.
 - Green: Choose what to do with my angry feelings.
- ✓ Step five: Our green traffic light choices
If we can't hurt ourselves, others or our environment then what can we do?
Answer: Use coping cards
These are little activities that help young children to release their angry energy.
 - Go through the activities on the coping cards.

Some Quiet Time



Ten deep breaths



5 Push Ups



Run Around The grass



Book Cave



10 Jumping Jacks



