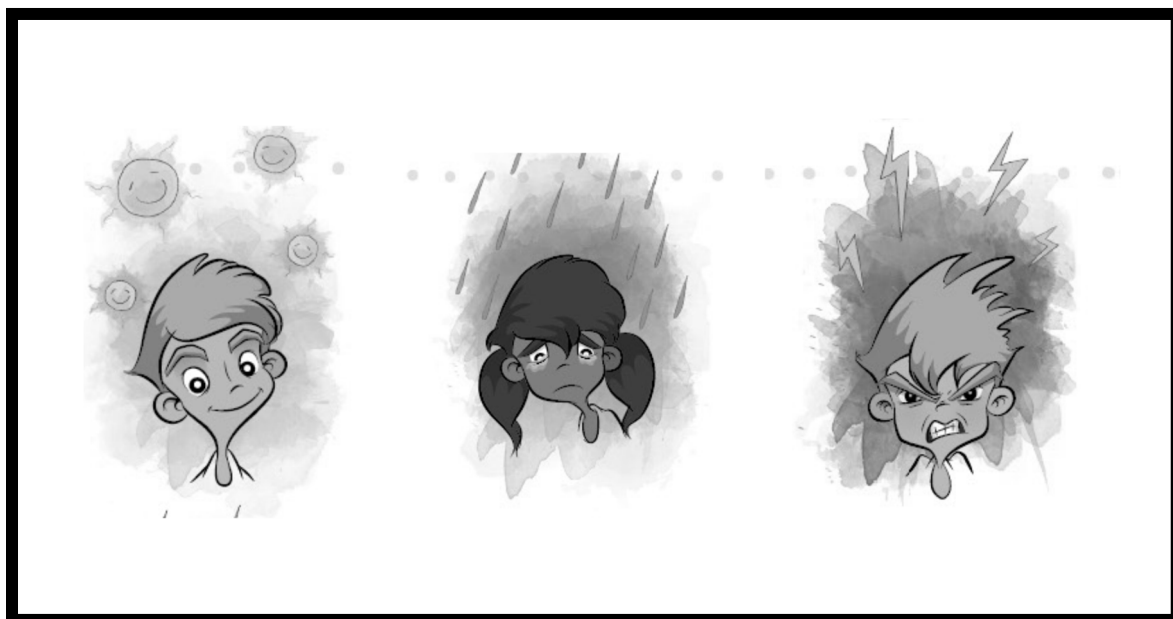


Emotional Intelligence



Introduction to feeling cards:

- 1) What you will need: Set of Feeling cards
- 2) Go through each card and talk about the emotion
- 3) When you discuss the emotion, try to ask some of these questions:
 - What emotion does the face show?
 - When do you feel this emotion?
 - When you feel this emotion, how do you feel?
For example: Angry- scratchy/hot/feel like screaming
Happy- bubbly/warm/feel like singing
 - Where in your body do you feel this?
For example: Sad- my heart feels like it hurts
Angry- my head feels hot
 - When you feel this emotion, what do you want to do?
For example: Sad- I feel like I want to cry
Embarrassed- I feel like I want to hide from everyone