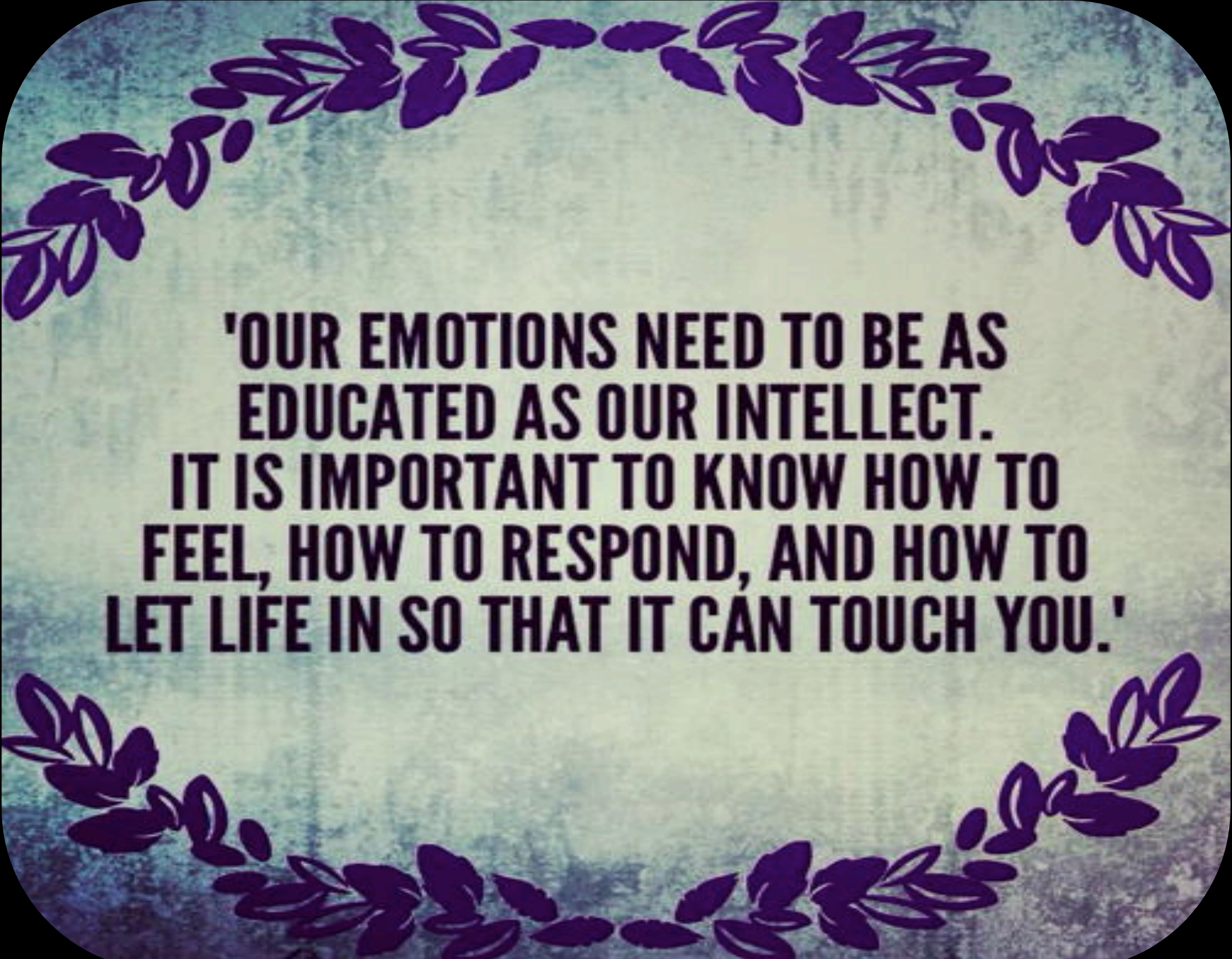




# Emotional Intelligence

2<sup>nd</sup> Order Change in Out-of-School Time





**'OUR EMOTIONS NEED TO BE AS  
EDUCATED AS OUR INTELLECT.  
IT IS IMPORTANT TO KNOW HOW TO  
FEEL, HOW TO RESPOND, AND HOW TO  
LET LIFE IN SO THAT IT CAN TOUCH YOU.'**



An illustration featuring a stylized human brain on the left and a large red heart on the right. Both the brain and the heart have simple, cartoonish limbs. They are holding a dark grey rectangular sign together. The background is a solid light blue. The entire illustration is set against a black background.

# HOW TO DEVELOP EMOTIONAL INTELLIGENCE



# Social Emotional Learning (SEL)

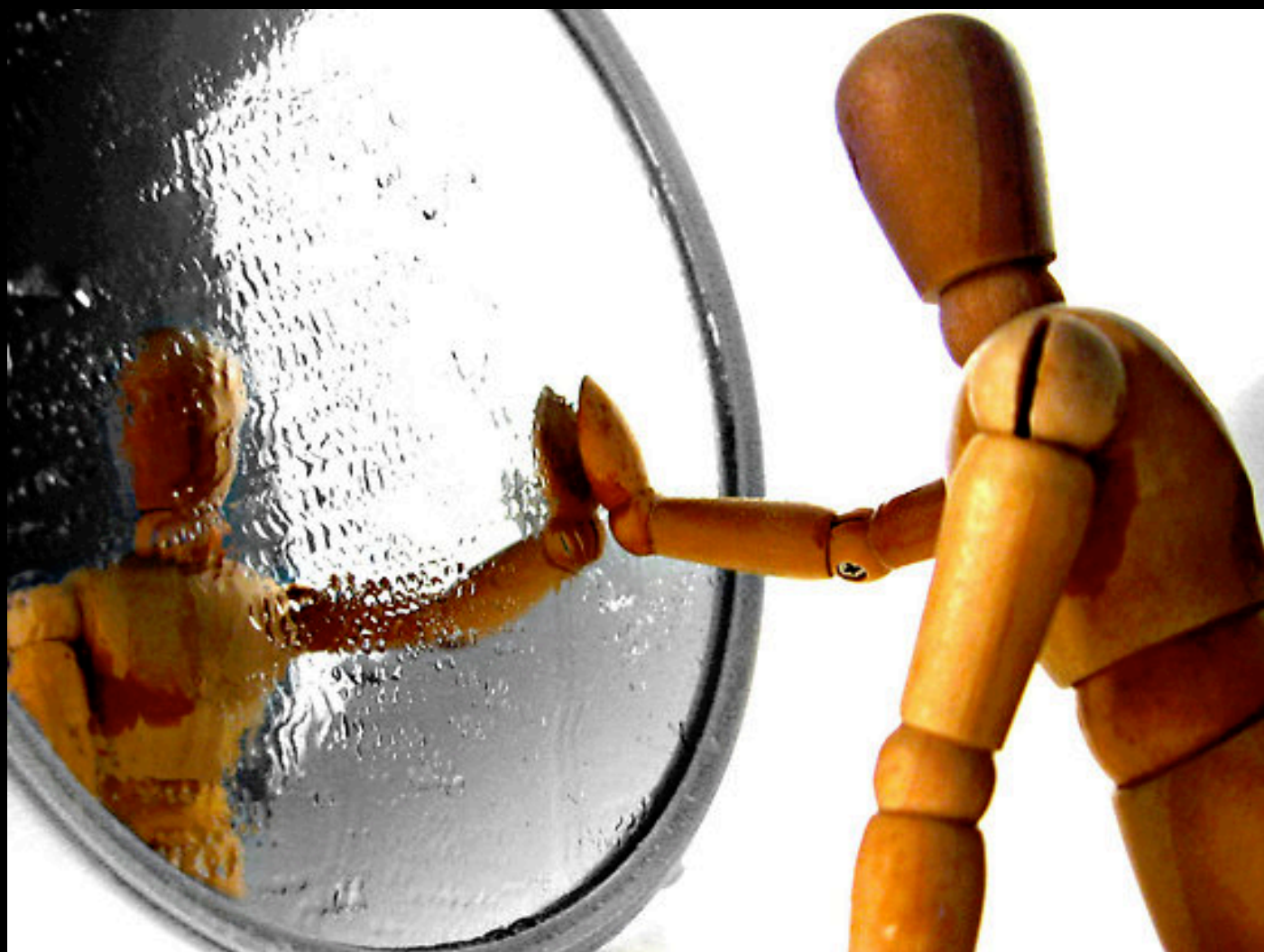
**S.E.L. is a process  
for helping children and adults develop  
the fundamental skills for  
life effectiveness,  
building our ability to  
handle ourselves,  
our relationships,  
and our work,  
effectively and ethically.**

Source: CASEL



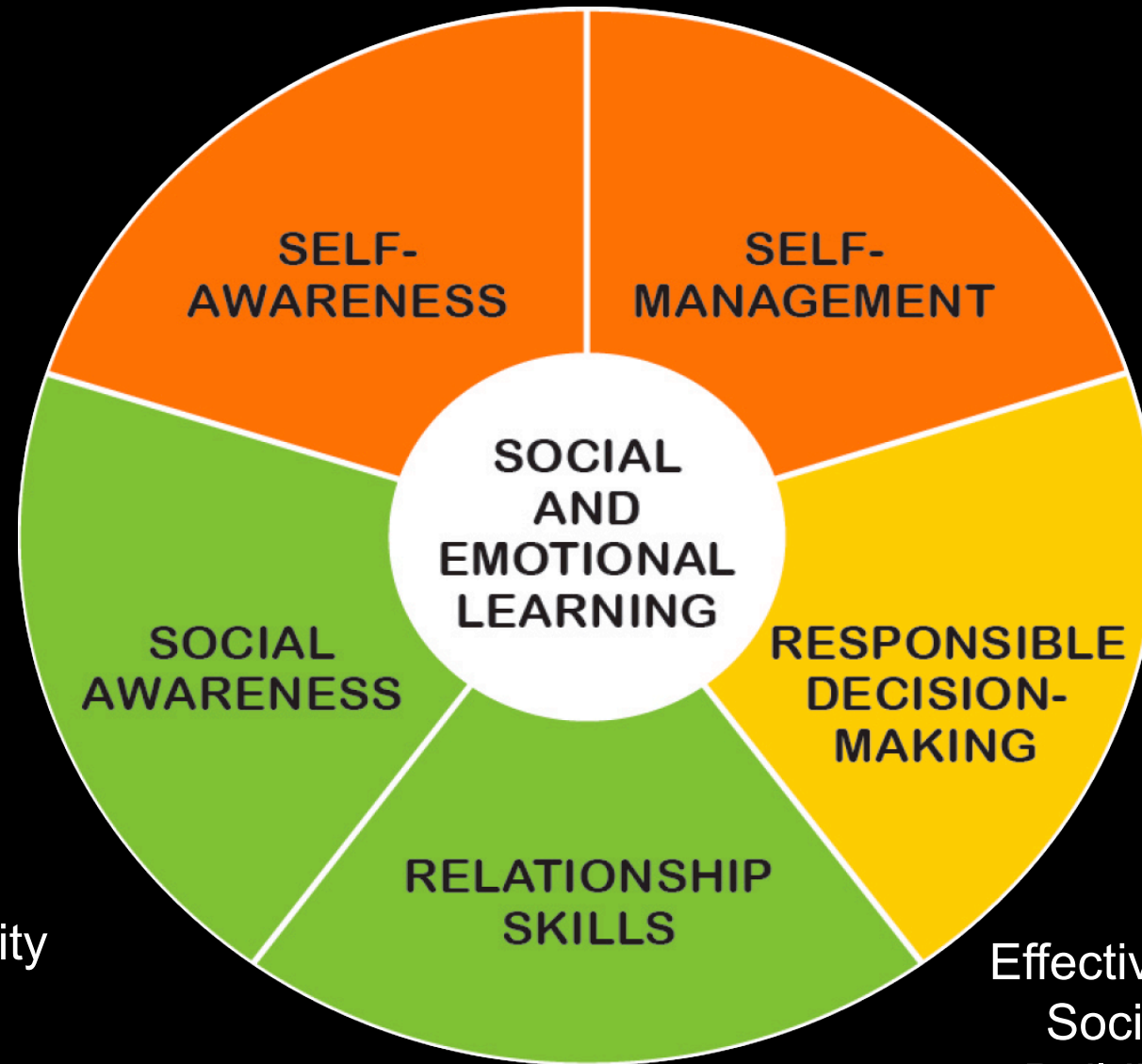








Identifying emotions  
Accurate self perception  
Recognize strengths  
Sense of self-confidence  
Developing self-efficacy



Impulse control  
Stress management  
Self-discipline  
Self motivation  
Goal setting  
Organizational skills

Problem identification  
Situation analysis  
Problem-solving  
Reflection  
Evaluation  
Ethical Reasoning

Perspective taking  
Empathy  
Appreciating diversity  
Respect for others

Effective communication  
Social engagement  
Building relationships  
Work cooperatively  
Resolve conflicts  
Help/ Seek help



























