



50 Activities Emotional Intelligence L1

Dianne Schilling

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Research indicates that IQ contributes only about 20 percent to the factors that determine success. The other 80 percent of the factors are related to EQ-emotional intelligence. Emotional intelligence impacts every area of life-health, learning, behavior and relationships. Teaching children and youth to understand, manage, and productively express their emotional intelligence pays big dividends in all areas of their lives and yours. In response to the growing EQ movement these activity guides have been developed based on the ground-breaking brain and behavioral research on emotional intelligence. The result is a complete emotional literacy program. Each book contains a comprehensive overview of emotional intelligence theory-what it is, why it has become such a hot topic in education, and its scientific basis in brain research, plus concrete suggestions for "schooling" the emotions. Each unit includes a thematic overview, stimulating age-appropriate activities and lively discussion topics.

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