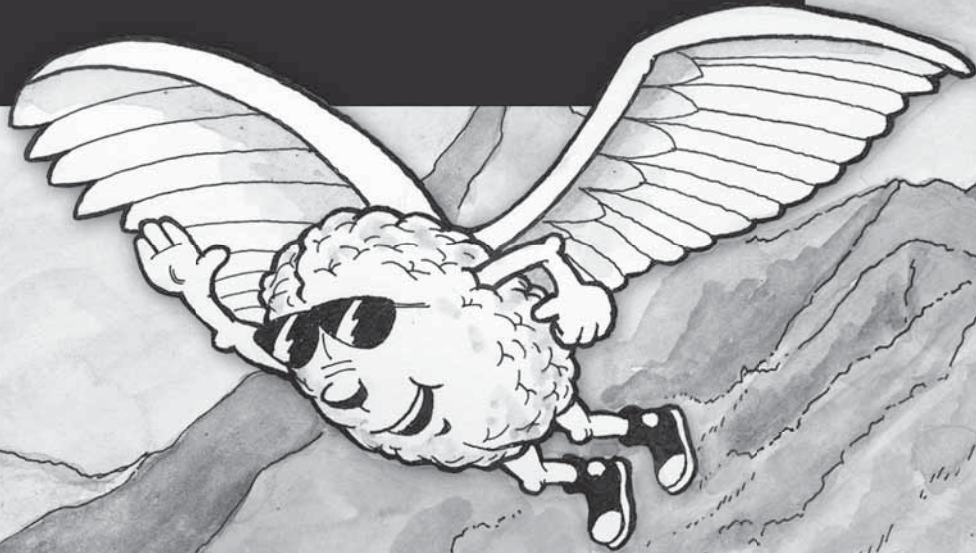


The Learner's Toolkit

Workbook 1

The Habits of
Emotional Intelligence



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Edited by Ian Gilbert.

The Habits of Emotional Intelligence



Understanding Emotional Intelligence (EQ)



TASK

Create an EQ card with slogans for each of the top ten habits. Here are some ideas to get you started:

Persistence

'If at first you don't succeed, try, try, try again'.

Willpower

'No pain, no gain'.

Goals for life

'If you can dream it, you can do it'.

PERSISTENCE

'If at first you don't succeed, try, try, try again'.

Willpower

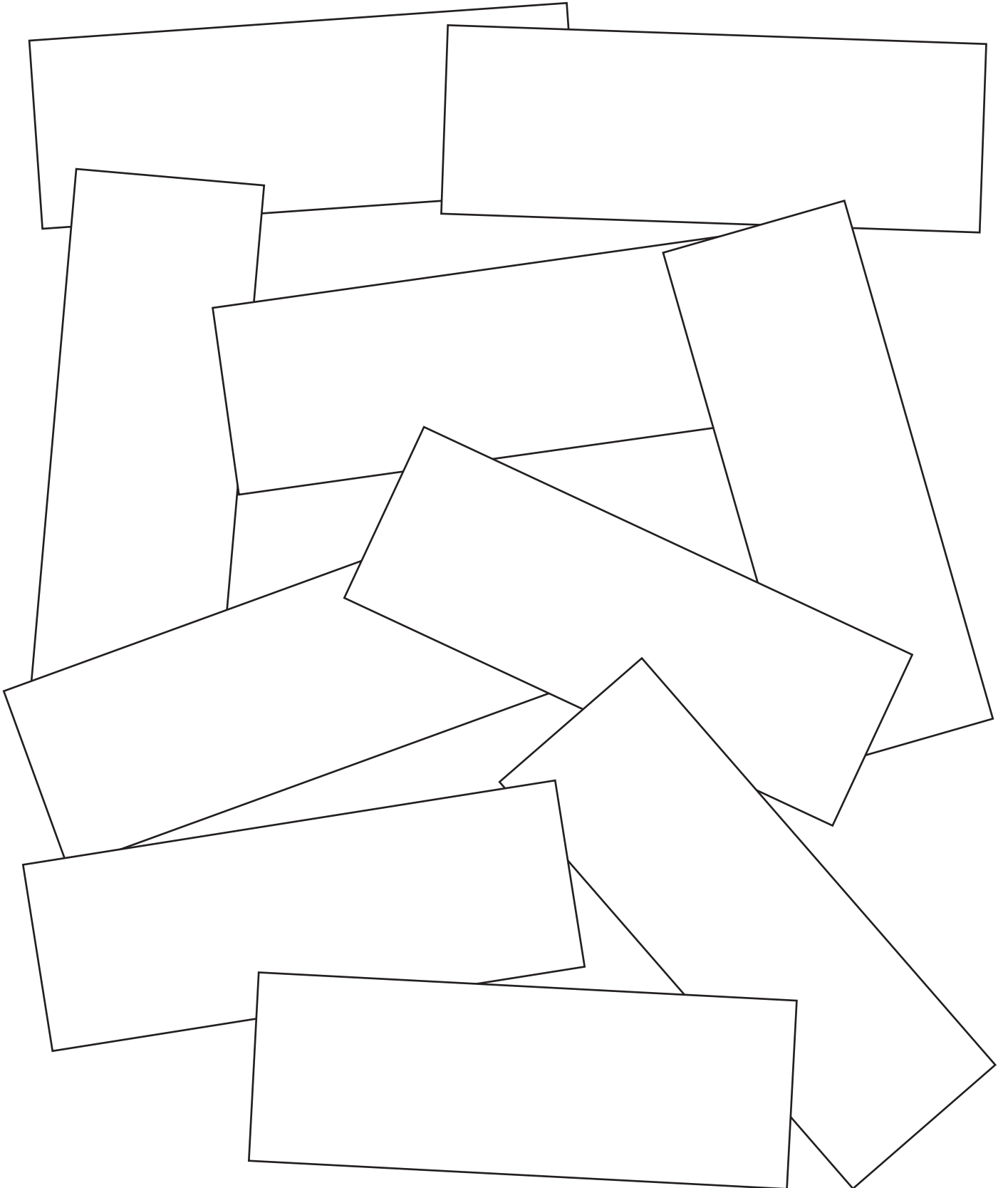
'No pain, no gain'.

Goals for life

'If you can dream it, you can do it'.

TIP: Make the card colourful and full of pictures and varying fonts. This will help your brain remember the slogans.

Understanding Emotional Intelligence (EQ)



Optimism

OPTIMISM – get the golden glow

Where are you?

Low 1 2 3 4 5 6 7 8 9 10 High

Optimism is infectious. Make sure you spread happiness – not misery!

It's all about seeing the positive side of a situation – trying to find the silver lining in every cloud. Making this a habit.

Have you got it?

If you have you will be more successful in life – and that's a fact!



How do you feel?

- If your best friend gets a new computer and you still have an ancient machine

Do you feel jealous and angry?

OR

Do you look forward to having a go?

- You get a low score in a test you had revised for because you didn't answer the questions properly

Do you moan and decide never to work hard again?

OR

Do you pester your teacher to find out just what you did wrong because you are determined your work will pay off next time?



What are you more likely to say or think?

Saying stuff creates a way of thinking.

This is really boring

I can't do this

No one likes me

It's raining again

That's typical

Just my luck

I hate maths

Teachers hate me

Everyone picks on me

I'm not eating that!

School is a waste of time

This is interesting

My mates are great

It's a lovely day

You look good today

I'm just born lucky

Teachers like me

I'll eat anything!

Learning stuff is great

I'm brilliant

I enjoyed that lesson

I'm really trying to do this

Optimism



TASK

a) **Think of some more sayings for each column.** It might sound cool to be negative about everything – especially school – but if you are negative, **you will programme your brain to switch off. If you are positive, you will become a great learner.**

b) Try saying the statements on the right in lots of different ways – **you will find yourself feeling good just by saying it.**

Now take each statement on the left and write or say a positive response to turn it round. You could add: **BUT....**

Top tips to get the golden glow of optimism

Discuss these and copy them into your planner

- SMILE – research shows that people who smile a lot are more successful in life. Try it *now*.
- Compliment others – do it every day. Make people feel better after they have come into contact with you.
- Look in the mirror every morning and tell yourself you are brilliant, beautiful and have a great sense of humour!!!
- Whenever you have a negative thought, *reframe* it and see the silver lining – there is always one there – by saying ...
- *It could be much worse.*
- *I can learn something from this.*
- *It will make me stronger as I learn strategies to cope and my brain makes new connections.*
- *If it doesn't kill me it makes me stronger!!*

CHALLENGE

Create a Recipe for Optimism Cake. Include the important ingredients that make people feel positive and how to mix them up. Draw a picture of the cake to show what it might look like.

Optimism Cake

| Ingredients | Amounts |
|-------------|---------|
|-------------|---------|



TASK – Sparkling story.

Write a story of a time when you sparkled – when you were at your very best and were amazing. Exaggerate it and write it in the present tense.

For example: 'It's a wonderful spring day, I wake up, yawn and glance in the mirror. I look absolutely gorgeous, handsome, natural and ready for a brilliant day ...'

Now list all the good things in your life and pin this on your bedroom wall.



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