Emotional Literacy
Emotional Literacy

- Our children currently have more:
  - Withdrawal or social problems
  - Anxious and depressed
  - Attention or thinking problems
  - Delinquent or aggressive
  - Drug use
  - Teenage pregnancy

- Possible reasons:
  - Family dysfunction
Emotional Literacy: Family

- **Tame aggression (bullying)**
  - Aggression rarely a justified behavior
    - Increase self perception
  - Teach negotiation skills
    - Understand the other person’s perspective
  - Improve the family environment

- **Preventing depression**
  - Improve relationship skills
  - Adjust emotional response to failure, rejection
  - Socialize
Emotional Literacy: Family

• Eating disorders
  – An inappropriate way to react to setbacks.
    • Need to find alternative way to deal with them
  – Coaching for friendship

• Drug use
  – Alcohol
    • Anxiety relief
    • Agitation, impulsivity and boredom
  – Other drugs
    • For depression symptoms
Common Preventive Pathway

• Information is not enough
  – Teach essential emotional skills
    • Defend their rights and boundaries
• Develop good emotional skills
  – Self-awareness
  – Identifying, managing and expressing feelings
  – Impulse control
  – Delayed gratification
  – Handling stress and anxiety
Schooling for Emotions

- Cooperation
  - Tolerance
  - Acceptance of own mistakes
    - Language used
      - Choice of words
      - Emotional vocabulary
    - Non verbal communication
      - Eye contact
      - Attentive listening
Schooling for Emotions

• Impulse control
  – Red light:
    • Stop, calm down, think before you act
  – Yellow light
    • Say the problem and how you feel
    • Set a positive goal
    • Think of lots of solutions
    • Think ahead of the consequences
  – Green light
    • Go ahead and try the best plan
Schooling for Emotions

• Problem solving
  ▫ **SOCS:**
    • Situations
      • What is it and how it makes you feel
    • Options
      • Think of as many as possible
    • Consequences
      • Positive and negative
    • Solutions
      • Execute it
Summary: Emotional Self Awareness

- Improvement in recognizing and naming own emotions
- Better able to understand the causes of feelings
- Recognizing the difference between feelings and actions
Summary: Managing Emotions

- Better frustration tolerance and anger management
- Fewer verbal put-downs, fights and disruptions
- Better able to express anger appropriately, without fighting
- Fewer disciplinary actions
- Less aggressive or self instructive behavior
- More positive feelings about self, school, family
- Better at handling stress
- Less loneliness and social anxiety
Summary: Harnessing Emotions Productively

• More responsible
• Better able to focus on the task at hand and pay attention
• Less impulsive; more self control
• Improvement in performance
Summary: Empathy; Reading Emotions

• Better able to take another person’s perspective
• Improved empathy and sensitivity to other’s feelings
• Better at listening to others
Summary: Handling Relationships

- Increased ability to analyze and understand relationships
- Better at resolving conflicts and negotiating disagreements
- Better at solving problems in relationships
- More assertive and skilled at communicating
- More popular and outgoing; friendly and involved with peers
- More sought out by peers
Summary: Handling Relationships

• More concerned and considerate
• More “pro social” and harmonious in groups
• More sharing, cooperation and helpfulness
• More democratic and dealing with others
End