



Mindscapes- Volume VI Edition 3

Let's develop the magical power of emotional intelligence in children. (Part11)

“Knowing yourself is the beginning of all wisdom”



Dear parent,

This edition of Mindscapes will focus on the key aspects of Emotional intelligence such as empathy, motivation and social skills. These factors can help children to develop their emotional intelligence in the best way. Emotional intelligence is a person's ability to express and manage feelings appropriately while respecting the feelings of others.

All children experience emotions, but it is a few who can accurately identify them as they occur. Children with high EQs master their emotions because they understand them. There are certain signs which show that a child is emotionally intelligent.

Signs of high emotional intelligence in children.

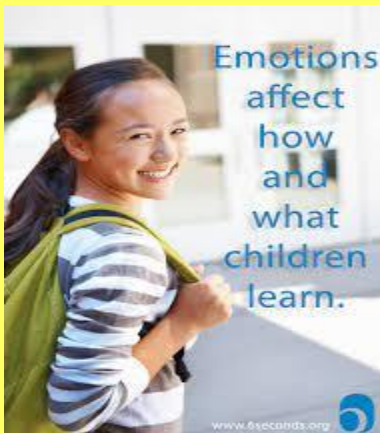
- A strong emotional vocabulary.

Children with high emotional intelligence use an extensive vocabulary of feelings when required. When a few children might describe themselves as simply feeling “low,” emotionally intelligent children can pinpoint whether they feel “irritable,” “frustrated,” or “anxious.”



- They are curious about people.

Emotionally intelligent children are curious about everyone around them. This curiosity is the product of empathy, one of the most significant factors in high emotional intelligence. The more our children care about other people and what they are going through, the more curiosity children are going to have about them.



- They know their strengths and weaknesses.

Emotionally intelligent children don't just understand emotions; they know what they are good at and what they are unable to do.

Empathy, motivation and social skills are considered as the important factors in developing emotional intelligence in children.

Empathy

Empathy is an awareness of the needs and feelings of others both individually and in groups, and being able to see things from the point of view of others.

Empathy helps us to develop a stronger understanding of other people's situations. Children might find it difficult to achieve. Let's help our children to learn to listen effectively to both the verbal and non-

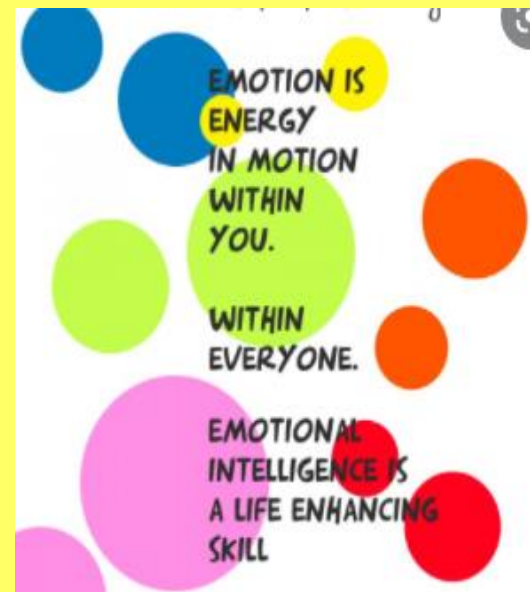
verbal messages of others, including body movements, gestures and physical signs of emotion.

Motivation

Motivation is another important factor of emotional intelligence that helps our children to move forward in difficult situations with a positive attitude.

Self-motivation includes children's personal drive to improve and achieve commitment to their goals, initiative, or readiness to act on opportunities, and optimism and resilience.

Self-motivation and personal time management are key skills in this area. Do not make unreasonable demands on children. Help them to learn to be assertive rather than just saying, 'Yes' to the demands of others.



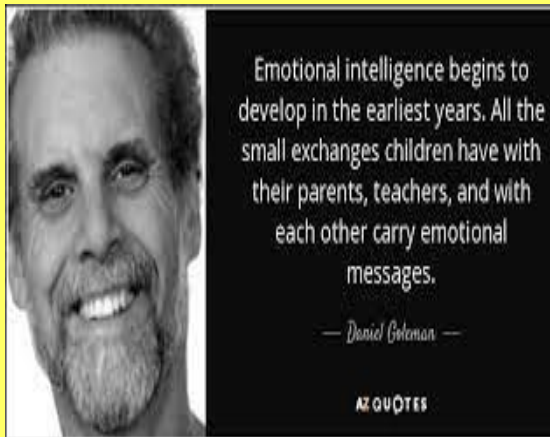
Social Skills

The term 'social skills' refers to the skills needed to handle and influence other people's emotions effectively. Children of

today are the leaders of tomorrow. Great leaders need to have good social skills to build and manage relationships. Emotionally intelligent children interact with others and keep building a network.



These children have amazing communication skills which help in translating the ideas to others effectively. Children with great social skills know how to take both appreciation and criticism.



Keys to build social skills:

- Enhance children's verbal and non-verbal communication skills.
- Motivate them to deal with difficult situations positively.

Our Children need the experience of feeling different emotions and practice tolerating them to develop self-control and emotional intelligence.

References

<https://www.skillsyouneed.com/general/emotional-intelligence.html>

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