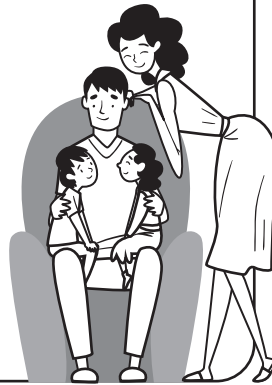


2.1 BEYOND IQ: HOW CAN I NURTURE MY KID'S EMOTIONAL INTELLIGENCE?

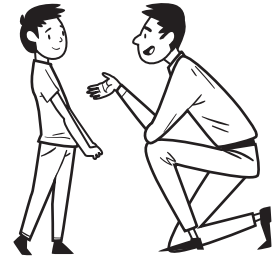
Watch the video and use this outline to write down your response and learning points.

What is emotional intelligence?



IT'S IMPORTANT THAT AS OUR CHILDREN GROW UP, NOT ONLY ARE THEY GROWING COGNITIVELY, BUT ALSO IN THEIR EMOTIONAL WELL-BEING.

Signs that indicate the state of a child's emotional well-being



What can parents do to help an emotionally-distressed child?



Let's Pray

Lord, I thank You for making each of us to love and feel loved. Help my child to understand himself and his emotions, to offer and receive care and support from those around him, and to form meaningful relationships with others.



2.2 EMOTIONAL QUOTIENT (EQ): A CHECKLIST

Rate each statement according to how true it is for your child.

1. My child can identify the emotion he is feeling at that moment.

① ————— ② ————— ③ ————— ④
Never Rarely Frequently Always

2. My child knows when to take a break to recharge his energy levels.

① ————— ② ————— ③ ————— ④
Never Rarely Frequently Always

3. My child is able to manage his moods and does not display sudden outbursts of anger.

① ————— ② ————— ③ ————— ④
Never Rarely Frequently Always

4. My child talks to me or a trusted adult when he is feeling down or has an issue to work through.

① ————— ② ————— ③ ————— ④
Never Rarely Frequently Always

5. My child can tell when someone is feeling unwell or uncomfortable.

① ————— ② ————— ③ ————— ④
Never Rarely Frequently Always

6. My child is willing to consider a point of view that is different from his.

① ————— ② ————— ③ ————— ④
Never Rarely Frequently Always

7. My child can read non-verbal social cues to gauge the mood of a room.

① ————— ② ————— ③ ————— ④
Never Rarely Frequently Always

8. My child responds to the feelings of others with empathy.

① ————— ② ————— ③ ————— ④
Never Rarely Frequently Always

9. My child is able to initiate and hold conversations with people he is not familiar with.

① ————— ② ————— ③ ————— ④
Never Rarely Frequently Always

10. My child is enthusiastic about his hobbies and willing to let his enthusiasm show.

① ————— ② ————— ③ ————— ④
Never Rarely Frequently Always

