



WHERE ARE YOU?

Practical Ways to Create Emotional Intelligence



Purpose: To facilitate the identification and sharing of personal feelings

- **Identification:** Where are you on this tree? What do you feel?
- **Clarification:** What makes you feel that way?
- **Understanding:** How long have you felt this way? On a scale of 1-10, how intense is your feeling?
- **Encouragement:** Is there some place else on the tree where you would like to be? Why? How do you think it would feel to be there?
- **Motivation:** What would it take to get there?

Purpose: To enhance emotional intelligence

- Find the child that you think shows _____. (Facilitator selects a feeling word from the feelings word bank.) What do you notice about this child that makes you think he/she is experiencing _____?
- Where on the tree is a child that portrays what you are feeling when you are _____? (Facilitator selects a word from the locations/situations word bank or inserts an appropriate situation or location unique to the events in the participant's life.)
- Where do you think _____ is on this tree? (Facilitator inserts the name of a specific individual—perhaps a close friend, family member, teacher, character in a book, etc.)

Purpose: To develop the language of feelings

- Name the feelings you think each child might be experiencing.
- Can you find two children that might be experiencing opposite emotions?
- After identifying the feeling of a child, see if you can think of another feeling word with a similar meaning (i.e. happy/cheerful).
- Divide participants into small groups and see which group can list the most emotions being demonstrated by children on this tree.

Purpose: To reflect on character qualities

- Find the child that you think demonstrates _____. (Facilitator selects a character quality from the character word bank for each of these activities.)
- Write a paragraph that describes or gives examples of _____.
- Write a paragraph or draw a picture of how you can show _____.

Purpose: To facilitate group work

- Where are you?
- Who do you identify with in this picture as you anticipate starting this group?
- Where would you like to eventually be?
- What might it take to get there? What is the first step?

Feelings Word Bank

Confident/Optimistic/Hopeful Exhilarated/Overjoyed/Delighted
 Shy/Timid/Hesitant Shocked/Surprised Silly/Playful/Goofy
 Fearful/Apprehensive/Terrified/Anxious/Nervous Discouraged
 Challenged Hurt/Irritated/Hostile/Upset/Annoyed Determined
 Alienated/Alone/Rejected Satisfied/Calm/Comfortable/Pleased
 Exhausted/Weary Frustrated/Indignant Cautious/Worried/Shaky/Doubtful
 Confused/Bewildered/Puzzled/Undecided Happy/Cheerful/ Giddy
 Triumphant/Elated/Jubilant Compassionate/Considerate/Loving/Sensitive
 Excited/Enthusiastic Courageous/ Brave/Daring Friendly
 Competent Lonely/Inferior/Vulnerable Involved
 Secure/Content/Quiet/Relaxed/Serene/Comfortable Free
 Independent/Self-reliant Success/Accomplishment Dejected/Humiliated
 Curious/Inquisitive/Interested Understanding/Sympathetic

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Character Word Bank

Success
 Kindness
 Leadership
 Confidence
 Compassion
 Risk
 Courage
 Initiative
 Perseverance
 Friendship
 Helping
 Encouraging
 Boldness
 Contentment
 Determination
 Diligence
 Endurance
 Enthusiasm
 Sensitivity
 Patient
 Dependable
 Gentle

Locations/Situations Word Bank

On the school bus
 In the classroom
 On the playground
 With your dad
 With your mom
 With your friend
 With _____ (name)
 Doing your homework
 Taking a test
 Working
 Home alone
 Snuggled in your bed
 Beginning a project
 At a party or social event
 At your house
 In your favorite place
 In front of people

