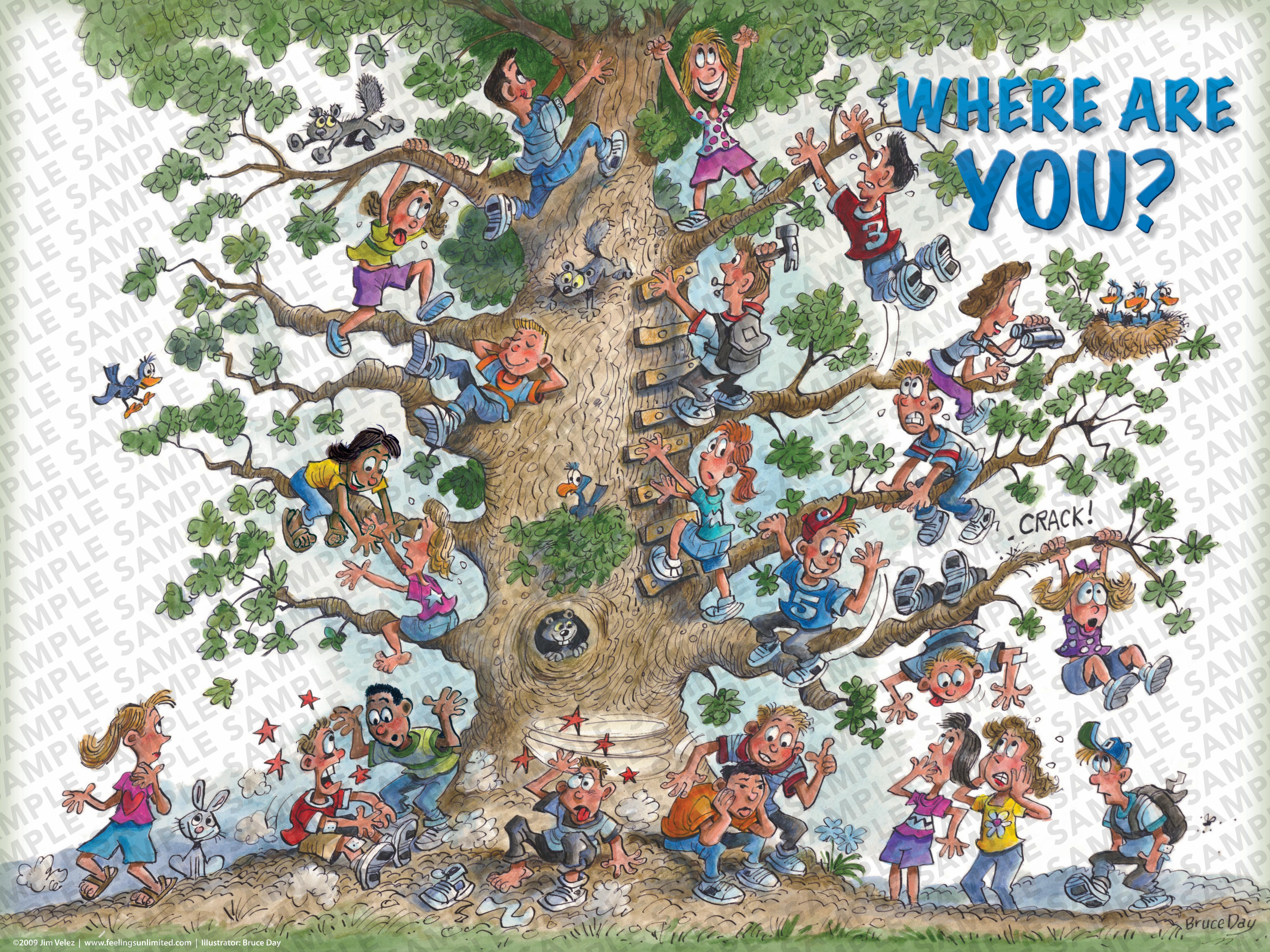


# WHERE ARE YOU?



CRACK!

Bruce Day





# 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/Wearry      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

