

What is Emotional Intelligence (EQ)?

Emotional Intelligence, or EQ, is how good we are at understanding our feelings and the feelings of other people. It helps us know what we feel and why we feel that way!

Step 1: Recognizing Your Feelings

First, it's important to notice when you feel happy, sad, angry, or scared. When you are feeling something, take a moment to think about it. For example:

- If you get a new toy, you might feel very **happy**.
- If you lose your toy, you might feel **sad**.
- If someone takes your snack, you might feel **angry**.
- If you hear a loud noise, you might feel **scared**.

Step 2: Talking About Your Feelings

Once you know how you feel, it's okay to talk about it. You can tell your parents or friends, "I feel happy!" or "I feel sad!" Talking helps you and others understand what's going on inside.

Step 3: Understanding Others' Feelings

Just like you can feel happy or sad, your friends can too! When you see someone looking down, you can ask, "Are you okay?" This shows you care about how they feel.

Step 4: Being Kind and Helpful

When someone is feeling sad or upset, you can help! You might share your toys, give a hug, or just listen. This can make them feel better.

Step 5: Learning to Manage Your Feelings

Sometimes our feelings might be very strong! If you feel really angry, it can help to take deep breaths, count to ten, or talk to someone about it. This helps you feel calm again.

In Summary

Emotional Intelligence (EQ) is about knowing your own feelings and caring about other people's feelings too. By recognizing, talking about, understanding, and managing emotions, you can be a great friend and help everyone feel happier!