

EQ Adventure: Your Feelings Compass!

Materials Needed:

- Paper or notebook/journal
 - Colored pencils or markers
 - Access to a "Feelings Wheel" (search online for a printable or viewable version)
 - Pre-written scenarios (see below) or short video clips showing different emotional situations (optional)
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Lesson Activities:

1. What's the Big Deal About Feelings? (10 mins)

Discussion Starter: Think about the last movie you watched or book you read. What feelings did the characters show? How could you tell? Sometimes characters (and real people!) try to hide their feelings. Why might they do that?

Introduction to EQ: Explain that being smart isn't just about knowing facts; it's also about understanding feelings – your own and other people's. That's called Emotional Intelligence, or EQ! It helps us get along with others, make good decisions, and handle tough situations.

2. Mapping Your Emotions (15 mins)

Activity: Introduce the "Feelings Wheel." Look at all the different words for feelings! Notice how there are core feelings (like happy, sad, angry) and lots of more specific feelings branching off them.

Task: On your paper or in your journal, try to list or draw representations of at least 5 different feelings you've experienced this week. Think about what triggered each feeling. (Examples: Excited about a planned activity, frustrated with a difficult task, happy talking to a friend, nervous about something new, calm during quiet time).

Share (Optional): Briefly discuss one or two of the feelings identified and what caused them.

3. Why EQ Matters: Scenario Secrets (15 mins)

Activity: Read through these scenarios (or watch short clips):

- *Scenario 1:* Your friend tells you they didn't get invited to a party everyone else is talking about. They say "It's fine, whatever," but they look down and are very quiet.
- *Scenario 2:* You worked really hard on a project, but you got a lower grade than you expected.
- *Scenario 3:* You're trying to explain something important, but your sibling keeps interrupting you.

Discussion:

- For each scenario: What feelings might the people involved be experiencing? How can you tell (body language, tone of voice, situation)?
 - How would understanding their feelings (or your own) help in each situation? (e.g., Scenario 1: Showing empathy to your friend. Scenario 2: Managing your own disappointment. Scenario 3: Expressing your frustration calmly).
 - Introduce the concept of **Empathy**: Trying to understand how someone else feels, even if you
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don't feel the same way. Why is empathy important in friendships and family?

4. Feeling Detective & Emotion Tamer (10 mins)

Activity - Name It to Tame It: Sometimes, just naming the feeling you're having can make it feel less overwhelming. Let's practice.

Task: Pick one of the scenarios above, or think of a recent time you felt a strong emotion. Say the feeling out loud or write it down: "I feel [feeling name] because [reason]." (e.g., "I feel frustrated because my sibling interrupted me.") Does simply naming it change how you feel, even a little?

Introduce a Simple Technique: Another tool is deep breathing. When you feel overwhelmed, try taking 3 slow, deep breaths. Inhale slowly through your nose, exhale slowly through your mouth. Let's try it now.

5. Wrap-up & Reflection (5 mins)

Recap: Today we learned about Emotional Intelligence (understanding feelings), identified different emotions using the Feelings Wheel, saw why understanding feelings is important through scenarios, talked about empathy, and practiced naming our feelings and deep breathing.

Check-in: In your own words, what is EQ? Name one new feeling word you learned today.

Journal Prompt (Optional Homework): Over the next day, notice one emotion you feel strongly. Try naming it and taking 3 deep breaths. Write down what happened.