

Dear Parent,

As we move to adapt our student learning to the current situation with covid-19, we will be sharing some emotional intelligence resources with you which we hope will be engaging, informative and directly useful for both you and your child. You may already be aware of our school's partnership with the team at Swinburne University's Aristotle EI who have been working with teaching staff to deliver emotional intelligence programs in classrooms.

WHY ARE WE SENDING YOU THIS INFORMATION?

In response to the current situation, Aristotle EI have now created activities for families to ensure the important skills of emotional intelligence continue to be improved in our students and wider school community during this period of shutdown.

In these challenging times, emotional intelligence skills are more important than ever as they underpin how we interpret our world, communicate with others, manage difficult situations and regulate our mood from moment to moment. International research has now shown that EI is an important determinant of a range of life outcomes including scholastic success, quality interpersonal relationships, leadership in organisations, mental health, resilience, well-being and life satisfaction.

Children do develop EI capacity and increase their ability to understand, effectively express and manage emotions as they get older, although there is great variability from child to child or adolescent to adolescent in these abilities. Children, adolescents and adults who have access to programs that develop emotional intelligence skills may have important advantages over those who do not.

WHAT IS EMOTIONAL INTELLIGENCE?

Emotional Intelligence can be defined as a series of abilities relating to how we understand emotions, how we make decisions based on emotions and how we manage our emotions. Emotions are neither good nor bad but are important pieces of information that tell us about our current situation.

Emotional Intelligence is not about becoming more emotional rather it is about the intelligent use of emotions. Emotionally intelligent children are self-aware, empathic, and are able to manage their negative emotions so that they experience happiness and well-being.

Using the scientific four branch model of emotional intelligence as a strong foundation for each activity, students will develop competencies in all areas of EI. A secondary yet important aim of this initiative is to develop skills associated with fostering optimum mental wellbeing. In addition to improving a range of emotional intelligence abilities, students who complete the activities will learn to use a range of proactive strategies and tools to maintain optimum mental and emotional health.



EMOTIONAL INTELLIGENCE BRANCH	DEFINITION
Emotional Recognition and Expression	The ability to identify one's own feelings and emotional states, and the ability to express those feelings to others in an effective manner.
Understanding Others' Emotions	The ability to understand how emotions work as well as to identify and understand the emotions of others. Related to empathy.
Emotional Reasoning	The extent to which emotions and emotional knowledge is incorporated in decision-making and/or problem solving.
Emotional Management and Control	The ability to manage positive and negative emotions both within oneself (e.g. to experience the right emotion at the right time) and the ability to effectively control strong emotional states such as anger, stress, anxiety and frustration.

HOW SHOULD I USE THESE ACTIVITIES?

For the most part these activities should be completed independently by your child however, younger children may need a little more help and direction. The activities have been designed to help build your child's emotional intelligence skills which is extremely important given the current climate. It is a great opportunity to speak to your child about their own emotions and how they can be supported. Look out for regular information and tips for how you can support your child and help extend the learning at home.

GOT QUESTIONS?

If you have any questions please contact your school directly.

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