



Social Emotional Learning Workshop

Why feelings matter!

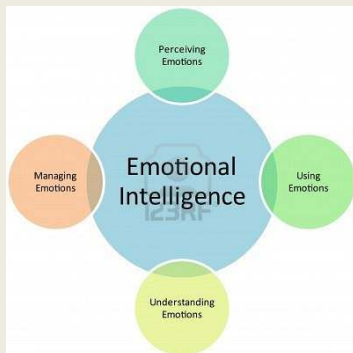
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2012

What is EI or EQ?



- "Emotional Intelligence is a way of recognizing, understanding, and choosing how we think, feel, and act.
- It shapes our interactions with others and our understanding of ourselves.
- It defines how and what we learn;
- It allows us to set priorities; it determines the majority of our daily actions.

...and research suggests it is responsible for as much as **80% of the "success" in our lives.**



Emotional Intelligence

This intelligence can be either developed or damaged with life experiences, particularly by the emotional lessons taught by parents, teachers, caregivers and family during childhood and adolescence.

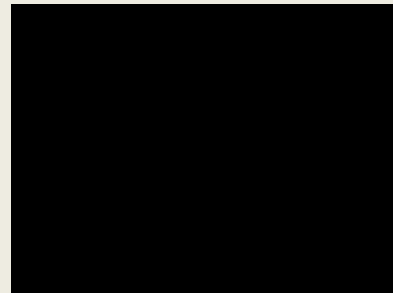
The impact of these lessons results in one's level of "EQ."

EI and the Gifted Child

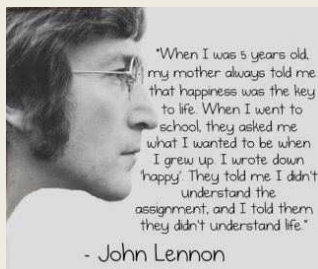
- "Giftedness to me is a great deal of heart and soul. Yet, most of the work, research, and approaches to reaching the gifted child is on a cognitive basis. We try to understand the gifted with our brain, with reason. The whole approach to education, beginning with parents, has moved to a cognitive basis. By excluding the emotions, we miss the essence of giftedness. If we want to be supportive of the gifted, we must support the Self. Self actualization means emotional growth."

Annemarie Roeper (Annemarie Roeper has founded schools in Germany, Switzerland, and America)

Success in life = risk & discovery of self!



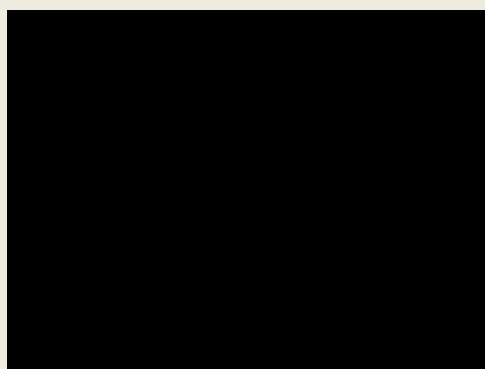
I am me and you are me and we are
here together...



DANIEL GOLEMAN



- Talks about:
- SEL
- EQ
- And why hard scientific evidence is telling us this is so important...



CASEL Key Research Findings

Collaborative for Academic, Social-Emotional Learning, www.casel.org

- 23% improvement in social/emotional skills
- 9% improvement in attitudes about self, others, and school
- 9% improvement in school and classroom behavior
- 9% decrease in conduct problems such as classroom misbehavior and aggression
- 10% decrease in emotional distress such as anxiety and depression
- 11% gain in achievement test scores

Gifted Children...

- Perfectionism, sensitivity and intensity are three personality traits associated with giftedness. They are derived from the complexity of the child's cognitive and emotional development. According to Dabrowski's theory, these traits—related to overexcitabilities—are indicative of potential for high moral values in adult life. The brighter the child, the earlier and more profound may be his or her concern with moral issues. But this potential usually does not develop in a vacuum. It requires nurturing in a supportive environment. *Linda Silverman, Ph.D., Director Gifted Development Center*

EI and the Gifted Child

- Dabrowski identified five intensities, which he called "over excitabilities" or "super sensitivities"
- Gifted children tend to have more than one of these intensities, although one is usually dominant.

Dabrowski's super sensitivities common in gifted children.

- The sensual
- The imaginational
- The psychomotor
- The intellectual
- The emotional

Dabrowski's Emotional Over excitability of Gifted Children

- The emotional over excitability is probably the most significant of the five over excitabilities. It is most easily recognized by parents of gifted children because these children display heightened and intense emotions and emotional responses to events and experiences.
- Children with the emotional OE also have a hard time adjusting to change and can experience high levels of anxiety when they are put in new situations or unfamiliar surroundings. They may also be shy and slow to participate in social activities.

Emotional Intensity in Gifted Children

- The primary sign of this intensity is exceptional emotional sensitivity. Children with a strong emotional over excitability are sometimes mistakenly believed to have bipolar disorder or other emotional problems and disorders. They are often the children about whom people will say, "He's too sensitive for his own good."

Emotional Intensity in Gifted Children

Extremes of emotion that they may display are:

- Anxiety
- Feelings of guilt and sense of responsibility
- Feelings of inadequacy and inferiority
- Timidity and shyness
- Loneliness
- Concern for others
- Heightened sense right and wrong, of injustice and hypocrisy
- Strong memory for feelings
- Problems adjusting to change
- Depression
- Need for security
- Physical response to emotions (stomach aches caused by anxiety, for example)

Parents of Gifted Children...

- Family life with gifted children can be as intense as the gifted children themselves. The intensity may come from the characteristics of the gifted children themselves or from the stress parents sometimes feel to nurture their child's talents and abilities.



Of course, we all want our kids to be happy all the time...




Gifted Children...

- Gifted children are asynchronous. Their development tends to be uneven, and they often feel out-of-sync with age peers and with age-based school expectations. They are emotionally intense and have greater awareness of the perils of the world. They may not have the emotional resources to match their cognitive awareness. They are at risk for abuse in environments that do not respect their differences. Linda Silverman, Ph.D., Director Gifted Development Center

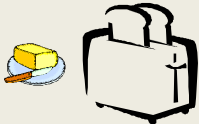

The world is a very different place for today's kids!

When I was young...



Fat Cells





WE WERE ALWAYS OUTSIDE PLAYING!!





In fact, we would leave home in the morning and play all day, and nobody worried as long as we were back when the street lights came on.



No one was able to reach us all day...and we were O.K.





We did not have Playstations, Nintendo Wii , X-boxes, no video games at all, no 999 channels on SKY or FOX, no dvds, no mobile phones, no personal computers, no Internet or Facebook!



We actually had friends and we went outside and found them!



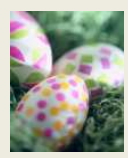
We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents.

We ate worms and mud pies made from dirt, and the worms did not live in us forever.

You could only buy Easter Eggs and Hot Cross Buns at Easter time...



FOOTY, NETBALL and CRICKET had try outs and not everyone made the team.
Those who didn't had to learn to deal with disappointment. Imagine that!!
Getting into the team was based on MERIT.



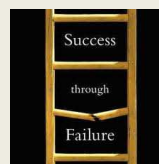
Our teachers used to hit us with canes and gym shoes or chalk(what's that?) and bully's always ruled the playground at school.



The idea of a parent bailing us out if we broke the law or got into trouble at school was unheard of.



We had freedom, failure, success and responsibility, and we learned...



HOW TO DEAL WITH IT ALL!

Everything is amazing and nobody is happy



THE NEW PARENT SYNDROMES



Feelings Fuel Behaviour! So how
do you behave when you
are.....



Angry



www.mes-english.com

Sick



www.mes-english.com

The Feeling-Behavior Link

Feelings fuel behavior!

Acting out can be fueled by . .



MAD

SCARED

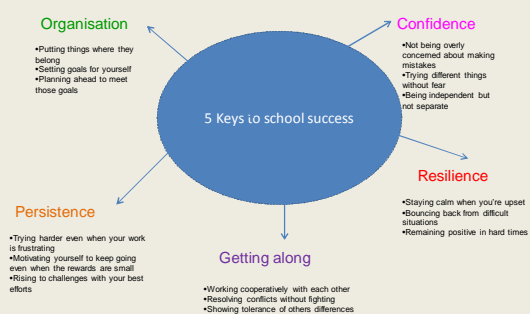
SILLY

PROUD

HAPPY

JEALOUS

The 5 Keys to School Success!



SEL a school wide approach

- Consistency
- Smooth transitions for students, families and staff
- A common language
- Common behavioural expectations
- Parental support and involvement
- Unique to meet the school's needs
- Relationships and support of community professionals

A school wide SEL program can include a range of integrated approaches including...

- The Kimochis Way
- KidsMatter
- Seasons for growth
- You Can Do It
- Tribes
- Let's All Do It Together
- Friendly Kids, Friendly Classrooms
- Restorative Practices
- Bounce Back etc
- Strengthening Families



Don't be afraid to teach emotional literacy

Fear worry, anxiety, shock, nervousness

Joy cheerfulness, happiness, excitement, silly

Love affection, kindness, caring, empathy

Sadness unhappiness, embarrassment, insecurity, left out

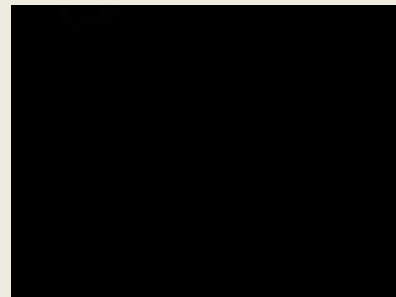
Surprise astonishment, amazement, shock

Anger cranky, resentment, frustration, jealousy

EQ CAN CHANGE HOW WE LOOK AT THE WORLD...



Are we creating a lost generation?



- You cannot dream yourself into a character; you must hammer and forge yourself one. ~James A. Froude





**"We worry about what a child will become tomorrow, yet we forget that he is someone today."
—Stacia Tauscher**

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