

Causeway Galveston Presents:

Helping Your Child Succeed by Identifying Their Emotions

(CASEL Competency: Self-Awareness & Self-Management)

What is Social Intelligence?

- The capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically.

Why is Social Intelligence important?

- It's a gateway to better learning, friendships, academic success and employment
- Helps resolve conflict nonviolently
- Leads to responsible decision making
- Less emotional distress
- Healthy communication

How can parents/guardians learn more about identifying emotions and discussing them?

- Read this article to further educate yourself on Emotional Intelligence and how you can model healthy behavior at home:
<https://www.learningliftoff.com/teaching-emotional-intelligence-important/>
- Click here to watch a video about identifying emotions and teaching emotional IQ in school:
<https://youtu.be/gqAZuOqBXgw>
<https://youtu.be/QGfXKCh02xo>