How to Teach Emotional Intelligence

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From the time a child is born, parents invest time and money to ensure he/she grows into a good and intelligent person. Every parent readies the child to school by teaching simple English words, reading to the child story books, teaching colors and numbers, and assist with homework when he/she starts schooling. They want the child to keep up with peers and even excel in school. This is how important acquiring intelligence is for them as they link good education to success.

Until recently that strong emphasis was also given to emotional intelligence. Like IQ, can EQ be taught to children, too? EQ and Social-emotional learning (SEL) can be taught to young learners. The building blocks of emotional intelligence, that is, when children learn to become aware of their emotions and those of others and how to manage their emotions more constructively and effectively can be taught. Children are better able to attend and focus on learning when they learn SEL.

An emotionally intelligent child can control his impulses. This means lesser temper and other bad behaviors. The child also knows how to delay gratification and can patiently wait for his turn. He is resilient and can manage the ups and downs of life. He is able to see and understand people's social cues. With these abilities, this emotionally intelligent child can bring in positive results in his life.

SEL programs can form the building blocks in learning EQ. Parents and teachers should be aware about the emotional make up of a child and how to handle them appropriately. Providing learning experiences on how to handle emotions is crucial. There are EQ and SEL programs where parents and teachers can participate and learn from.

Conflict resolution is one of the effective programs usually included in EQ and SEL seminars. When a child learns how to properly handle conflicts with others and himself, he is able to have a stronger foundation for managing his emotions better.
Becoming EQ intelligent helps students to have their social and emotional skills improved, lessen misbehavior and aggression, and improve self-esteem. They lessen emotional distress without any decrease in academic performance. It is best to teach emotional intelligence at a younger age because children’s minds are “malleable” during this stage.

References:
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