NURTURING THE CHILD’S EMOTIONAL INTELLIGENCE

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The cognitive level of every pupil is being developed in the school in order to make them intelligent, knowledgeable and smart. Aside from this, the emotional intelligence is also being considered to contribute to the child’s smartness and disposition.

Emotional intelligence is a term coined or combined by Peter Salavoy and John Mayer and popularized by Dan Goleman in 1996.

The development of emotional intelligence primarily sources out from proper education. Teaching the learners of its nature and concepts would make them understand that they need this ability not only in school but in facing life situations and problems.

One way to nurture the child’s emotional intelligence is through loving acceptance. Once the child sees and feels that he or she is accepted for his or her being or personality then self-confidence is built. Thus, he or she becomes emotionally stable.

Also, acknowledge the child’s honest expressions. Listen to the feelings of the child is one way to help their emotional intelligence.

Sense of belongingness develops the emotional intelligence ability of the learner. In this way he or she feels the security, love and care of the group. Being a part of a family and other wholesome groups is meaningful to the child.

Having a good environment also contributes to the emotional intelligence of the child. To be reared in a good environment, whether in home environment or school environment, makes the child’s emotional intelligence better since good things are seen and felt.
Developing emotional strengths is another way to gain emotional intelligence. The child may manifest strong will to stand for what is good, correct and righteous. Emotionally intelligent people think first before doing something. They don’t let their emotions overpower their minds. This also teaches them to face and solve problems.

The concept of positivity only generates good thinking and positive emotions. This enables the child to be emotionally intelligent since you let him or her think and feel in optimistic way.

Emotionally intelligent learner is more dynamic, interactive and smart. He or she can face the world with strength and courage.

References:
