

Emotional Intelligence in the ELT classroom

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How are you feeling?



A definition

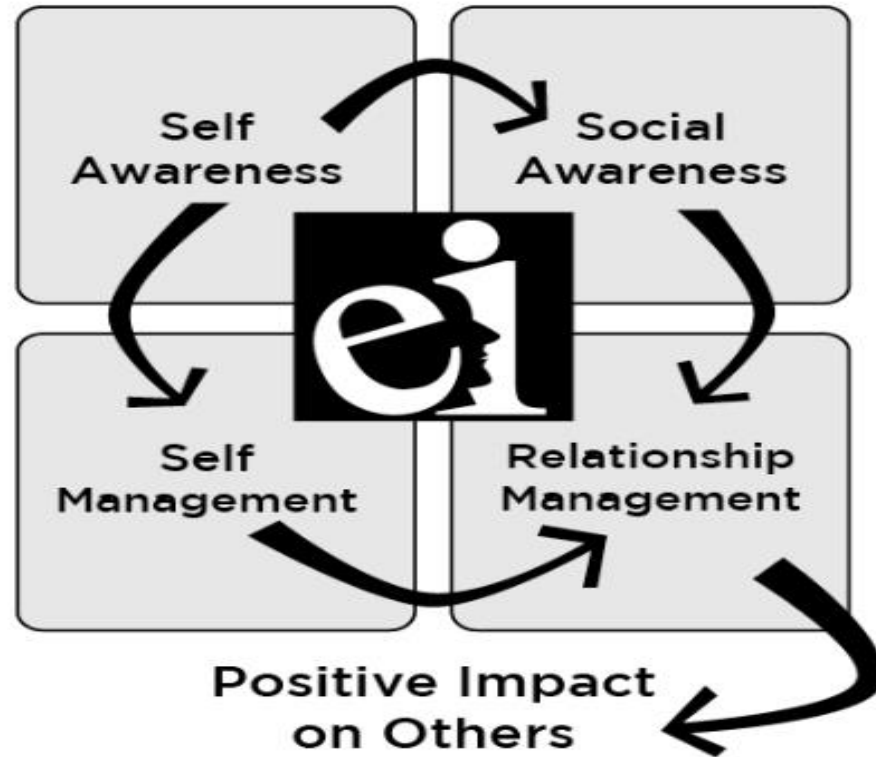
A person's ability to manage their feelings so that those feelings are expressed appropriately and effectively.

Dr Goleman

10 Most Sought-after skills beyond 2022





































- Analytic thinking and innovation
- Active Learning & Learning Strategies
- Creativity & Initiative
- Tech design & programming
- Critical thinking & analysis
- Complex problem-solving
- Leadership & social influence
- Emotional Intelligence
- Reasoning
- Systems analysis

The Goleman Model





What Zone Are You In?

Blue Zone	Green Zone	Orange Zone	Red Zone
 SAD	 HAPPY	 SURPRISED	 ANGRY
 HURT	 FOCUSED	 CONFUSED	 RAGING
 SICK	 CALM	 WORRIED	 TERRIFIED
 TIRED	 EXCITED	 SILLY	 ANNOYED
What can I do?	What can I do?	What can I do?	What can I do?
REST	GO	SLOW DOWN	STOP
Take a break  Ask for help  Talk to someone  Jump up and down 5 x  I can also.....? 	Think happy thoughts  Finish my work  Help others  Share ideas  I can also.....? 	Take deep breaths  Talk to someone  Go for a short walk  Count to ten  I can also.....? 	Take a time out  Run a lap  Squeeze a stress ball  Drink water  I can also.....? 

What are your strengths?

Bravery
Curiosity
Gratitude
Appreciation of beauty & excellence
Zest
Humour
Love of learning
forgiveness
leadership
Self-regulation
Prudence

Kindness
Humility
Perseverance
Creativity
Perspective
Social Intelligence



Managing willpower



Managing Stress



Self motivation



Social awareness

3e The empathy quiz – the worksheet

3e The empathy quiz – the worksheet

Complete the following with one of these words:

always

often

sometimes

rarely

never

1. I feel happy when people around me are happy.
2. It's hard for me to understand what makes some people happy.
3. I can easily plan an event for a friend's birthday that they will love.
4. It makes me angry if I see someone treat another person disrespectfully.
5. I find it difficult to see things from others' point of view.
6. I feel guilty if I let down a friend, by not turning up for example.
7. Sad events in films don't bother me.
8. When I'm upset with someone, I try to imagine what it's like to be in their shoes.
9. If I know I'm right, I don't listen to the other side's arguments.
10. I find it easy to make excuses for others' bad behaviour.

Give yourself the following points for questions 1, 3, 4, 6, 8, 10

always – 5, usually – 4, often – 3, sometimes – 2, rarely – 1, never – 0

And for questions 2, 5, 7, 9

Always – 0, usually – 1, often – 2, sometimes – 3, rarely – 4, never – 5

Social Skills



Relationship management

- Class rules
- Teamwork
- Tutors & mentors
- The Ideal Classmate



To go further

- **Anything by Daniel Goleman! – Emotional Intelligence, The Brain and EI**
- **Self-Science: The Emotional Intelligence Curriculum by Karen Stone et al.**



TWO STARS

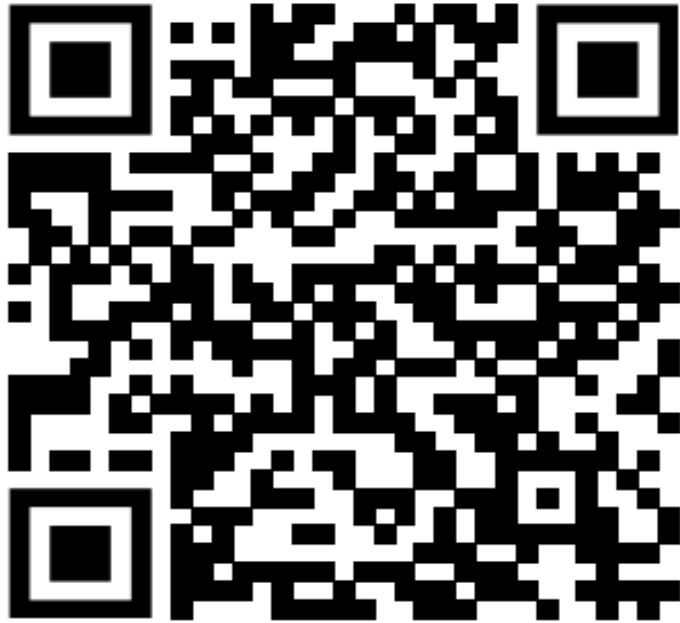
1. _____

2. _____



ONE WISH

Thank you 😊



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