

# EQ vs. IQ

## Emotional Intelligence for Teachers and Learners

### What is Emotional Intelligence?

Emotional intelligence is a \_\_\_\_\_ associated with \_\_\_\_\_ one's own and other's emotions, and the ability to use emotions to \_\_\_\_\_ one's \_\_\_\_\_ and \_\_\_\_\_.

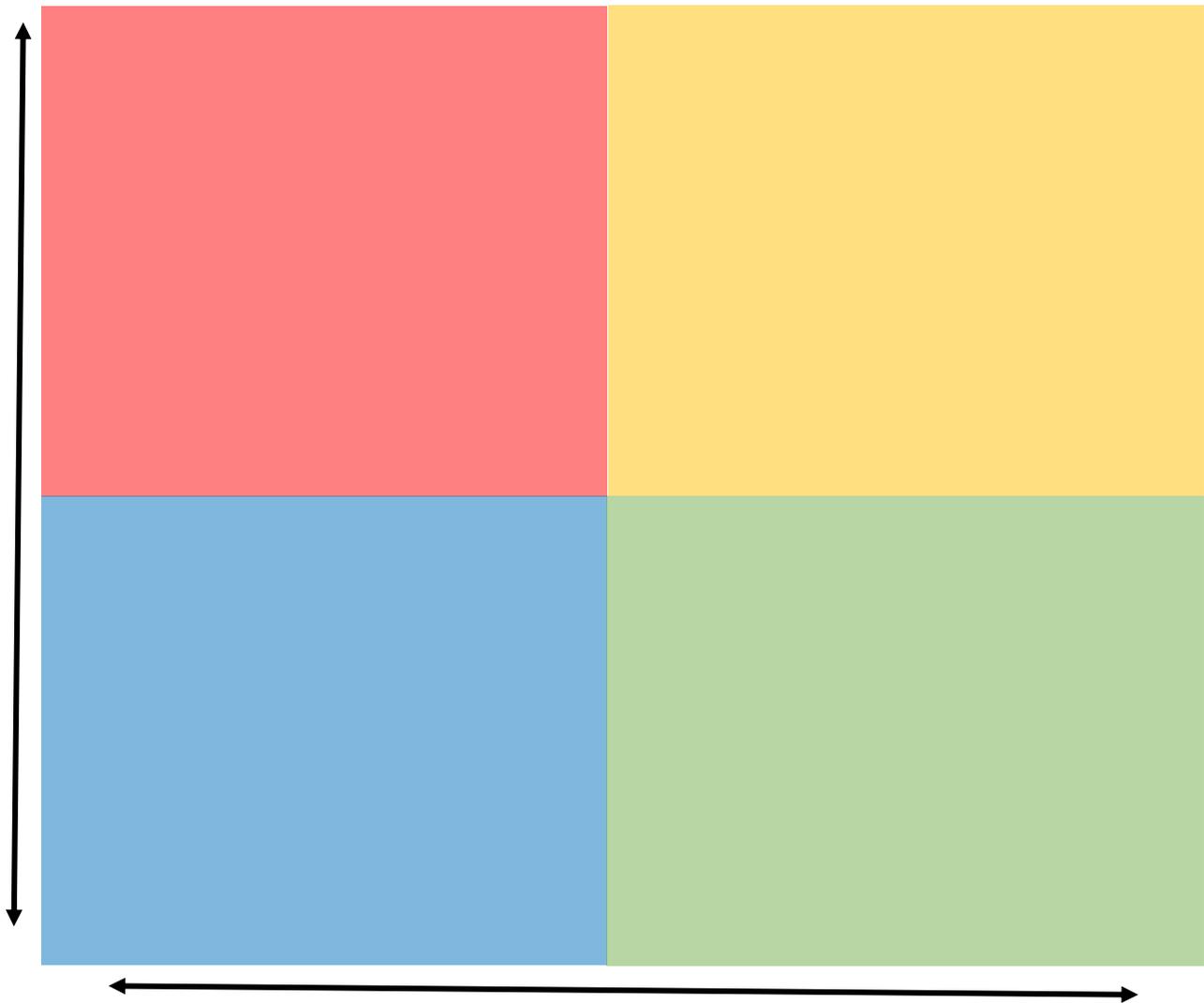
### The Benefits of Higher Emotional Intelligence



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### *The Mood Meter*



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Think about a recent time when you experienced strong emotions. Walk through the RULER skills through the lens of your personal story.

R  
U  
L  
E  
R

*Practicing RULER at home and at school:*

*All emotions matter. Everyone wants to feel understood and valued. The ability to get along with others is the glue that holds us all together; Understanding ourselves and others, expressing our emotions in compassionate ways, and respecting ourselves and each other are essential life skills. ~ Yale Center for Emotional Intelligence.*



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### Miss Elena's Story

*I remember a time when I was little and I felt scared. I was afraid of my neighbors' dog. Whenever I walked by their house, the dog would bark at me and jump on the fence. My eyes would get really wide like this, I didn't breathe much, and my shoulders hunched up like this. That's what happens to my body when I feel scared. I would always try to run past their house as fast as I could. I even had bad dreams about the dog chasing me, so I told my dad about it. Talking to someone is one thing you can do when you feel scared. My dad gave me a hug and that made me feel better. He told me he had met the neighbors' dog, and her name was Bella. He said Bella was very friendly and took me to meet her. I didn't want to pet her at first, but then I touched her head. My dad said that Bella's barking was just her way of saying hello to me. After that, I didn't feel so frightened of her anymore. Frightened is another word for afraid or scared.*

**! Recognize   \* Understand   @ Label   # Express   ^ Regulate**

*"I.Q. may get your foot in the door, but E.Q. will determine how far you will go." ~Anonymous*

