

THE 7 STEPS TO EMOTIONAL INTELLIGENCE



7

SOCIAL SKILLS

Finally, we develop teamwork, friendship and leadership skills by teaching how to interact better.

6

EMPATHY

This step explains how to detect emotions in others by reading verbal and non-verbal cues..

5

RESILIENCE

This step discusses how to deal with adverse situations such as bullying and worry (mindfulness).

4

MY WELL BEING

This step focuses on tthe five ways of well being & emotion regulation strategies.

3

MY BRAIN

This step teaches children how to become aware of their thinking by visualising different brain areas.

2

MY EMOTIONS (CBT)

This step educates children on how to identify their emotions through cognitive behavioral therapy.

1

WHAT ARE EMOTIONS?

This step explains what emotions are, the various kinds and where they're from.