

BE KIND MOVEMENT

EMOTIONAL
INTELLIGENCE

Series 5
Relationship Skills
for 7-11 year olds



INTRODUCTION

Emotional intelligence (EQ) is the ability to understand, recognize and positively manage your emotions, and that of others, so that it helps to relieve stress, empathize with others, overcome challenges and defuse conflict.

Last week, we explored the EQ skill of building Social Awareness which included developing skills such as compassion and caring. Today we focus on building Relationship Skills that involves showing Gratitude and Respect to others.

Being thankful and respectful to others allows you to build stronger and more meaningful relationships with the important people in your life such as your family and friends, and others you come across in your daily life.

Communicating gratitude and respect comes from having positive self-esteem and personal confidence because you are:

- Easy to talk to;
- A good listener;
- Sharing and trustworthy;
- Kind and generous with your words and actions.

Showing gratitude and being respectful means others are likely to extend the same courtesy to you. This in turn strengthens your own self-esteem and confidence and makes you even more charming and attentive to others.

GRATITUDE

Studies show that developing a habit of gratitude can create a more healthy mindset by identifying and keeping at bay unhelpful, negative emotions, reducing stress levels, and increasing a feeling of calmness.

One good way to develop gratitude is by keeping a Gratitude Journal. This is where once a week you choose to reflect, appreciate and be thankful for the good things and the good people in your life. You do not have to write about big and life changing events. In fact showing gratitude for small actions and tasks can be more beneficial as you are appreciating your daily life.

Benefits of a Gratitude Journal include:

- Appreciating what you have rather than focusing on what you don't have;
- Appreciating and acknowledging what others do for you;
- Creating a higher sense of self worth and satisfaction;
- Reducing negative emotions and encouraging positive thoughts;
- Being able to better cope with stress.

On the next page, we've included some thoughts to get you started.

Grab your pen and notepad.

3,2,1. Go!

Gratitude Journal

You will need:
A notebook and a pen

Take out 15 minutes from your day to reflect on what you are grateful for this week.

Write your thoughts into your Gratitude Journal.

Writing Prompts:

- The best part about today was...
- A valuable lesson I learned is...
- 3 silly things I did recently are...
- An act of Kindness I saw/received is...
- Something I am proud of is...
- A fun experience I had was...
- Something I am looking forward to is...
- 3 things that made me smile are...

GRATITUDE

Writing letters of thanks has a positive effect on both the Giver and the Reciever.

For the Giver, it elevates the feel good factor within you as you appreciate the gestures of kindness, love and care shown by your friends, family, teachers and others to you;

For the Receiver, it allows them to experience and appreciate your kindness and compassion whilst feeling good about themselves at a deeper level.

Letters of gratitude strengthen social bonds and create a stronger sense of community thereby reducing feelings of isolation and loneliness.

Overleaf is a Gratitude Letter template. Think of someone in your life who has helped you in some way, and fill in the template to tell them that you are thankful for their help.

Once you do that, ask them to write their own Gratitude Letter.

Let's spread kindness! 😊

GRATITUDE LETTER TEMPLATE

Dear...

I wanted to thank you for...

It meant a lot to me because...

From...

RESPECT

Respect is the foundation of a strong and loving relationship between individuals however there are many different types of relationships which command different forms of respect such as:

- Respect for loved ones such as parents, siblings and friends;
- Respect for authority figures such as teachers;
- Respect for law and order such as police, government;
- Respect for property and possessions.

Relationships which have mutual respect (where Receiver and Giver treat each other with respect) are positive for us and our well-being but if respect is missing from either person, it can be the beginning of a detrimental relationship.

Unhealthy relationships lack respect and this can have a huge impact on our feelings and behaviour such as:

- Low moods;
- Heightened anxiety;
- Change in behaviour or habits;
- Low self esteem;
- Lack of trust.

Respect



What is respect?

When we show respect to somebody, we are letting them know that we care about them and their feelings. It is a positive way of interacting with others and something we should show to those around us, and get in return.

What does respect look like?

- Giving somebody your attention while they are trying to talk to you;
- Not crossing boundaries when you are with someone, for example respecting their personal space;
- Treating everyone equally;
- Being nice to people, even when others are not.

RESPECT

You are in a positive relationship when you:

- Feel safe and cared for;
- Are supported without any judgment, even if you have made mistakes;
- Are free from intimidation and aggression;
- Your personal growth and development is encouraged; and
- When you are allowed to be yourself, without anyone controlling your thoughts and actions.

Sometimes it is hard to know the difference between respectful and disrespectful behaviours which can lead to confusion in how we react to the individual or to the circumstances.

The next activity lists different scenarios to help us spot respectful and disrespectful behaviours.

- Circle the box that depicts respectful behaviour
- Place a X in the box that depicts disrespectful behaviour.

WHAT DOES RESPECT LOOK LIKE?

What situations
would you say are respectful and what situations would you say are disrespectful?

**Rolling your
eyes at somebody when
they are speaking.**

**Asking someone if
you can hug them.**

**Listening to
someone when they are
speaking.**

**Cleaning your
room when asked to do
so.**

**Touching someone's
belongings without their
Permission.**

**Thinking about
others and helping them
when they feel upset.**

**Making fun of
someone because of
how they look or speak.**

**Using kind
words when speaking with
others.**

**Taking care of your things
and things others have
given you.**