

BE KIND MOVEMENT

EMOTIONAL
INTELLIGENCE

Series 6
Responsible
Decision-Making
for 7-11 year olds



INTRODUCTION

Emotional intelligence (EQ) is the ability to understand, recognise and manage your emotions, and that of others, in positive ways that helps to relieve stress, communicate effectively, empathise with others, overcome challenges and defuse conflict.

Last week, we explored the EQ skill of building meaningful Relationship Skills by showing Gratitude and Respect to others. This week we talk about building effective decision making skills by being responsible and courageous.

Did you know that an average human being makes an estimated 35,000 decisions every day and, according to researchers at Cornell University, 226 of those are on food alone. Some decisions have greater impact than others and they aren't always easy to make. Decision-making is a skill set that needs to be developed like any other skill and that includes acknowledging that emotions play a part, positive and negative, in your decision-making.

When you're in a situation where you feel yourself getting highly emotional (positively or negatively), ask yourself before you make your decision:

- Does this fit in with who I am?
- Am I reacting to pressure from friends, family?
- Am I acting responsibly and with courage?

It is acting responsibly and with courage that we are going to talk more about today with some fun examples for you to read and get involved in.

COURAGE

Being brave is not easy. In fact it is one of the most difficult things you can do. Yet it is also one of the most important attributes to develop.

- Sometimes you may have the choice to be brave;
- Other times you may have no choice but to be brave;
- Often, you need to be brave when helping other people.

While you should never put yourself in any danger, our courageous historical figures chose the more difficult path selflessly help others, and therefore they were celebrated for their heroism.

While they performed exceptional acts of heroism, remember you too can show courage and bravery in your own daily lives.

Historical Figures who showed:



COURAGE

NELSON

MANDELA

Nelson Mandela helped end South Africa's apartheid system of racial segregation and served as president of South Africa from 1994 to 1999.

Mandela joined the African National Congress (ANC), a black-liberation group, in 1944 where he focused the group on opposing apartheid.

Mandela abandoned his non-violence stance in 1960 after the massacre in Sharpeville. He helped founded the military wing of the ANC Umkhonto we Sizwe ("Spear of the Nation") and advocated acts of sabotage against the South African regime.

In October 1963 he and several others were tried for sabotage, treason and violent conspiracy in the famous Rivonia Trial. Mandela's speech on the dock gained international recognition as a defiant stance against tyranny. He was sentenced life imprisonment which was protested throughout the world, which helped his cause gain global attention.

In 1990, after nearly 30 years in prison, he was released. A year later he became the leader of the ANC and later became president democratically. He ended apartheid and brought nonracial democracy to South Africa.

Historical Figures who showed:

COURAGE



**ADAN
ADOBAKER**

Adan Adobaker became famous for saving a woman's life when he himself was homeless.

He became homeless in 2001 and described it as "You lose a part of yourself, a big part of who you are. You feel like garbage".

In November 2010, he heard a scream and saw a woman in the Thames drowning. He took off his jacket and coat and swam in to save her and held onto her until a lifeboat could rescue them both. Due to the dark and cold, if Adobaker did not go in the woman would have likely died. By the time they were both safe on land, he found that his belongings had been stolen. Adobaker later reported that he hopes they went to a homeless person and keeps them warm.

He was awarded the highest civilian award for bravery, the Queens Gallantry Medal. Adobaker now works with Change Please, a coffee company that supports homeless people get off the streets.

Historical Figures who showed:

COURAGE



**MALALA
YOUSAFZAI**

Malala Yousafzai is an education activist from Pakistan who risked her life fighting for girls education. She is also the youngest Nobel Peace Prize laureate.

The Taliban took control of her home town in 2008 when she was just eleven, and one of the many things they banned was girls attending school. Despite this, Malala continued to go to school and spoke out publicly on girls right to learn.

In October 2012, the Taliban boarded her school bus and shot her in the left side of her head for publicly speaking on behalf of girls education. She was taken to England and fortunately was able to make a full recovery.

She continued to speak out for girls education, saying that she will continue her fight until every girl could go to school.

In 2013 her and her father founded the Malala fund to help ensure 12 years of education for girls across the world.

In 2014 she won the Nobel Peace Prize, the youngest ever to do so.

She recently graduated from Oxford and continues to fight for education and equality.

Historical Figures who showed:



COURAGE

UNIDENTIFIED

"TANK MAN"

"Tank Man" is the name given to the unknown man who stood in front of a column of tanks, a day after the Tiananmen square massacre.

The Tiananmen square massacre, June 4th 1989, was when Chinese troops attacked pro-democracy protesters, mostly consisting of students, after initial military presence did not stop the protests.

It has been reported that 10,000 were killed in the massacre.

The "Tank Man" stopped several tanks in Tiananmen square the day afterwards by simply standing in front of the tanks way. Soon afterwards he was forcibly removed by presumably government officials.

This was photographed by historian and journalist T.D Allman, who described it as the "true exemplar" of the Chinese Protesters heroism. The photo quickly became internationally famous and has become the enduring symbol of the uprising and of individual heroism.

No one has been able to identify him and Chinese officials have been unable to confirm what has happened to him.

COURAGE

We hope you enjoyed reading the stories of our courageous heroes.

Now it is time to design your own Courageous Champion!

- Go back and look through the stories of our courageous heroes;
- Discover which attributes made them courageous - for e.g. was it because they stood up for others or because they were very determined to help others
- Now turn over the page to see your next activity. Each courageous hero has been assigned an empty box. In this empty box, you have to write down the attributes of the courageous hero such as they stood up for others, very determined etc

Once you've filled in the attributes for all of the courageous heroes, you now know the qualities required to be courageous.

Which qualities from all of your courageous heroes would you want in your Courageous Champion?



COURAGEOUS CHAMPION

NELSON
MANDELA

MALALA
YOUSAFZAI

ADAN
ADOBAKER

UNKNOWN
"TANK MAN"

RESPONSIBILITY

What does 'Responsibility' mean?

Being responsible means a lot more than just doing what others tell you to do.

- It means taking a stand for what you believe in;
- It means doing the right thing, even when the right thing is hard or unpopular;
- It means respecting other people and yourself enough to be honest, fair, compassionate, and courageous.

Being responsible in your decision making is something you should practice in every environment and situation - whether at home, in the community, or at school. Here are some everyday examples where you may need to practice responsible decision making:

Example 1: Your parents may give you the responsibility of combing your hair and brushing your teeth daily. If you decide not to follow their guidance, you will end up with tangled hair but far more painful is having your teeth fixed by the dentist. Prevention is better than Cure!

Example 2: When a teacher assigns you homework, it becomes your responsibility to ensure this is completed at home. Failure to do so will result in the appropriate consequence.

Example 3: If you were to order from a fast-food restaurant, and take the food out of the establishment, it automatically becomes your responsibility to discard the packaging responsibly. Choosing to ignore this responsibility and throwing your rubbish on the floor could result in a fine for you or your guardian.

RESPONSIBILITY

How to Act Responsibly

- Follow the rules;
- Tell the truth;
- Admit your mistakes and ask for help when you need it;
- Be reliable by finishing tasks on time, and with care;
- Always act appropriately;
- Be a positive member of your family and community.

Our next activity asks you to make a decision in a responsible manner. How will you choose?

The Moral Dilemma

Your friends have started to tease one of the unpopular children and the child is becoming upset. You start to feel uncomfortable with the situation so attempt to leave but your friends start calling your name and are trying to get you to join in.

What do you do? You are responsible for the decision you make here. Would you join in because they are your friends? Walk away and get the teacher? Tell them to stop? Laugh along but not really take part?

What do you feel would be the right decision to make and why?

What do you feel would be the wrong decision to make and why?



RESPONSIBILITY

On the previous page, we talked about social and personal responsibility but what do we mean by Environmental Responsibility?

All of us are responsible for the world we live in and one way in which we can protect and help our Earth is by recycling! Each household creates roughly one tonne of rubbish per year which adds to land pollution but if we were to all recycle more, we could help to reduce pollution.

According to www.recyclingbins.co.uk, if each of us in the UK recycled 10% more paper, we would be helping to save roughly five million trees per year.

What can I recycle?

Paper - newspapers, magazines, catalogues, normal paper, envelopes, non-shiny wrapping paper and cardboard boxes;

Plastics - drink bottles, shampoo and shower gel bottles, cleaning products (including the nozzles), skin care products, pots (for yoghurts, soups and desserts), tubs (for ice cream and butter) and trays (for fruit, meat and ready meals);

Metals - cans, tins and tin foil; and

Glass - bottles and jars.

When you show that you are responsible, more people will trust you and know that they can rely on you as you make smart decisions. It will also allow you to become more independent because you will be a 'responsible decision-making expert'. Being responsible not only helps you to get positive results but it also helps you to stay safe, keep others safe and save our planet.

**UNLESS SOMEONE
LIKE YOU CARES A
WHOLE AWFUL LOT,
NOTHING IS GOING TO
GET BETTER.
IT'S NOT.**

- Dr Suess



Why is recycling important?

Recycling saves our
natural resources
and wildlife

It saves the
community money

It helps to
reduce pollution

Creates jobs

Reduces landfill waste

