

BE KIND MOVEMENT

EMOTIONAL
INTELLIGENCE

Series 3
Self Awareness
for 7-11 year olds



INTRODUCTION

Emotional intelligence (EQ) is the ability to understand and recognise your emotions and those of others. Last week, we explored the EQ skill of Self-Management where we focused on activities to build your mindfulness and resilience.

This week we explore the second EQ skill, Self-Awareness, which is the ability to identify and understand your own emotions and its effects on your performance and your relationship to others. When you are self-aware, you know what you are feeling and why — you understand how it helps or hinders what you are trying to do.

A high level of emotional intelligence means you:

- Can identify your triggers
- Express your thoughts positively
- Do not judge your feelings or compare yourself to others
- You recognise your own values and act accordingly.

ASSERTIVENESS

Having high self-awareness means having the ability to stand up for yourself and others in a calm and confident way, without being aggressive. When you are assertive, you express yourself in a clear and open manner without undermining yourself.

Overleaf is a diagram that depicts suggestions on how you can present yourself in a more assertive and pleasing manner. The way you physically carry yourself can affect the way you feel. Stand tall with your head held high, is a commonly used phrase and with good reason.

Developing habits that make you appear and sound confident will help you to feel more confident and therefore project confidence. Practice these habits daily for 5 minutes, in front of the mirror if you like, and make a note about changes you see and hear in your voice, posture and confidence.

Sometimes, how you stand and walk can affect how you feel. For example, if you stand and walk assertively, then you will start to feel more confident. Here are some tips that can help you to feel more confident!



This is probably the most important one - stand up tall! Imagine a string pulling you upwards so your body looks like a straight line. Make sure you're not imbalanced. A good posture gives an assertive position and you are open to the person you're talking to.

POSTURE

WALK

Walk with a purpose to help you appear sure and certain with yourself

ARMS

Prompts for Assertiveness and Confidence

VOICE

Fidgeting, crossing your arms etc. give the impression of insecurity. Keeping your arms to the side, or behind your back can help you avoid looking nervous

Talking SLOWLY, CAREFULLY and with a BIG VOICE shows that you are sure with yourself, and people are more likely to pay attention to what you are saying.

CHIN

EYE CONTACT

Similar to posture, keeping your head up gives a more assertive appearance, allowing you to stand tall.

Avoiding eye contact is a big giveaway that you are nervous. Even if it's scary, maintaining eye contact with another person can make the world of difference because you are engaging with who you are talking to.

ASSERTIVENESS

When you are assertive, you are being 100% honest with yourself, and possess inner self-confidence. You uphold your dignity and your values, and you are always ready to support your friends and family. You project calmness and strength of character.

On the next page, allocate the 8 examples of assertive and non-assertive behaviours listed into the appropriate assertive and non-assertive boxes.

Once you've completed this exercise, can you think of any other assertive and non-assertive behaviours not on this list?

LIST OF ASSERTIVENESS

ASSERTIVE

NOT ASSERTIVE

TALKING CLEARLY

LOOKING DOWN

TALKING OVER
PEOPLE

STANDING TALL

MAINTAINING EYE
CONTACT

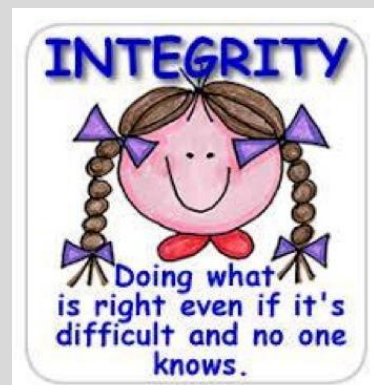
MUMBLING AND
FIDGETING

FRIENDLY TO PEOPLE

BEING HESITANT

INTEGRITY

Integrity is when we act in ways that match our values and beliefs. It is about standing up for what we believe is right. Having integrity allows us to treat others with respect and listen to their feelings or worries without judging. Integrity means doing the right thing, even when nobody else is watching. It means being responsible for our feelings and the way we act. It also means being aware of the consequences of any action we take.



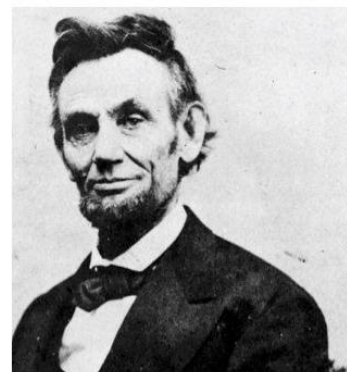
How Can We Show Integrity?

- By saying Please and Thank You
- By keeping your promise to others and by being truthful
- By speaking up for others who need our help or when they are hurting
- By taking responsibility for our actions and owning up when we make mistakes
- By giving others the benefit of doubt and not holding grudges
- We should treat people the way we want to be treated!

WHAT CAN WE LEARN ABOUT INTEGRITY FROM PEOPLE IN HISTORY?

ABRAHAM LINCOLN

Abraham Lincoln was the 16th President of the United States (USA) and became President of the USA in 1860. Shortly after Lincoln became President, the United States was involved in their internal Civil War, where the South fought against the North. During the war, Abraham Lincoln remained a strong President. He continued to be a brave and powerful leader who fought for the freedom of slaves in the USA. Lincoln would give very encouraging speeches to influence people. With his leadership, the North was able to defeat the South. Abraham Lincoln was able to put a stop to the slavery of people in the South by introducing the Emancipation Proclamation.



In 1865, because of Abraham Lincoln's leadership and effort, the 13th Amendment was passed which put an end to slavery in the USA. Abraham Lincoln showed integrity by standing up for what he believed was right even in the face of one of the most challenging and darkest phases of American history.



MOTHER THERESA

Saint Theresa, or Mother Theresa, was a nun who wanted to change the world and make it a better place for poor people who were starving and homeless. Mother Theresa dedicated her life to charity work and helping the poor. In 1929, she decided to travel to India to live in the Indian city of Kolkata, where she started the 'Missionaries of Charity'. This was a group of people who wanted to help poor people across the world. Because of her hard work, Mother Theresa won a Nobel Peace Prize in 1979. When a big dinner was about to be held to celebrate her award, Mother Theresa cancelled this event and asked people to give all of the money for this event to the poor

people of Kolkata. Even when she won awards and became famous, Mother Theresa remained very dedicated to her goal of helping poor people. Mother Theresa strongly stood up for her beliefs and values throughout her life and to the very end as she continued to show courage, kindness, and love to poor people who needed her help.

GRETA THUNBERG

Greta Thunberg is a young Swedish activist passionate about our climate. She has drawn the attention of the world governments and leaders of the world towards taking care of the environment and tackling the problem of climate change. She founded the movement '**Fridays for the Future**', which is also known as '**School Strike for the Climate**'.

In 2018, Greta skipped school and stood outside the Swedish parliament with a sign that read 'School Strike for the Climate' in Swedish. Her message connected with young and old, children and adults alike. A year later, a million people marched the streets to raise awareness of climate change. There were climate strikes in 163 countries, each of these strikes were inspired by Greta's message.

Greta has spoken about her message and beliefs at climate change events across the world, including in the UK, Switzerland, United States. Greta has shown integrity by standing up for her beliefs so bravely and using her young voice to inspire impactful change across the world.



INTEGRITY HERO

You can give your Integrity hero a face, colour in the cape and then use the body to note down the aspects of 'integrity' which you relate to the most or want to use more of.

It could be that, just like Abraham Lincoln, you are brave and have stood up what you believe is right in school or with your friends.

Or maybe you have qualities just like Mother Theresa which means that you enjoy looking after friends and family who are unwell or sad, or maybe you enjoy showing off your 'green' fingers as you fight for our planet with Greta.

We are excited to see your Integrity hero :) Once you have drawn your hero, you can ask your parents to post your drawing on any social media platform and tag us on Twitter (@bekindmovement1), Facebook (@bekindmovement) and Instagram (@bekindmovementuk) and we will give a shout out to your Integrity Hero!

Integrity hero

