

SECONDARY PARENT NEWSLETTER ARTICLE

PERMAH+ Lessons: Middle – YOUR EMOTIONAL INTELLIGENCE (EI)
Senior – DIFFERENT INTELLIGENCES

Wellbeing Element: Accomplishment + optimism

WHY: for students to understand what their emotional intelligence is and the more they develop it the greater will be their personal and academic growth.

There has been much research on intelligence over the years including that on IQ, Intelligence Quotient, MI, Multiple Intelligences and EI, Emotional Intelligence. The intelligence that has shone through as the most influential in determining the strength of students' living and learning growth is Emotional Intelligence. Having well developed EI provides students with the power and will, their agency, to believe that through their own efforts to tackle challenges that they create pathways to keep growing their best selves.

Understanding what things make up students' and our Emotional Intelligence (EI) will assist us in supporting them to develop them. They are Emotional Awareness – controlling their feelings, Self-Assessment – using their strengths, Self-Confidence – feeling their self-worth, Assertiveness – expressing their thoughts, Mindfulness – their attention in the moment, Impulse Control – keeping their anxiety balance, Independence – their own decisions making, Flexibility – adapting their thinking, Self-Reality – living their daily life, Self-Focus – setting their goals, Problem Solving – their logical thinking, Optimism – their future growth mindset, Initiative – their new ideas. Awareness of Others – their empathy, Developing Others – their helping people, Social Responsibility – their citizenship in community, Social Skills – their ability to fit in, Co-operation – their relationships to grow, Conflict Resolution – their making things right, Happiness – their growth and contentment.

Acknowledgement: Goleman

Living and Learning Growth Activities:

Middle

Mindfulness Colouring In: because the activity combines repetition, pattern and control it will calm and relax them. Ask them to do it for five minutes whenever they feel a little tense.

Wellbeing Growth Tip: Write a letter to yourself, about what you really want for you; then go for it.

Senior

Mindfulness Colouring In: because the activity combines repetition, pattern and control it will calm and relax them. Ask them to do it for five minutes whenever they feel a little tense.

Academic Growth Tip: On a board in your bedroom write reminders and what you are looking forward to.

Character Strength: brainstorm how they can use *Humour* to build their living and learning growth and wellbeing.

Parent Wellbeing: being able to build social connectedness with others, to create and maintain respectful and healthy relationships is a great booster to your state of wellbeing. This includes being prepared to seek help when you need it, doing kind acts for others to show that they matter, and ensuring you feel respected, connected and protected. How socially connected do you feel?

Acknowledgement: Fredrickson & Gable