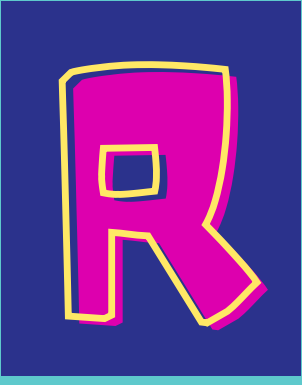
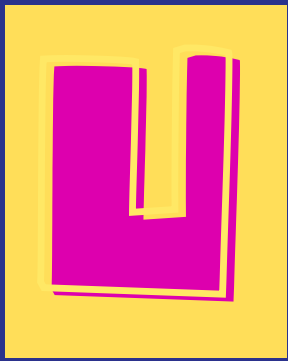


# EMOTIONAL INTELLIGENCE



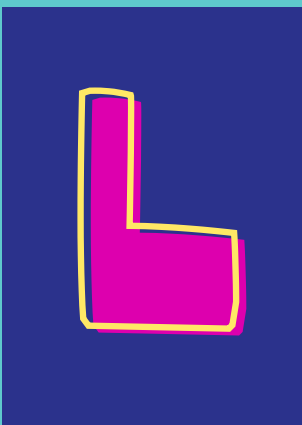
## RECOGNISING

- Recognising emotions in oneself and others.
- Learn when to ask for help before the emotional issue gets too big.



## UNDERSTANDING

- Understanding the causes and consequences of emotions.
- Manage unwanted feelings.
- Communicate good feelings.



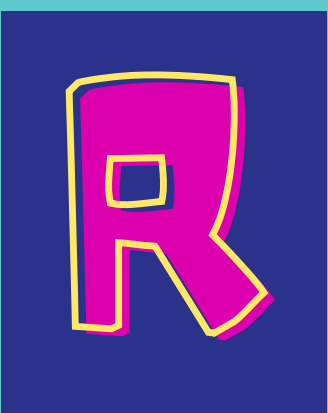
## LABELLING

- Labelling our emotions with good emotive words.
- Using words to manage our emotions and the emotions of others.



## EXPRESSING

- Expressing emotions in social moments well.
- Understanding how others may express their emotions.



## REGULATING

- Being able to regulate and control how well we react to our emotions.
- Being able to control how well we respond to others.