



50 Activities for Teaching Emotional Intelligence: Level III High School: The Best from Innerchoice Publishing

Dianne Schilling

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Teach important social and emotional skills with this powerful emotional intelligence curriculum. By involving you students in these engaging activities, they learn how to:

- constructively express themselves and control their behavior
- think through the consequences of their actions
- learn how to take the perspectives of others and to develop empathy
- accept responsibility for their decisions
- develop skills for positively managing conflict, anger, and stress

The instructional strategies are appropriate for classroom or counseling groups and include a variety of meaningful large- and small-group activities, lively discussion topics, and reproducible activity sheets. This collection of the most popular and effective social-emotional activities ever offered by Innerchoice Publishing is organized into ten units. They are:

- Self-awareness
- Managing Feelings
- Decision Making
- Managing Stress
- Personal Responsibility
- Self-concept
- Empathy
- Communications
- Group Dynamics
- Conflict Resolution

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