



**John Scardina**

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## **Developing Emotional Intelligence in Young Children**

**NYCAEYC Conference 2010: Saturday, October 16, 2010**

- **Welcome/Introductions/Ground Rules ( confidentiality, no judgment, right to pass, stay with the program, push yourself)**
- **Emotional Intelligence versus Cognitive Intelligence (EQ vs. IQ)**
- **Naming Feelings:**
  - a) **“Feelings” card game**
  - b) **Feelings chart with faces**
  - c) **Hand signals/check-in**
- **Managing Feelings:**
  - a) **Feelings thermometer**
  - b) **1-to-10 scale: what would make you feel better?**
  - c) **Tantrum/Good Deed Book**
- **Developing Relationships (parallel vs. shared play):**
  - a) **“You can’t say you can’t play”**
  - b) **Best Friend versus Classmate/Sharing with everyone**
  - c) **Praise game**
- **Solving Conflicts:**
  - a) **Peace Rose/Peace Table/Talking Stick**
  - b) **Attack the problem not the person**
  - c) **“What will I do differently next time?”**
- **Developing Optimism:**
  - a) **Gratitude list**
  - b) **Imagining positive solutions**
  - c) **Allow for natural consequences to build resilience**
- **Closure**

**It is my privilege to work with each of you.**