

EMOTIONAL COMPETENCE

5TH -12TH GRADES

1. Did you know people can experience hundreds of different emotions? Write down the ones you've felt in the past month. Pick two of these emotions, and describe how you behave when you feel them.

2. Think of a friend of your's. What are emotions you've seen him or her have this month? How do you know when he or she is having these feelings?

3. Think about a time you were angry or upset. What did you do? Why? What would you do next time?

4. What strategies or resources do you use to help you deal with a big disappointment or loss in your life?

EMOTIONAL COMPETENCE

5TH -12TH GRADES

5. Describe a situation when you experience a lot of peer pressure. How do you respond?

6. Describe a time when self-control helped you make a good decision.

7. Describe a time when you changed what you said or did to be sensitive to how your friend was feeling (e.g., you listened well, or did something nice for him/her.)

8. Delayed gratification is being able to say "no" to something you really want now, because the benefits in the future are greater. Can you think of a time when you've done this?

EMOTIONAL COMPETENCE

5TH -12TH GRADES

9. When you're having a hard week, what activities do you do to help you feel better? (For example, exercise; spend time outside; talk to a friend, family member or mentor; do a favorite hobby or activity, etc.)

Emotional Competence is the ability to identify and manage emotions to support your progress in the world. This includes: • knowing how to nourish your emotional state; • coping with failure or loss; • controlling impulses and using good judgement before you act; • taking turns, • delaying personal gratification; • and adjusting your emotions to be sensitive to other people's emotions and conditions.

10. Overall, I have optimal level of emotional competence.

Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

11. Further Reflections