“Our emotions need to be as educated as our intellect. It is important to know how to feel, how to respond and how to let life in so that it can touch you.”

WORDS OF WISDOM
People are like sticks of dynamite…the power’s on the inside, EMOTIONS, but nothing happens until the fuse gets lit.

Our emotions are powerful motivators, and more often than not they drive our behavior. Sometimes our greatest challenge is to get inside our own heads and heart to understand what makes us tick. Why do we feel and behave the way we do?

Highly motivated, positive and successful people tend to be focused. Their minds are clear, and energy levels are high. However, a single emotional trigger can stop us in our tracks; preventing us from pursuing our mission, achieving our goals and realizing our dreams.

To illustrate this point, think of an experience with someone in your life, a friend or relative, that you spent a great deal of time, but one thing led to another, and you haven’t spoken since? Anger and resentment are like a cancer, and when you let it go untreated, it will put an invisible ceiling on your future. You don’t know it in the moment… but it does. Corrie Ten Boom, author of Clippings from My Notebook, captured this simple trust when she wrote, “Forgiveness is the key that unlocks the door of resentment and the handcuffs of hatred. It is a power that breaks the chains of bitterness and the shackles of selfishness.”

Forgiveness works. I can think of a few times in my own life where I’ve felt wronged and taken advantage. My first reaction was anger and resentment. I held on for a while and felt my stomach tie up in knots, my appetite wane, and the joy slip from my life. However, when I paused and reflected for a moment, I realized that the emotional triggers had derailed me and were negatively impacting interactions with others, my productivity at work, and outlook on life. To forgive releases the negative energy inside and allows oneself to release the pressure and live life more fully. To forgive requires Emotional Intelligence / e·mo·tion·al in·tel·li·gence / the capacity to be aware of, control, and express one’s emotions, and to handle interpersonal relationships judiciously and empathetically.
“Our emotions need to be as educated as our intellect. It is important to know how to feel, how to respond and how to let life in so that it can touch you”

Daniel Goleman, in his New York Time Best Selling book, Emotional Intelligence: Why It Can Matter More Than IQ, argues that emotional intelligence is the key to both personal and professional success. Recognizing the importance of EQ, he offered some helpful insights about how we can better understand ourselves, manage our own emotions, and use empathy to better understand the feelings and emotions of the people around us. Learn more in the Gettin’ Up section of this week’s edition of From Me to You.

In this episode of “The Harbor”, speaker Mike Smith dives into mental health and wellness. Young people tend to power through their classes, homework, and extracurriculars non-stop every day without ever pausing to ask themselves how they feel. Small changes to our habits around eating, sleeping, and physical activity can make a huge difference in how we feel, and cultivating these habits at a young age can lead to a much healthier life later on.

Each Episode of “The Harbor” also comes with a critical thinking guide to enhance the meaning behind this message.

The best leaders don’t know just one style of leadership – they’re skilled at several, and have the flexibility to switch between styles as the circumstances dictate. 

Daniel Goleman
**GETTIN’ UP**

**Emotional Intelligence**

**E·mo·tion·al in·tel·li·gence**

**WHAT IS YOUR EMOTIONAL IQ?**

We define EI or EQ as the ability to:

- Recognize, understand and manage our own emotions
- Recognize, understand and influence the emotions of others

In practical terms, this means being aware that emotions can drive our behavior and impact people (positively and negatively), and learning how to manage those emotions – both our own and others – especially when we are under pressure.

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<table>
<thead>
<tr>
<th>Emotional Intelligence</th>
<th>SELF</th>
<th>SOCIAL</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>RECOGNITION</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Who I am</td>
<td></td>
<td>Social Awareness</td>
</tr>
<tr>
<td></td>
<td></td>
<td>the ability to understand the emotional makeup of other people, skill in treating people according to their emotional reactions (empathy)</td>
</tr>
<tr>
<td><strong>REGULATION</strong></td>
<td></td>
<td>Social Skills</td>
</tr>
<tr>
<td>What I do</td>
<td></td>
<td>proficiency in managing relationships and building networks, an ability to find common ground and build rapport</td>
</tr>
</tbody>
</table>

How we manage ourselves

How we handle relationships

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*Click here to watch*
THE FUNDAMENTALS OF EMOTIONAL INTELLIGENCE

Self-Awareness
Self-awareness is the ability to identify and assess your thoughts, feelings, and values, as well as how they intersect with your behavior. Students who cultivate self-awareness should be able to pinpoint their strengths and weaknesses with a balance of accuracy and positivity. To practice self-awareness, for example, a student could recognize their stress triggers while still appreciating their hardworking personality.

This also involves combining self-analysis with confidence and optimism. After evaluating their strengths and weaknesses, the ultimate goal is to create a “growth mindset.”

Self-awareness skills include:
- Identifying emotions
- Accurate self-perception
- Self-confidence
- Recognizing strengths
- Self-efficacy

Self-Management
In many ways, self-management is taking self-awareness and putting it into action. It refers to the ability to not only identify but regulate emotions, thoughts, and behaviors. With self-management skills on their side, students also have a stronger capacity for stress management and impulse control, as well as self-motivation.

Beyond emotional self-regulation, self-management also encompasses positive goal-setting. By keeping their thoughts and behaviors in check, self-management can help students develop the willpower, organizational ability, and daily habits needed to meet their aspirations. While this competency can be difficult to teach younger students, it can ultimately lead to a happier and more focused classroom.

Self-management subskills include:
- Self-motivation
- Stress management
- Goal setting
- Impulse control
- Self-discipline
- Organizational skills
Responsible Decision-Making

Responsible decision-making is the ability to make positive, constructive choices about your behavior and social interactions. You base these decisions on situational factors such as personal morality, safety concerns, or prosocial behavior.

This also involves a realistic evaluation of various consequences using advanced critical thinking skills. While evaluating, you would consider the well-being of others as well as yourself.

Providing choice-making opportunities for students increases classroom engagement.[8] It also prepares them for future academic or workplace situations where they’ll have to make decisions that affect themselves and others.

Responsible decision-making subskills include:

- Analyzing situations
- Outcome evaluation
- Identifying and solving problems
- Personal reflection
- Ethical responsibility

Relationship Skills

People are biologically wired to need close, rewarding relationships.[9] Learning how to establish and maintain these relationships is essential for not only success but lifelong fulfillment. Relationship skills teach students how to get along and make meaningful connections with people in their life. They could include the ability to communicate, listen, validate emotions, resist social pressures, and use conflict resolution methods, among other social skills.

Another crucial component of this is learning to seek or offer help when needed. By knowing when a loved one is struggling and reaching out, students can put their relationship skills to practice. Plus, students can strengthen their relationships and support system by asking for help when challenges arise.

As mentioned earlier, close relationships are essential for both physical and mental health. People who have close relationships in life experience significantly less stress than those who feel isolated. They also have better health overall and are less likely to develop physical or mental illnesses. And, best of all, those with strong relationship skills report feeling a greater sense of purpose in life.

Relationship subskills include:

- Verbal and non-verbal communication
- Teamwork
- Social engagement
- Relationship building
EMOTIONAL INTELLIGENCE TEST

One of the major missing parts in the success equation is emotional intelligence. For various reasons and thanks to a wide range of abilities, people with high emotional intelligence tend to be more successful in life than those with lower EIQ even if their classical IQ is average.

This emotional intelligence test will evaluate several aspects of your emotional intelligence and will suggest ways to improve it. This test describes situations that we all experience in our lives (like being given difficult feedback). Please be honest and answer according to what you really do, feel or think, rather than what you think is considered right in this test.

<table>
<thead>
<tr>
<th></th>
<th>Completely true</th>
<th>Mostly true or false</th>
<th>Mostly false</th>
<th>Completely false</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>I adjust my behavior depending on who I am interacting with (e.g. calm and friendly with a child, serious and professional with my boss, etc.).</td>
<td>☐ ☐ ☐ ☐ ☐ ☐</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>I tend to postpone or avoid discussing touchy topics.</td>
<td>☐ ☐ ☐ ☐ ☐ ☐</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>I find myself feeling nervous about situations or events, and I don’t even know why.</td>
<td>☐ ☐ ☐ ☐ ☐ ☐</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>If asked to list my top three strengths, I would have a hard time coming up with them.</td>
<td>☐ ☐ ☐ ☐ ☐ ☐</td>
<td></td>
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</tr>
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</table>

INCREASING YOUR EMOTIONAL INTELLIGENCE

Now that you’ve taken the test and reviewed your Emotional Intelligence snapshot, turn your attention to areas of growth. Having an understanding of one’s own emotional foundation is the first step to making active change to increase those areas. To build on your emotional intelligence, look no further than Khan Academy/LearnStorm and their digital program - Growth Mindset

The LearnStorm Growth Mindset Activities are designed to help your students build growth mindsets and develop learning strategies to start the school year strong. Developed in partnership with PERTS, a Stanford center that builds on the research done by Carol Dweck, the mindset activities are fun and age appropriate, providing a structured way for students to explore the science behind the idea that ‘You can learn anything’
KEEPIN’ UP
INDIVIDUAL OR FAMILY ENGAGEMENT WITH CURRENT NEWS AND EVENTS

- **Monday’s News Article** contains comprehension and critical thinking questions, (including video clips, maps and links) covering current news and events.
  - 2nd US Navy Ship Conducts Freedom of Navigation Operation
- **Tuesday’s World Events**: Events containing three news stories from around the world. Questions are found below the article. In addition, “Background” and “Resources” are provided below the questions
  - Trump Has Plan to Remove US Dependency on China Supply Chain
- **Wednesday’s Pro-Con**: Explore controversial issue using a structured pro-con methodology to improve academic performance, increase civic engagement, strengthen personal resiliency, bridge political divides, and stimulate critical thinking – the #1 skill sought by employers and educators.
  - Is Cell Phone Radiation Safe?
- **Thursday’s Human Interest News Story** includes news briefs that are generally amusing and sometimes thought-provoking.
  - Georgia Teens No Longer Need to Take Road Tests to Get Driver’s License
- **Friday’s Political Cartoons** are accompanied by a question requiring the student to demonstrate understanding of the cartoonist’s intended meaning.
  - What’s Next?

Check out this video to better understand how to Identify Fake News with the Five C’s of Critical Consuming or [click here](#) to utilize a 5C’s checking your sources document to assess sources you have found during research.
As someone who recently breathed fire at the MASC/MAHS annual Student State Leadership Conference, while working with Dr. Kate Biberdorf (Kate the Chemist), Director Matt Alley felt qualified to share the benefits and learning opportunities of taking science into your own hands with 2500 of his students. He recommends a great site for families to create and explore science through interactive and engaging activities.

“Science Bob” Pflugfelder is a science teacher, author, maker, and presenter that knows how to share the world of science like never before. He is a regular guest on Jimmy Kimmel Live!, Live With Kelly and Ryan, The Dr. Oz Show, and Nickelodeon’s Nicky, Ricky, Dicky and Dawn. His television appearances also include The Today Show, Hack My Life, Good Morning America, Home & Family and others. Most importantly, Bob encourages parents and teachers to practice Random Acts of Science by providing instructions and videos for interactive science experiments on his web site.

**FAMILY FRIENDLY EXPERIMENTS YOU CAN DO AT HOME**

Science Bob has dozens of awesome experiments that can be facilitated with common household items. Each experiment comes with a video tutorial, a PDF guide to recreate the experiment, as well as a debriefing guide that explains exactly what scientific principles are at work to bring your activity to life. Here are a few experiments to peak your interest. For the full list of “Random Acts of Science” visit: [https://sciencebob.com/](https://sciencebob.com/)

- **The Exploding Lunch Bag**
- **Make a Balloon Rocket**
- **Make an Electromagnet**
- **Make a Static-Powered Dancing Ghost**
Weekly “Home Chat”: Each week we feature a “Home Chat” developed by Tim Elmore from Growing Leaders. Home Chat’s allow students and their parents/caregivers to engage in meaningful ways. These one-page conversation guides enable students and their parents/caregivers to explore and strengthen relevant leadership and life skills.

This week’s home chat is “Hosts & Guests”

Have you ever been a guest at a party? Then you know that guests don’t have a lot of responsibilities. They might have a few conversations or run into a friend they know, but for the most part, they can just sit back and enjoy the party. Hosts are a different story. A host is responsible for planning, getting food, setting up the venue and even welcoming and introducing guests to others. Hosts take the initiative in relationships. They are intentional about them. You must do this too. You must see yourself as a host, not a guest, in your daily life and go out of your way to connect with others and provide for them.

Click on the button below to download or print the full Home Chat discussion guide including a family lesson, meaningful discussion questions, and more.

Download Discussion Sheet

National Day
Use this website to provide kids a focus for the day and help to promote quality family time together. These mini celebrations might turn into a literacy activity, cooking lesson, crafting exercise, history and geography lesson, and a lot of laughter. We don’t have to wait for traditional holidays to create memories with our family. Using National Days to springboard ideas is an easy way to inspire your own creativity and create some quality moments at home.

Here are national days for the coming week: **May 4**

- National Twilight Zone Day
- National Limerick Day
- National Frog Jumping Day
- National Decency Day
- National Dance Like a Chicken Day
- National Pizza Party Day

View entire week calendar here