

**Activity 42: How is Your Emotional Intelligence?**

**Aim(s):** To provide some personal reflection time

**Resources:** EQ self awareness questionnaire (PCF.S4.A42)

**Time:** 10 minutes

**Instructions:**

Give participants some intra personal time to look at the quiz ensuring they understand they can keep their responses private and there are no right/wrong answers – the purpose is for them to have a think about what this topic means to them personally. Discuss as appropriate.

**Learning points to be drawn out of the activity:**

- The importance of emotions in everyday life.
- The importance of allowing time to make personal meaning of new learning.

## Thinking about your own emotional intelligence

Are you aware of the subtleties of your own feelings?



Do you usually know what other people are feeling, even if they do not say so?



Does your awareness of what others are going through give you feelings of compassion for them?



Can you carry on doing the things you want to do under distressing circumstances?



Are you someone others feel they can trust and confide in about things that really matter - and not just complain or gossip?



When you are angry, can you still make your needs known in a way that resolves rather than exacerbates the situation?



Do you keep trying to achieve what you want, even when it seems impossible and it is tempting to give up?



Can you disappoint another in order to be true to your self?



Do you use your feelings to help you reach decisions in your life?

