



DOHA
BRITISH
SCHOOL

SCHOOL COUNSELLOR NEWSLETTER

EMOTIONAL INTELLIGENCE

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As parents, we have a responsibility for encouraging our children to develop their intelligence. This means, of course, academic intelligence - but that is not the only intelligence that matters. Emotional intelligence is defined as a person's ability to express and manage emotions appropriately, while respecting the feelings of others. It's a set of skills that children can begin learning at any age. There are a variety of benefits to children developing emotional intelligence. Here are just a few of the ways emotional intelligence is an asset:

- Emotional intelligence skills help kids manage conflict and develop deeper friendships.
- Research shows children with higher levels of emotional intelligence tend to have higher grades.
- Childhood emotional intelligence is linked to higher success during adulthood.
- Improved mental health.

There are simple things you can do at home to help your child develop their emotional intelligence. Try some of these ideas.

Ask your child how he/she is feeling. List some feeling words to choose from.

Share how you are feeling. Be specific.



Play feelings games - show your feelings on your face and body.

Read stories with your child and talk about how the characters are feeling.



Please contact us if you have any queries:

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