

Emotional Intelligence
Fearless Class Card

Emotional intelligence is the ability to understand your own emotions as well as others. Emotional intelligence is important to effectively manage behavior, to navigate social situations, and to make personal decisions. Emotional intelligence is made up of four core skills that pair up under two primary competencies: personal competence and social competence.

What is the difference between your actions and your words?

Which one is stronger, your actions or your words? Why? Give Examples

Emotional Intelligence

Are you able to understand your own emotions? Give Examples.

Are you able to control your emotions? How?

Emotional Intelligence

Are you able to gauge how other people feel? How?

Are you open to other people's feelings? In what ways?

Emotional Intelligence

Are you able to understand your own emotions? Give Examples.

Are you able to control your emotions? How?
