

Drag and Drop

Finish each sentence with a word from the list. Drag and drop the words in the boxes.

overreact

relate

judge

- a) Try not to _____ others for their mistakes.
- b) Don't _____ when you do something wrong.
- c) It can be hard to _____ to others.

/3

Reading Passage

The second area of emotional intelligence is **self-regulation**. This means you can keep control of your emotions. You don't **overreact** to things. You tend to think before you act. You handle change very well. Someone who can self-regulate will see failures as a learning opportunity. One way to improve self-regulation is with deep breathing exercises. Try counting to 10 before you respond. Practice calming yourself down when your emotions are high.

Comprehension Questions

The fifth area of emotional intelligence is **social skills**. Having social skills means you can work well with others. The key to having social skills is **active listening**. This means you give the speaker your full attention. One way to improve social skills is by trying new things. Meet new people. Practice active listening.

Emotional intelligence can help in many settings. On this slide and the next slide are three different settings. Explain how emotional intelligence can help someone succeed in each.

- 1. Children on the playground.

/1

Marking Rubric

Name:

	Level 1	Level 2	Level 3	Level 4
Understanding Concepts	Demonstrates a limited understanding of the concepts. Requires teacher intervention. <input type="checkbox"/>	Demonstrates a basic understanding of the concepts. Requires some intervention. <input type="checkbox"/>	Demonstrates a good understanding of the concepts. Requires no intervention. <input type="checkbox"/>	Demonstrates an excellent understanding of the concepts. Requires no intervention. <input type="checkbox"/>
Responses to the text	Expresses responses to the text with limited effectiveness; inconsistently supported by proof from the text. <input type="checkbox"/>	Expresses responses to the text with some effectiveness; supported by some proof from the text. <input type="checkbox"/>	Expresses satisfactory responses to the text with some effectiveness; supported by satisfactory proof from the text. <input type="checkbox"/>	Expresses thorough responses to the text with some effectiveness; thoroughly supported by proof from the text. <input type="checkbox"/>
Analysis of Concepts	Interprets various concepts from the text with limited, unrelated details and incorrect analysis. <input type="checkbox"/>	Interprets various concepts from the text with some details but also some incorrect analysis. <input type="checkbox"/>	Interprets various concepts from the text with satisfactory details and good analysis. <input type="checkbox"/>	Interprets various concepts from the text with excellent details and thorough analysis. <input type="checkbox"/>
Application of Concepts	Demonstrates a limited ability to apply various concepts from the text to activities, discussions, and situations. <input type="checkbox"/>	Demonstrates a basic ability to apply various concepts from the text to activities, discussions, and situations. <input type="checkbox"/>	Demonstrates a satisfactory ability to apply various concepts from the text to activities, discussions, and situations. <input type="checkbox"/>	Demonstrates a strong ability to apply various concepts from the text to activities, discussions, and situations. <input type="checkbox"/>

Total Score = /30