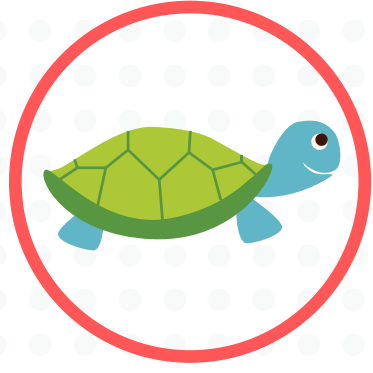


CULTIVATING EMOTIONAL INTELLIGENCE IN CHILDREN



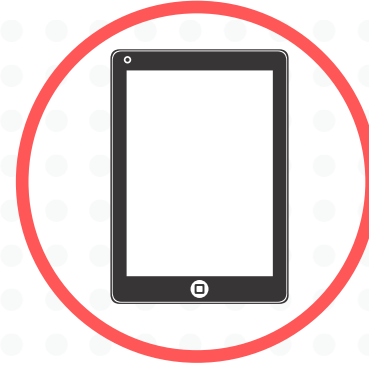
Actively Listen Before Offering Advice



Be Patient and Understanding



Share your feelings and validate theirs



Limit Screen Time



Acknowledge Positive Behaviour



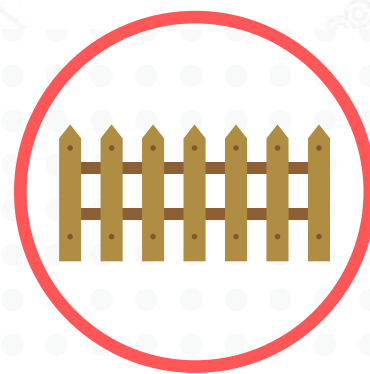
Cultivate Self-Awareness and Social Skills



Let Children Learn by Exploring!



Practice Body Awareness and Relaxation



Set and Respect Boundaries



Understand Brain Function



Ask Open Ended Questions



Have Frequent Family Time



Learn to Connect to the Body's Self-Calming System



Cultivate Empathy, Kindness, Gratitude



Respond Calmly to Elevated Emotions