

**1. Self-awareness:** When people know what they're feeling at a particular time and understand how their moods affect others.

**2. Self-regulation:** When people can control how they respond to their emotions. They consider possible consequences before acting on impulse.

**3. Motivation:** When people can accomplish goals in spite of negative or distracting feelings they may be having.

## Emotional Intelligence



**4. Empathy:** When people can understand how others feel.

**5. Social skills:** When people can manage relationships. They know what kind of behaviors get a positive response from others.

# Emotional Intelligence For Kids Global Trend

**Rachel Sandford**



**Emotional Intelligence For Kids Global Trend:**

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Experience Love's Journey in **Emotional Intelligence For Kids Global Trend** . This emotionally charged ebook, available for download in a PDF format ( PDF Size: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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