



# EMOTIONAL INTELLIGENCE

Successful Solutions Professional Development LLC

[WWW.MYECECLASS-OBSERVE.COM/EMOTIONAL](http://WWW.MYECECLASS-OBSERVE.COM/EMOTIONAL)

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**ECE Virtual Classroom**  
Online Courses for Early Childhood Educators



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# Emotional Intelligence

## *2 clock hours early childhood education*

### Course Description

Often considered a “soft skill,” emotional intelligence is the practice of monitoring a person’s own emotions as well as other people’s emotions. Young children are still practicing this skill and require more support and learning opportunities as they develop. This course will define emotional intelligence and give educators the tools and information they need to support children through their emotional intelligence journeys. Included are peer discussions, worksheets, videos, strategies, and more.

**Washington STARS credit:** Measurement of Child Progress (2 hours)

**CDA Content Area:** Observing and Recording Children's Behavior (2 hour)

### CDA Settings

- Infant/Toddler
- Preschool
- Family Child Care (Mixed-Age)

### Learning Outcomes

- ✓ Defend your opinion on emotional intelligence versus cognitive intelligence
- ✓ State the importance of emotional intelligence
- ✓ Analyze examples of social and emotional learning lesson plans
- ✓ Define emotional intelligence
- ✓ Choose the benefits of strong emotional intelligence in young children

### Course Content

1. Course Agenda
2. Emotional Intelligence vs Cognitive Intelligence
3. Why is Emotional Intelligence So Important?
4. Emotional Intelligence and Behavior
5. Discussion: EQ versus IQ (1/8)
6. Emotional Intelligence and Social Interactions
7. Emotional Intelligence and Education
8. Supporting Emotional Intelligence
9. Literature to Support Emotional Intelligence
10. Lesson Plan: Identifying Emotions (2/8)
11. Lesson Plan: Character Emotions (3/8)
12. Lesson Plan: Tell me, Show me! (4/8)
13. Lesson Plan: Kindness Challenge (5/8)



14. Lesson Plan: Making Faces (6/8)
  15. Lesson Plan: Guess That Emotion (7/8)
  16. End of Course Quiz (8/8)
  17. Course Evaluation Form
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## Sources

- Marc A. Brackett & Susan E. Rivers, (2013). Transforming Students' Lives with Social and Emotional Learning; <http://ei.yale.edu/wp-content/uploads/2013/09/Transforming-Students%E2%80%99-Lives-with-Social-and-Emotional-Learning.pdf>
  - SHAUNA L. TOMINEY, ELISABETH C. O'BRYON, SUSAN E. RIVERS, SHARON SHAPSES, (2017). Teaching Emotional Intelligence in Early Childhood; <https://www.naeyc.org/resources/pubs/yc/mar2017/teaching-emotional-intelligence>
  - Frank Romanelli, Jeff Cain, Kelly M. Smith, (2006). Emotional Intelligence as a Predictor of Academic and/or Professional Success; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1636947/>
  - Payton, J., Weissberg, R.P., Durlak, J.A., Dymnicki, A.B., Taylor, R.D., Schellinger, K.B., & Pachan, M. (2008). The positive impact of social and emotional learning for kindergarten to eighth-grade students: Findings from three scientific reviews. Chicago, IL: Collaborative for Academic, Social, and Emotional Learning. <https://www.casel.org/wp-content/uploads/2016/06/the-positive-impact-of-social-and-emotional-learning-for-kindergarten-to-eighth-grade-students-executive-summary.pdf>
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## Glossary of Terms

### Cognitive Intelligence

Is a general mental capability that, among other things, involves the ability to reason, plan, solve problems, think abstractly, comprehend complex ideas, learn quickly and learn from experience.

### Emotional Intelligence

Is the capability of individuals to recognize their own emotions and those of others, discern between different feelings and label them appropriately, use emotional information to guide thinking and behavior, and manage and/or adjust emotions to adapt to environments or achieve one's goal(s).



## EQ

Emotional quotient (EQ) is the capability of individuals to recognize their own emotions and those of others, discern between different feelings and label them appropriately, use emotional information to guide thinking.

## IQ

An intelligence quotient (IQ) is a total score derived from several standardized tests designed to assess human intelligence.

## RULER

**R**ecognizing, **U**nderstanding, **L**abeling, **E**xpressing, and **R**egulating emotions (the “RULER” skills). RULER implementation involves systematic professional development for the adults involved in the education of children (school leaders, teachers, support staff, and families) so that emotions become central to learning, teaching, and parenting.

## Social and Emotional Learning (SEL)

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

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## Optional Resources for Further Study

- Why We Need to Teach Kids Emotional Intelligence by Psychology Today, <https://www.psychologytoday.com/us/blog/compassion-matters/201603/why-we-need-teach-kids-emotional-intelligence>
- Emotional Intelligence: What Teachers Can Do by Edutopia, <https://www.edutopia.org/take-action-what-teachers-can-do>
- Planning for Positive Guidance: Powerful Interactions Make a Difference by NAEYC, <https://www.naeyc.org/resources/pubs/tyc/dec2013/planning-for-positive-guidance>
- Emotional Intelligence Begins in Infancy, Deborah Carlisle Solomon, <http://www.deborahcarlisesolomon.com/emotional-intelligence-begins-in-infancy/>



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## Course Author

A special thank you to Aurora Tollestrup, B.S. Ed. for developing the curriculum for this topic.

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## ECE Virtual Classroom Academic Coach

The Virtual Classroom Academic Coach's role is to support the ECE students through the training process. The Virtual Classroom Academic Coach reviews assignment per directions, monitors discussion threads, answers inquiries/emails, monitors student engagement, provides online student support, and regularly collaborates with team members on development. The Virtual Classroom Academic Coach serves as the facilitator and grader, while the Online Educators are the official state approved trainers.

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## Student Support

The best way to reach us is through live student support chat. Look for the Chat with Us bubble on the bottom left corner of the website.

Website: [www.myececlass-observe.com](http://www.myececlass-observe.com)

E-mail: [info@myececlass.com](mailto:info@myececlass.com)

Phone: (360) 602-0960

### Student Support Hours

#### Chat & Email Support

Monday - Friday	7 am – 6 pm
Saturday & Sunday	9 am – 6 pm
Holidays (Email Only)	10 am – 4 pm

#### Phone Support

Monday - Friday	7 am – 6 pm
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## Required Assignments

### Reading

The text on each page should be read. When you submit the worksheets, discussion boards, and click on the NEXT PAGE button, it will create a record of your progress moving through each page.

### Videos

Watch the videos as you encounter them. If you have trouble with the videos playing, this may require that you update flash player on your computer. Optionally, some students find that if they are having difficulties playing the videos on their computer, they can view them on their phone. There is a link above the videos to view them on YouTube directly. You may wish to save the Youtube link for the video to refer to in the future, or in order to use another device for viewing.

### Discussion

The discussion questions are a required part of the course. You may either post on the discussion board where you are contributing to the thread with other students. Alternately, you have the option of clicking on the link above the discussion board and submitting your response on a worksheet form. The ECE Virtual Classroom Coach will be tracking your submission of the discussion board assignments as part of meeting the learning outcomes for the course.

### Worksheets

Check for Understanding worksheets are provided throughout each course. The worksheets allow opportunities to reflect on the course materials as you are progressing through the training. Watch your email in-box for trainer feedback. You may not receive feedback for every single assignment, depending on how quickly you are moving through the course. Instead, you may receive an email letting you know that your work was done well, with a certificate attached. If you need guidance, the trainer or the academic coach will be sending you emails with feedback with instructions for resubmission. Certificates will not be issued if worksheets are skipped, incomplete, or filled in with inappropriate responses. If you need assistance, we have student support available via Live Student Support Chat 7 days a week (Mon.-Fri. 7 am-8 pm and Sat.-Sun. 9am-6pm PST).

### Quizzes

The end of course quizzes are primarily multiple choice and true or false questions, with occasional open-ended questions. 70% or better is required to pass the quiz. You can review the course materials and retake the quiz as many times as needed to pass. Automated emails are sent to you confirming that you have submitted the worksheets and quizzes and provide you with a link to resume at the next page.



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## Optional Course Items

The items below are offered in each course as options. Optional means that you have the choice to utilize them, or not.

### Optional Resources for Further Study

We have included a wealth of resource links for you to explore and further your knowledge about each topic.

*The resource links provided in our website are provided solely for your convenience and may assist you in locating other useful information on the Internet. When you click on these links you will leave our website and will be redirected to another website. These websites are not under the control of Successful Solutions Training in Child Development. Successful Solutions Training in Child Development is not responsible for the content of linked third party websites. We are not affiliated with these third parties nor do we endorse or guarantee their products, services, website content, etc. We make no representation or warranty regarding the accuracy of the information contained in the linked websites. We suggest that you always verify the information obtained from linked websites before acting upon this information.*

### Parking Lot

The Parking Lot is offered as an optional opportunity to interact with the trainer about a question that you may have about the course topic. If you do not have a question, it is not necessary to fill out this form, it is not required. If you choose to submit a question to the trainer, she will respond to you by email. Be sure to watch your email in-box.

You can always leave a message for student support on our Live Chat on the bottom left corner of the website, any time of day or night. If we are not available, we will respond by email as soon as possible.

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## Certificates

When you submit the evaluation form, that prompts the academic coach to review all of your work. We will evaluate your work to assure that you have met the learning outcomes. Once that assessment is complete, you will receive your certificate by email. [Click Here](#) for a sample certificate. (This certificate is an example. The student certificate may vary slightly). Certificates are prepared 7 days a week between 7 am and 7 pm PST. In most cases, you should receive your certificate by email within a few hours after you submit the evaluation form, or first thing the next morning.



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## State Training Approval

This training may, or may not, meet annual training requirements in your state. Please provide us with your state, and any State registry ID number on the evaluation form, and if we are able to record your completed training with your state, we will. In some cases, for annual state credit, you will need to submit the certificate to the appropriate registry and they may or may not award annual credit. Providing a State Registry number to us does not guarantee that your state will approve the training for annual continuing education credit.

### The following states have *pre-approved* our courses:

- Washington State DEL MERIT Trainer: Kimberlee Turner, MS Ed #4062747253
- Texas Approved Master Trainer: Kimberlee Turner, MS Ed #34928
- Illinois Organization Approval Number B102312
- Ohio (Entity OIN # 21084413)
- North Carolina Organization Approval
- Utah Organization Approval for Online Career Ladder Courses
- Vermont Organization Approval

Our courses may be accepted many states that do not require pre-approval.

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## Technical Requirements

- Laptop or PC
- Most students are able to use mobile devices such as tablets to complete courses. However, each device is different, and an individual's skill level with the device may determine their success with using a mobile device.
- Recommended web browser: Google Chrome
  - Microsoft Edge, Safari and Firefox are other acceptable browsers.
  - Internet Explorer is no longer supported by Microsoft, and you may have issues if you use it to take training.
- Operating System
  - Make sure you're using a current operating system (for example, Windows 10).
  - Outdated operating systems may cause technical difficulties.
- Internet Speed
  - Slow internet speed may impact loading time.
- Videos may require Adobe Flash Player.

Adobe Reader is required to open PDF files. Download Adobe Reader can be downloaded free <https://acrobat.adobe.com/us/en/acrobat/pdf-reader.html>

