If you had to choose one word...

What word would you use to describe the society you want the children in your life to grow up in?
Our society
How do you want to feel at home and school?

- happy
- trusted
- like I matter
- loved
- safe
- respected
- cared for
- awesome

<table>
<thead>
<tr>
<th>How often are you having these feelings?</th>
</tr>
</thead>
<tbody>
<tr>
<td>100%</td>
</tr>
<tr>
<td>75%</td>
</tr>
<tr>
<td>50%</td>
</tr>
<tr>
<td>25%</td>
</tr>
<tr>
<td>0%</td>
</tr>
</tbody>
</table>
Mood Meter

Yale Center for Emotional Intelligence

Energy

Pleasantness

angry
scared
frustrated
Mood Meter

Yale Center for Emotional Intelligence

Energy

Pleasantness

angry
scared
frustrated
disappointed
sad
lonely
Mood Meter

- Energy:
  - Angry
  - Scared
  - Frustrated
  - Disappointed
  - Sad
  - Lonely

- Pleasantness:
  - Calm
  - Safe
  - Relaxed

Yale Center for Emotional Intelligence
Mood Meter

Yale Center for Emotional Intelligence

How do you want your children to feel at home and at school?
Mood Meter

Best feelings for teaching, learning, building relationships
Mood Meter

What are all the feelings children might have in a typical day?
Mood Meter

WARNING: CAN SHUT DOWN THINKING

Best feelings to get out of danger/advocate
Types of Stress

• Positive
  • Short-lived, brief increase in heart rate, mild change in hormone levels
  • Important and necessary to healthy development

• Tolerable
  • Has the potential to disrupt brain architecture
  • Can be buffered through supportive, caring relationships and managed with coping strategies

• Toxic
  • Brain architecture disrupted through severe, prolonged, or chronic stress
  • Possible lifelong learning, behavioral, physical/mental health challenges
Mood Meter

WARNING: DISTRACTING/HARD TO FOCUS

Best feelings to support empathy and creativity
Emotions Matter

Emotions and what we do with our emotions influence:

• Attention, memory, and learning
• Decision making and judgment
• Relationship quality
• Physical and mental health
Emotional Intelligence

• The ability to manage your emotions effectively – to respond to your emotions in a way you feel good about and that helps you achieve your personal and professional goals.
For children, EI skills relate to:

- Better school engagement, academic scores, social skills
- Less anxiety, depression, aggression, drug and alcohol use
Promote Children’s Emotional Intelligence

- Talk about emotions – pleasant and unpleasant
- Model how we respond to different emotions
- Talk about emotions in storybooks (or television/movies)
- Help children build strategies outside of emotionally-charged moments
- Support children’s emotions in the moment
“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Maya Angelou
Thank you!

For more information, contact:

Shauna Tominey
shauna.tominey@oregonstate.edu