Emotional Intelligence Activity Plan

As a school-age staff member, you will need to plan activities to help promote children’s social-emotional skills. Look through some of the ideas developed by the University of Illinois Extension for activities that can help school-age children build strong emotional competence. Look through the attachments, *Emotional Intelligence for Children ages 8-10* and *Emotional Intelligence for Pre-teens ages 11-12*. Pick out an activity you would like to try in your program and discuss how you would implement this activity with your trainer, coach, or supervisor.

The emotional intelligence activity I would like to try is:

How can I implement this activity with the school-age children in my care? (Record the plan you develop with your trainer, coach, or supervisor below.)