



Dear Kelly,

Welcome to the Nenoos Sydney email newsletter — a place where you can learn ways to nurture well-rounded children who reach their full potential.

One of the most crucial things kids need if they're to be happy and healthy throughout their lives is a good level of emotional intelligence — or EQ. EQ has been shown to improve job performance and boost salaries, but more importantly, emotional intelligence governs how well we interact with those around us. When a child's EQ improves, they have better control over their own emotions and are better able to anticipate how their actions will affect others.

What does this mean for you?

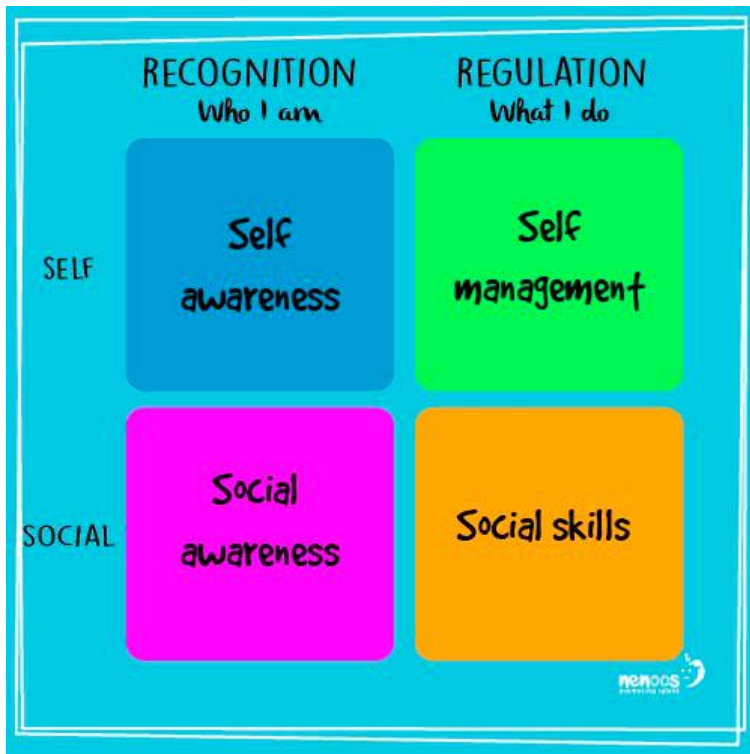
If you're a parent, it means things like fewer tantrums, better relationships with your child and a happier, healthier home environment.

If you're a teacher, it means things like better interpersonal relationships between you and the child and between the child and their classmates, which leads to a more enjoyable classroom and children who are better able to absorb the messages you're imparting.

What is emotional intelligence?

When we break it down to its most basic elements, **emotional intelligence is your ability to recognise and understand emotions in yourself and others, and your ability to use this awareness to manage your behaviour and relationships.**

Emotional intelligence is
based upon four basic skills



grouped under two primary competencies: **personal competence** or how we manage ourselves and **social competence** or how we handle relationships.

In our blog post, **Emotional intelligence in children — what it is, why it's important and how to foster it**, you'll find more details about what each of these skills is and why they're useful.

[GO TO BLOG POST](#)

Children need help building each of these skills if they're to develop robust emotional intelligence. But supporting a child in their quest for a higher EQ is no easy task. Most of us haven't had much help building our own EQs and not many of you will have had any training in how to foster EQ development.

WE DEVELOP OUR PROGRAMS BASED ON OUR OWN METHODOLOGY
MIND + BODY + EMOTION

Fewer tantrums and meltdowns for a happier home

5 SEQUENTIAL ACTIVITIES FOR BUILDING EQ IN CHILDREN

The Emotional Intelligence Resource Kit

That's why we created our Emotional Intelligence Resource Kit

We wanted to give parents, carers, teachers, family, and friends some simple but highly effective tools they can use to help kids develop every facet of their emotional intelligence. From recognising and naming feelings in themselves to identifying emotions in others, and responding to emotions constructively to learning from mistakes, these five activities will help children learn the full gamut of emotional intelligence skills. What's more, some of the activities are so much fun, they'll never know they're being taught something.

So, without further ado, here's how you can get a copy of the entire resource kit for yourself. Clicking the buttons below will enable you to download each part of the kit. The first file is the guide and the second and third files are printable resources that kids can use to complete two of the activities. I recommend you print a handful of copies of the mistakes worksheet for each child so you've got a few on hand when they're needed.

So go ahead and download those files now if you haven't done so!

[Download The Emotional Intelligence Resource Kit](#)

[Download the Mistakes Worksheet](#)

[Download the Emotion Action Plan](#)

Once you've got the resources, take some time to read through the full resource kit from start to finish so you can familiarise yourself with the activities and what they teach. Then you can start introducing children to them. Why not start this weekend? Set aside some time in your weekend schedule to make an emotion poster with your child or integrate the activities into your teaching plan.

I hope you and the children in your life really benefit from this resource kit. Every child should have the chance to develop a healthy EQ that helps them live a happier, more successful life and I know the activities in this kit can change lives by giving kids that chance. If you have a moment, hit reply on this email and let me know what you think of the resource kit — what you like, anything that can be improved and how your kids or students are responding to and benefiting from the activities.

Do you want to keep receiving useful information?

While you're subscribed to this newsletter, my team and I are going to periodically share with you other information that's just as useful. There are two things you can do to help with that:

1. **Make sure you get all our emails.** Without a little help from you, our emails will probably end up in your promotions tab or spam folder, which means you might miss them. All you need to do is add my email address (carolina.diaz@nenoos.com.au) to your address book as I'll be the one sending all our emails. Or if you're a Gmail user or you use another free email service, just drag this email from the 'Promotions' tab into the 'Primary' tab; when you're asked if you want to do this for future Nenoos Sydney emails, click 'yes'. You can even group our emails in their own folder if you'd like to be able to easily access them at any time 😊
2. **Let me know what information you need.** I want to make sure we're only sending you info that you'll find useful. The best way to accomplish this is if you hit 'reply' to this email and let me know what your biggest parenting or teaching challenges are. If we don't yet have resources that will help, we might even be able to create something just for you! Anyway, I really do want to know how best to help you, so please do reply and let me know.

Well, that's all from me for now. So have fun with your new Emotional Intelligence Resource Kit and I look forward to hearing from you soon.

Cheers!

Carolina Diaz · *Managing Director* · [Nenoos Sydney](#)



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