



EARLY CAREER HELP

Educational and Career Consultancy Services

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NEEV-1: MODULE 6

EMOTIONAL INTELLIGENCE & EXPRESSION

Dr. Nirbhay K.
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   [earlycareerhelp](https://www.instagram.com/earlycareerhelp)

 **9570133616**



EARLY CAREER HELP'S

NEEV

Nurture | Enlighten | Evaluate | Victory




GUIDANCE PROGRAM

NEEV-1

For Students of Class 1-5



SHAPES YOUR CHILD'S
THINKING, FOCUS, AND

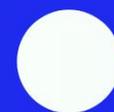
CONFIDENCE

FROM THE START

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🌟 Feel, express, grow! 🌟

- 😊 Help kids name their feelings (happy, sad, angry, etc.)
- 😬 Teach calm-down techniques (counting, breathing)
- 👂 Practice listening to others without interrupting
- 🗣️ Encourage expression through stories, drawing, or talking
- 📖 Use emotional vocabulary daily
- 💕 Teach empathy: "How would you feel if...?"
- 🎭 Role-play emotional situations
- 💬 Create a "feelings board" or emotion diary
- 🧸 Respect their small struggles; never laugh at emotions
- 👨👩 Share your own feelings to model expression

😊 "Emotions shape behavior. Let's raise emotionally aware kids who know how to express, not suppress!"

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What is Emotional Intelligence?

- ❤️ Knowing how we feel
- 🧠 Understanding why we feel that way
- 💬 Expressing emotions the right way
- 😊 Understanding others' feelings too
- 🚦 Controlling our reactions
- ☀️ Staying calm, even during challenges

Smart minds feel deeply! 📣 🧠

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Why It Matters for Kids

- 🤝 Builds better friendships
- 💭 Helps in school and at home
- 🎯 Improves focus and decision-making
- 😊 Reduces anger, fear, and anxiety
- 🗣️ Encourages open conversations
- ❤️ Helps children become kind & confident


**Feelings are our
superpower!**
  

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Types of Emotions

😊 Happy – when something nice happens

😞 Sad – when something hurts

😡 Angry – when something feels unfair

😱 Scared – when we feel unsafe

😲 Surprised – when something unexpected happens

😌 Calm – when we feel relaxed and okay


All feelings are okay!
 

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Recognizing Emotions

 What does your face feel like?  or 

 Is your heart beating fast?

 Are you quiet or loud?

 Mirror games: "What am I feeling now?"

 Draw how your day felt

 Make a "Feeling Diary"



Name your emotion, tame
your emotion!  

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Expressing Emotions the Right Way

- 🗣️ Use words, not fists!
- 📢 Say “I feel ___ because ___”
- 🎨 Express through drawing or writing
- 😞 Take deep breaths when upset
- ⏸️ Take a break when emotions feel too big
- 👂 Talk to a parent or teacher

📢 Feel it, say it, release it! 🗣️ ❤️

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Empathy – Feeling with Others

- 👁️ Watch how others feel
- 🧠 Imagine being in their shoes
- 🙌 Help a friend who is sad
- 🗣️ Say: “I understand how you feel”
- ❤️ Share toys, time, and
- 🧒 Avoid teasing or laughing at someone’s tears


**Kind hearts
understand more!**
 

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Activities to Build Emotional Quotient (EQ)

-  Read storybooks with emotions
-  Play "Emotion Charades"
-  Ask "How did that make you feel?"
-  Try mindfulness or deep-breathing games
-  Create mood monsters or emotion jars
-  Make a weekly "Emotion Chart"

 Parents are the child's first science lab!  

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Parent's Role in EQ Building

- 👂 Listen to your child's feelings daily
- ❤️ Acknowledge, don't ignore emotions
- 🤝 Stay calm while they express big emotions
- 📖 Use bedtime stories to talk about feelings
- 🔄 Teach them "Pause & Think"
- 🌱 Model healthy emotional expression

📢 Emotionally smart kids grow with calm parents 🌸 🧒

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Tips for Parents & Students

-  Parents please:
- ✓ Ask daily: “What made you smile today?”
 - ✓ Encourage emotion words: happy, nervous, excited
 - ✓ Hug, listen, and pause—let them feel safe
 - ✓ Emotions aren’t bad—they are tools!

“Emotions are not just feelings—they’re signals. If we teach our kids to understand and express emotions early, they grow into balanced, empathetic, and confident individuals.”  

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COGNITIVE GROWTH MAPPING

- 🔄 Teach that mistakes are part of learning
- 🌱 Focus on effort, not just outcomes
- 🧠 Explain how the brain grows with learning
- 🎨 Try new activities to build resilience
- 📖 Use stories of great people who failed first
- 👏 Celebrate attempts and not only success
- 🔍 Review what went wrong and what to improve
- 📝 Encourage self-reflection and journaling
- 👨👩 Parent tip: Say “You tried hard” more than “You’re smart”

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❤️ Learn how your brain becomes smarter with effort!

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Personalized Guidance



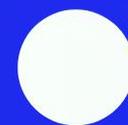
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