

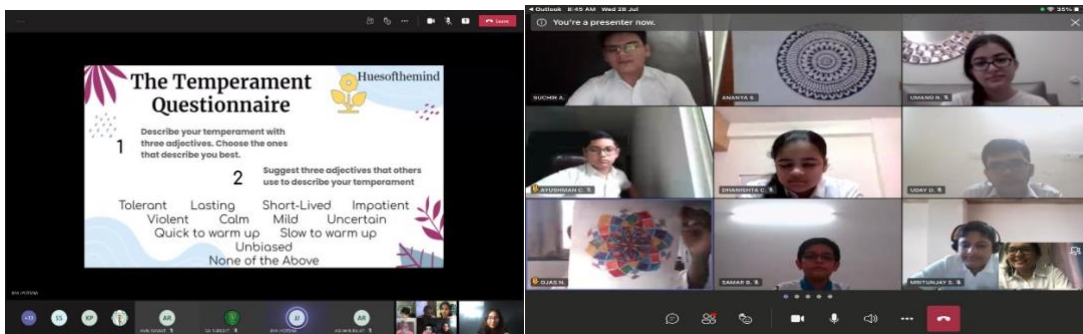
## Report

### Peer Education session on Emotional Intelligence and the Expressive Arts

*“At best, IQ contributes about 20 percent to the factors that determine life success, which leaves 80 percent to other forces: forces grouped as **emotional intelligence**.”*

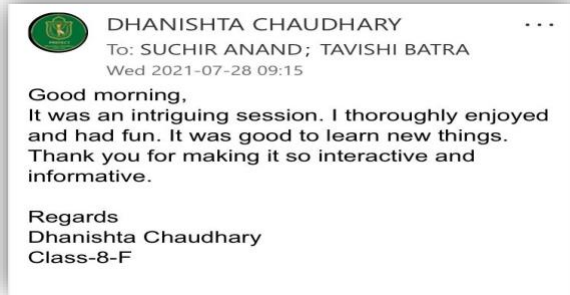
~ Daniel Goleman

People have different personalities, different wants and needs, and different ways of showing their emotions. Emotional Intelligence is the ability to recognize your emotions, understand what they're telling you, and realize how your emotions affect people around you. Over the past several decades, studies have shown that children with high Emotional Intelligence perform well academically, are more co-operative and make better leaders in the classroom. There is growing evidence which confirms that people with high EQ tend to have better relationships, have higher success during adulthood and improved mental health.



The Peer Education session on Emotional Intelligence and expressive arts was organized with the intention of imparting basic social skills and emotional literacy to the students of class 8, which in turn will help them not just in naming and managing feelings but also learning to respond to emotions constructively by drawing, singing and journaling.

Since, emotions impact our attention, memory, and learning; our ability to build relationships with others; and our physical and mental health, a peer education session was conducted for the students of class 8 by the peer educators of class 11 on how to develop emotional intelligence and avoid being derailed. Peer educators created a comfortable space by sharing their own experiences with class 8 students to help them understand that with practice, one can improve their capacity for emotional self – regulation and when we accept our emotions, it helps us to resolve our feelings and move on with our life.



The session addressed the concerns and challenges related to building one's emotional intelligence and strategies to eliminate disturbing external stimuli. The session was effectively conducted and very well received by the 8<sup>th</sup> graders. The session invited full participation, it was relevant and engaging.

Date: July 28, 2021