

Video 1: Infusing Emotional Intelligence into Out-of-School Time Reflections

Reflective practice helps us find relevance and meaning in the videos by supporting us in making connections between educational experiences and real-life situations. We can use different ways to reflect-- journaling, mental reflection, pair or trio share, or group report-out. Think through which approach fits best in the context of your group.

Emotions impact everything that happens in our lives. Some emotions are big, and some are small. Becoming aware of how emotions impact our learning, decisions, relationships, and general well-being is important to our overall functioning.

How do emotions impact creativity?

<p><i>Time: 10 min or less</i></p>	<p>View Video 1.</p> <p>Think about a task you have encountered recently that you didn't know how to address and how you responded creatively or may have responded creatively.</p> <ol style="list-style-type: none">1. What was the task or problem?2. What were you feeling in the situation?3. How did your emotions affect the situation? How did they influence your response? Impact the outcome?4. Did you approach or avoid the situation? Did you give up or keep trying? Why or why not?5. How can you leverage your emotions to be more creative? <p>Now think about the youth in your program. How do their emotions impact their creativity? It can be helpful to think about a specific youth or a specific activity when considering this.</p>
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How do emotions impact attention, memory, and learning?

Time: 10 min or less

View Video 1.

Think about a time you tried to learn something new.

1. What were you trying to learn?
2. What were you feeling in the situation?
3. How did your emotions affect your ability to pay attention and remember what you were learning?
4. Were you able to stay focused? Did you give up or keep trying? Why do you think that was the case?
5. How can you leverage your emotions to improve your attention, memory and learning?

Think about a specific youth in your program and a recent activity they were asked to complete. How did their emotions impact their attention, memory, and learning?

How do emotions impact health and wellness?

<p>Time: 10 min or less</p>	<p>View Video 1.</p> <p>Think about how your emotions have impacted your mental or physical health and well-being. The impact could be direct or the result of your health-related behaviors or choices.</p> <ol style="list-style-type: none">1. What area of your health and wellbeing has been impacted?2. What feelings contributed to the impact?3. How did these emotions affect your behavior or choices?4.5. Has the impact on your wellbeing been positive or negative?6. How can you use your emotions to positively impact your health and wellness? <p>Now think about one youth in your program. How do their emotions impact their health and wellness?</p>
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How do emotions impact decision-making?

<p>Time: 10 min or less</p>	<p>View Video 1</p> <p>Think about a situation in which you needed to make a decision – it could be a big one, like whether to take a new job or a small one, like what to have for dinner.</p> <ol style="list-style-type: none">1. What did you have to decide?2. Did you engage or avoid the decision?3. What were you feeling?4. Did your emotions make the decision easier or harder? Why do you think that was the case? How did your emotions impact your decision?5. How can you use your emotions to make better decisions? <p>Think about a specific youth in your program. How do their emotions impact their decision making in your program?</p>
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How do emotions impact our relationships?

<p>Time: 10 min or less</p>	<p>View Video 1.</p> <p>Think about how your feelings might affect relationships with youth or with other staff in your program. Can you think of a situation when your emotions either improved or harmed a relationship?</p> <ol style="list-style-type: none">1. What was the situation?2. What were you feeling?3. How did your emotions influence your relationship? Did they help?4. How can we use our emotions to be more effective in our relationships? <p>Now think about the youth in your program. How do their emotions impact their relationship with others? It can be helpful to think about a specific youth relationship.</p>
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Emotion Education

<p>Time: 15 min or less</p>	<p>View Video 1.</p> <p>Facilitator: “. When you look back on your family, what were some of their beliefs about emotions? Did they talk about emotions? Were some emotions okay to express while others weren't? Were the rules different for different ages, genders, and backgrounds? adults and children?”</p> <p>Facilitator debrief questions to use:</p> <ol style="list-style-type: none">a. “If you feel comfortable sharing, please share: how has the emotion education you received growing up impacted your life?”b. “How easy or difficult is it to talk about emotions? Why?”c. “Are there some emotions you feel more comfortable sharing? How does context and/or situation matter?”d. If you chose to work in groups: “What similarities and differences did you find in your groups about your emotion education?”
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Facilitator:

- e. What emotion education do you think the youth in your program are receiving in their families?
- f. How might your awareness of your own emotional education impact your interactions with others?
- g. What is something you value from your emotion education that you want to offer to youth?
- h. What is something you have been challenged by or needed to relearn about emotions?