

Ironwood Academy
Emotional Intelligence Curriculum Concepts

The truth about me	I am unique and individual	I have a God-given purpose	I have specific gifts/talents	I can learn how to best use my gifts
Emotional Intelligence =	Identifying and honoring my feelings	Recognizing and respecting other's feelings	Realizing the impact of my actions	Understanding intent and motivation
Neurobiological Intelligence =	Brain structure and functions-amygdala, hemispheres, pre-frontal cortex	Brain development (reacting vs. responding/reasoning)	Fear-based reactions (fight, flight, freeze)	Problem solving, cognitive flexibility, self-control, language processing, emotional regulation, social skills
Grounding Techniques	Breathing, counting	Silence & stillness as learned activities	Meditation (receiving)	Prayer (petitioning)
Coping Skills & Activities	Journaling, visualization, art	Yoga & other exercises	Expressing gratitude	Helping others

Emotionally-Safe Relationships	I have a responsibility to take good care of myself (mindfulness and inner dialogue)	Role of parents in creating emotionally safe environments	Role of teachers/mentors as safe guides	Choosing safe friends; being a safe friend
Creating Healthy Environments	Calm homes: lighting, music, de-clutter, comforts, EMF from phones	Relaxation, rest, deep sleep	Time in nature, sunshine, daily exercise	Foods as fuel
External Challenges to Emotional Well-Being	What am I feeding myself? Music, social media, video games	What messages are others feeding me? Friends, social media, video games	What messages am I sending out to others? Social media, video games, phones	Am I creating connection or isolation? Phones, games, social media

Listening skills	Listening vs. hearing	Active listening	Listening to understand and showing that I understand	How to increase my patience, self-control, showing respect
Feeling heard	How to express my feelings (words matter)	Language I can use in order to be heard and understood	Tools to use when I am not understood	Expressing gratitude to the listener
Repairing	Nature of conflict	Lessons to glean from conflict	Best ways to repair	What forgiveness really looks like
Preventing and/or healing wounds	Identifying & exploring triggers	Sitting with hurt feelings	Set and maintain healthy boundaries	Communicating my boundaries
Praise	Understanding the Source	Giving glory to God	Alignment effects of praise; daily devotion	Regular, personal and communal worship
Servant-Leadership	Servanthood-helping vs. enabling	Attributes of leaders-role of ego	Establishing a personal ministry	Accountability partners