

COUNSELLOR'S CORNER

RAK ACADEMY -FAMILY OF SCHOOLS -

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Emotional Intelligence: EQ

The role that emotions play in people's thought processes, decision making and, ultimately, their success as individuals should not be underestimated.

Emotional Intelligence is about being self-aware and having impulse control in order to make appropriate decisions and rational behaviour choices. It is increasingly acknowledged that a young person's emotional intelligence is just as important as their academic achievements if that person is to reach their full potential. Often, stressful or traumatic situations at home can make it difficult for young people to engage with learning. Therefore, every effort should be made to equip young people with coping mechanisms to deal with the issues and ultimately lead to their inclusion in society.

Tips for Parents:

TOP 10 WAYS TO IMPROVE EMOTIONAL INTELLIGENCE IN CHILDREN:

1. Validate their emotions – Say: "I can see that you're cross... but you can't have another cake/let's see what we can do to help you feel better/can you tell me why?"
2. Look after your own emotional wellbeing and give them a healthy model to copy and learn from
3. Be authentic - don't try and hide your feelings
4. Encourage imaginative role-play - especially with characters that have different expressions
5. Practice making funny (emotional) faces in the mirror together and rebelling the emotion
6. Give children options for ways to handle difficult emotions (e.g. a pillow to thump if they're angry, a quiet safe place to go if they're scared)
7. Talk to your children about how you manage your own difficult emotions
8. Read books with your child that include emotional storylines and discuss them
9. Encourage children to play freely with other children - they gain a lot from mixing with a wide range of people
10. Don't try and do it all for them - let them start to take responsibility for their own lives and happiness as early as possible

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October Flashback: Anti - Bullying Awareness !



November Awareness Week:



“There’s No Excuse For Child Abuse”

Theme of the Month of December:
“UAE Culture”

8th – 12th of December:
New Year’s Resolution



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