



Emotional Intelligence

Emotional Intelligence is about:

- Self-awareness - Empathy
- Managing feelings
- Self control
- Inter personal skills
- Recognising emotions
- Personal response
- Conflict resolution



Emotional intelligence is the foundation for enduring personal relationships. We believe that emotionally intelligent learners have the ability to recognise, understand, handle and appropriately express their emotions. We encourage self-awareness, empathy and self-control. We strive to develop interpersonal skills and a deepening understanding of shades of emotion to enable learners to read and interact positively in social situations. We offer a curriculum that enables learners to explore their emotions and those of others in addition to a dedicated learning support assistant to aid emotional literacy.

Emotionally Intelligent learners will:

- Recognise and name emotions, talk about them in an open way and recognise how they affect their learning
- Recognise the emotions of others, show empathy and respond appropriately
- Build lasting and meaningful relationships developing effective interpersonal skills
- Manage their feelings productively, in a positive manner and display self-control
- Believe in themselves, accept a challenge to take on something new and feel proud of their efforts and achievements

What will we see in our school:

- Dramatic and sporting performances which celebrate individuality
- Imaginative displays sharing high quality outcomes
- Integrated studies which allow opportunities for children to follow their own pathways and create something unique
- New technologies used to realise ideas
- Flexible approaches and strategies

