



Brain Friendly Guidance Activities to Build Emotional Intelligence

Connie Messina

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In the age of the sound-bit, students and educators want lessons that are easy, enjoyable, and effective. This book meets all three criteria while creatively teaching self-awareness, communication, and problem-solving skills that work. Successful presenters know that they need to quickly capture and hold the attention of audiences through joyful, active learning. The author offers answers to why students are not learning as they could-joyfully, effortlessly, and with permanence and creativity. She shares her favorite lessons from years of award-winning work in K-12 schools, as well as her experience teaching college students and other adult audiences. This book is guaranteed to touch your heart and enhance your wisdom. Each lesson has goals relating to Emotional Intelligence. These goals also relate to competencies identified in the National Standards for School Counseling Programs and are cross referenced in a matrix in the back of the book. The lessons are divided into three broad areas of Emotional Intelligence: • Self-Awareness • Managing Emotions • Relationship Skills

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