Emotional Intelligence:
An Ice Breaker Activity
What is Emotional Intelligence (EI)?

The ability to identify and manage your own emotions and the emotions of others.
Three Basic Skills

• emotional awareness (accurately identifying them and understanding them)

• the ability to harness emotions and apply them to tasks like thinking and problem solving (like providing empathic clinical care or being a good teammate)

• and the ability to manage emotions, which includes regulating your own emotions and cheering up or calming down other people.
Write down the emotion you think is being expressed in each of these artworks.

They’ll be on the screen for only five seconds.
Now let’s go back through and discuss more slowly as a group.
Intrapersonal components include:

- emotional self-awareness
- self-regard
- assertiveness
- independence
- self-actualization
Signs of High Emotional Intelligence:

Adaptability
- Creative problem solving
- reality testing
- flexibility

Stress management
- stress tolerance
- impulse control
Signs of High Emotional Intelligence

Interpersonal components include:

• empathy
• social responsibility
• interpersonal relationships
What is Empathy?
SIMON BARON-COHEN
ZERO DEGREES OF EMPATHY
A NEW UNDERSTANDING OF CRUELTY AND KINDNESS

“Fascinating ... dazzling ... a full-scale assault on what we think it is to be human”
SUNDAY TELEGRAPH

“... The Essential Difference is essential reading.”
—STEVEN PINKER,
author of How the Mind Works and The Blank Slate

MALE AND FEMALE BRAINS AND THE TRUTH ABOUT AUTISM

THE ESSENTIAL DIFFERENCE

SIMON BARON-COHEN
Pre-motor area
Mirror neurons for reflexive empathy

Prefrontal Cortex
Cognitive empathy

Temporal Lobe
Memory and perspective taking

Limbic system
Emotional empathy