



Phillips Brooks School

# Emotional Intelligence

August 22, 2018

## **Last year**

Thank you for enlightening and engaging conversations in parent coffees. Through your valuable feedback, we have learned a great deal about your wants, needs, and interests. We were able to see and assess EI skills in action among students and adults. It was good to observe children using tools more and more independently and with minimal adult support. We noticed students taking increased responsibility in their relationships, using tools such as Taking Your 50%, the Flipped Lid Hand Model of the Brain, calling out “Stinking Thinking,” naming their emotions, and using self-regulation tools. It was gratifying to hear how students brought home their skills, sharing with you what they’d learned in school. We are committed to forward movement and further progress this year.

## **This year**

Increase our shared understanding and use of Emotional Intelligence tools so that both children and adults continue to build self-awareness and self-regulation, as well as enhance relationships, classroom climates, and overall well-being.

## **Actions**

- All faculty trained and utilizing RULER tools, endorsed by the Yale Center for Emotional Intelligence, including the Mood Meter, Meta Moment, and Classroom Charter co-created by students.
- Introduce Feeling Word Curriculum to build nuanced emotion vocabulary at all grade levels.
- Incorporate EI skills into academic instruction as well as daily classroom and school routines.
- Further customize, teach, and use conflict resolution tools for effective communication.
- Offer parent education targeted for different grades and needs.