

2026-2027—YEAR 2 OF EMOTIONAL IQ

In 2026, Mr. Amal, Mr. Eric and Ms. Deborah took extensive training in Emotional Intelligence. They then shared this information with the staff. By the end of the school year, the staff began sharing it with the students. This education about emotions will continue this year with the students and also be extended to our families. Here are some highlights of what we have learned and practiced.

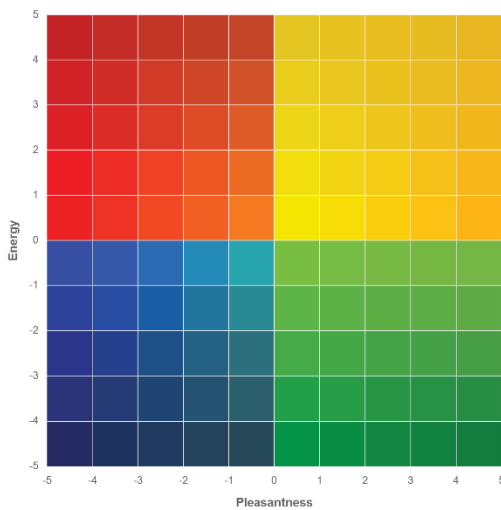
1. **EMOTIONS MATTER** because a student cannot learn if they do not feel safe, seen, and supported.

- **Attention and Memory:** Emotions act as a gatekeeper for the brain. When students feel anxious or overwhelmed, their "prefrontal cortex" (the part of the brain used for logic) shuts down, making it impossible to process new information.
- **Decision Making:** Students who can manage their emotions make safer and more constructive choices in social and academic situations.
- **Relationship Quality:** Schools with high "Emotional Intelligence" see less bullying and more collaborative peer-to-peer support.
- **Physical and Mental Health:** Chronic stress in the classroom leads to burnout for teachers and alienation for students; managing emotions improves long-term well-being.



Take a moment to read the quote below, often attributed to renowned poet Maya Angelou: ***"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."*** Consider what these words mean to you. What's the first thought or person that comes to your mind?

2. **THE CHARTER** is a collaborative agreement created by a group that identifies the specific feelings they want to experience together, and the behaviors needed to foster that environment. It serves as an "emotional mission statement" that establishes a shared culture of accountability and mutual respect within the classroom.



3. **THE MOOD METER** is a visual tool that plots emotions along two axes—**pleasantness** and **energy**—to help individuals accurately identify and label their current emotional state. By categorizing feelings into four colored quadrants (Red, Blue, Green, and Yellow), it provides a shared language for students and teachers to build self-awareness and shift their mood toward their goals.

4. **THE META MOMENT** is a strategy used to manage strong emotional reactions by taking a brief pause between a "trigger" and a response. During this pause, an individual visualizes their **"Best Self"** to choose a reaction that aligns with their personal values and long-term goals rather than acting on impulse.

5. **THE BLUEPRINT** is a conflict-management tool that helps students and staff resolve disagreements by looking at a situation through the lens of empathy and emotional intelligence. It guides both parties to reflect on their own feelings and the feelings of others involved, fostering restorative conversations rather than purely punitive discipline.