



XII CONGRESO NACIONAL DE DESARROLLO PROFESIONAL
PARA PROFESORES DE INGLÉS

REDISCOVERING ELT

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REGENTE PALACE HOTEL SUIPACHA 964
CITY OF BUENOS AIRES



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Emotional Intelligence Boosters

EMOTIONAL INTELLIGENCE BOOSTERS

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WHAT IS EMOTIONAL INTELLIGENCE FOR YOU?

HOW MANY EMOTIONS CAN YOU THINK OF?

Discuss with the person next to you



Why do you think I use this picture to represent E.I?

What is
Emotional
Intelligence?

“Emotional intelligence is the ability to perceive emotions, to access and generate emotions so as to assist thought, to understand emotions and emotional knowledge, and to reflectively regulate emotions so as to promote emotional and intellectual growth”.

– Mayer & Salovey , 1997

What is Emotional Intelligence?

In the words of Dr Daniel Goleman Emotional Intelligence
is:

'the capacity for recognizing our own feelings and those of others, for motivating ourselves, for managing emotions well in ourselves and in our relationships.'

BOOK TRAILER

<https://www.youtube.com/watch?v=piHLbPWgsEY>

Ten Tips for E.I. By Cecilia Ramirez

Knowing your motivations

Considering your lights and shadows

Capacity for cooperation

Non Violent Communication

Taking care of our health

Contemplating nature

Connecting with your soul

Trusting our own resources

Understanding intra and interpersonal intelligences

Managing emotion-action.

E.I. Boosters

considering iconic, enactive and symbolic modes of thought

Peripheral sight : banners...charts...posters....jar

Micro Expressions -Paul Ekman

Micro expressions are facial expressions that occur within 1/25th of a second and expose a person's true emotions. These facial expressions are the same on every man, woman and child, regardless of their cultural background.

Anger/Fear/Disgust/Sadness/
Joy/Surprise/Contempt

EMOTION AND UNIVERSAL FACIAL EXPRESSIONS

WORD/FACE/DESCRIPTION MATCHING

- Joy

raising of the mouth corners & tightening of the eyelids

- Surprise

eyebrows arching, eyes opening wide , with the jaw dropping slightly

- Sadness

lowering of the mouth corners, the eyebrows descending to the inner corners and the eyelids drooping

- Anger

eyebrows lowering, lips pressing firmly and eyes bulging

- Disgust

upper lip raising, nose bridge wrinkling and cheeks raising

- Fear

upper eyelids raising, eyes opening and the lips stretching horizontally

- Contempt

half of the upper lip tightening up and often the head is tilted slightly back.

Music Journey

<https://www.youtube.com/watch?v=lkv40R5MR60>

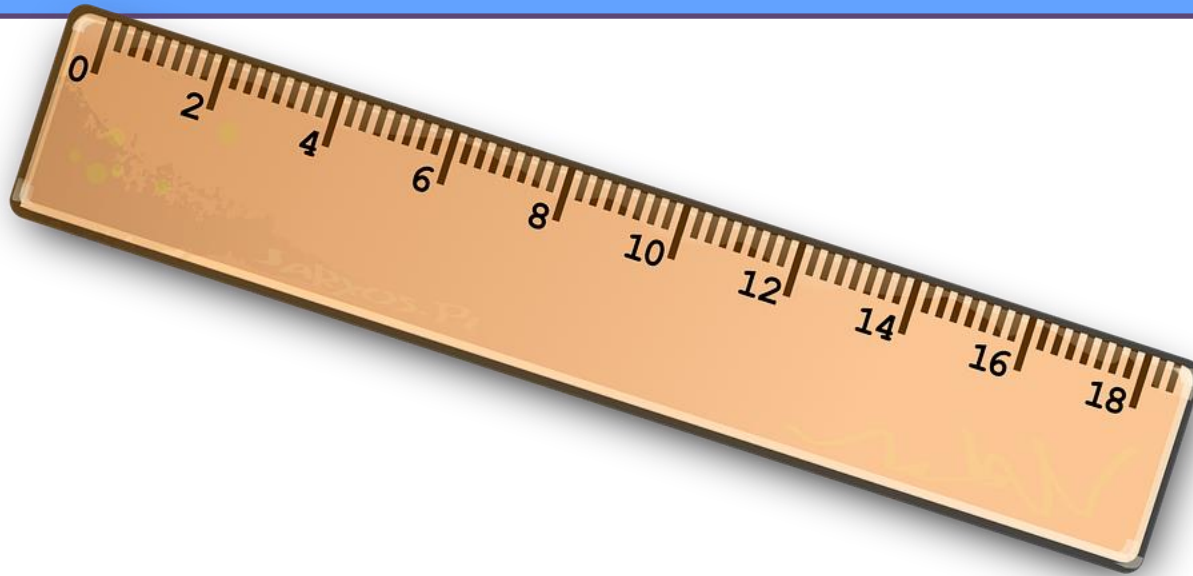
English version, min 2.20

EMOTION FAMILIES

(Based on Goleman's work)

**Find your group and discuss the
meaning of the words**

- **Anger** Fury Resentment Animosity Annoyance Irritability Hostility
- **Sadness** Grief Sorrow Gloom Melancholy Self-pity Loneliness Despair Depression
- **Fear** Anxiety Nervousness Concern Consternation Dread Fright Terror Phobia Panic
- **Love** Acceptance Friendliness Trust Kindness Affinity Devotion Adoration Infatuation Agape
- **Enjoyment** Happiness Joy Contentment Bliss Delight Amusement Gratification Satisfaction Euphoria Ecstasy
- **Surprise** Shock Astonishment Amazement Wonder
- **Disgust** Contempt Abhorrence Aversion Distaste
- **Shame** Guilt Embarrassment Remorse Humiliation Regret Mortification



**WHAT IS THE
RULER
APPROACH?**

The RULER Approach teaches 5 key emotional literacy skills which emphasis is to promote personal, social, academic and workplace success:

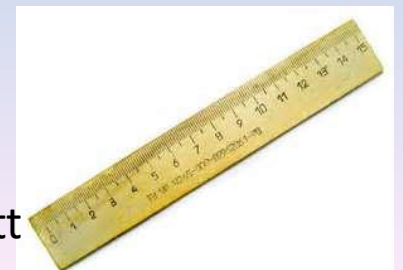
Recognizing emotions in facial expressions, vocal cues, and the body

Understanding the causes and consequences of emotions

Labeling the full range of emotions using a rich vocabulary

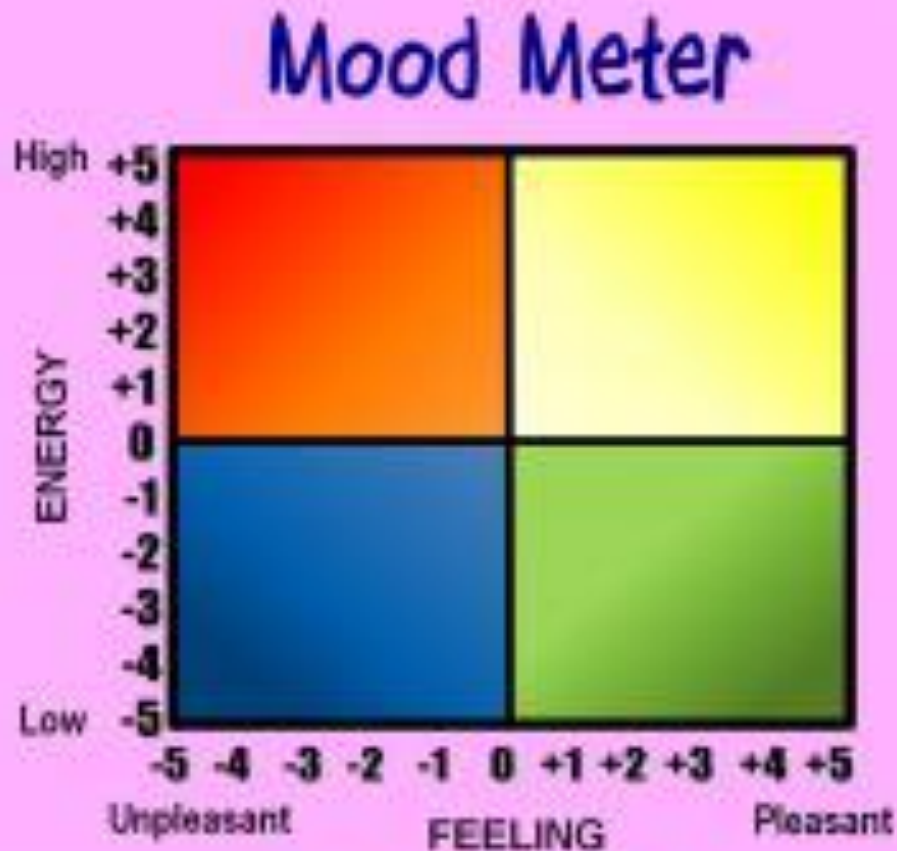
Expressing emotions appropriately in different contexts

Regulating emotions effectively to foster healthy relationships and achieve goals



Mood Meter EXERCISE

Yale Center for Emotional Intelligence. Marc Brackett



How are you feeling?

Plot your mood on the Mood Meter and share with an adult.