## THE HAPPIER SCHOOLS PROJECT

## TAKE THE TIME TO TALK!

People who can understand and manage their emotions are happier, healthier and more successful. You can increase emotional intelligence (EQ) by helping people become aware of and identify their emotions. Once emotions are identified and accepted, they can be managed using appropriate techniques. By exploring our emotions and learning to face them in a healthy way, we can learn what causes difficult emotions to arise and better understand how to interact with others.



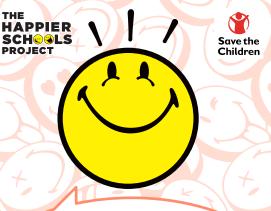


EQ SMILEY CARDS EMOTICONS FOR A WORLD





How do you cheer someone up if they're feeling sad?



How does your body feel when you are angry?





What's the most embarrassing thing that has happened to you? What happened afterwards?



How could you force yourself to face a fear?



HAPPIER

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What makes you happy?



When you are sad, how do you make yourself feel better?





Save the

Children

Save the

Children



When you feel upset, who can you talk to or what do you do?

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