

**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.



**THE
HAPPIER
SCHOOLS
PROJECT**



How does your body feel when you are angry?

**THE
HAPPIER
SCHOOLS
PROJECT**



How could you force yourself to face a fear?

**THE
HAPPIER
SCHOOLS
PROJECT**



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

**EQ
CARDS**

EMOTICONS FOR A
SMILEY
WORLD

**EQ
CARDS**

EMOTICONS FOR A
SMILEY
WORLD

**EQ
CARDS**

EMOTICONS FOR A
SMILEY
WORLD

**EQ
CARDS**

EMOTICONS FOR A
SMILEY
WORLD

**THE
HAPPIER
SCHOOLS
PROJECT**



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

**THE
HAPPIER
SCHOOLS
PROJECT**



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

**THE
HAPPIER
SCHOOLS
PROJECT**



What makes you happy?

**THE
HAPPIER
SCHOOLS
PROJECT**



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

**EQ
CARDS**

EMOTICONS FOR A
SMILEY
WORLD

**EQ
CARDS**

EMOTICONS FOR A
SMILEY
WORLD

**EQ
CARDS**

EMOTICONS FOR A
SMILEY
WORLD

**EQ
CARDS**

EMOTICONS FOR A
SMILEY
WORLD



What makes
you laugh?

What do you do to
calm yourself
down when you
get angry?

How do you make
yourself do things
you don't want
to do?

How does music
affect your mood?
Do different types
of music make you
feel differently?



When someone tells
you off or corrects you
over something you've
done wrong, what do
you think is the best
thing to do?

When you make a
mistake or hurt
someone, what do
you do?

If you don't get
something you
wanted, how do you
make yourself feel
better?

How do you feel
when someone calls
you names or says
bad things about
you?