

Parent Education Resource Package for Primary Schools

Helping children manage their emotions:

How to develop children's emotional intelligence?

Strand II: Promotion of Healthy, Happy and Balanced Development of Children

Introduction

More and more parents recognise the importance of emotional stability in their children. Children with high emotional intelligence not only enjoy greater popularity among their peers, but also exhibit better academic performance and behavioural adjustment. This activity introduces the concept of emotional intelligence and helps parents master the skills they need to support their children's emotional development. Through this activity, parents will be empowered to guide their children in acknowledging, expressing and regulating their emotions in order to help them manage their emotions.