

All You Need to Know About Emotional Intelligence (EI) for Children

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IQ is no longer the only measure of future success. Nowadays, emotional intelligence or EI is essential for your children to succeed. A child's ability to spot, know and manage emotions is what counts. It impacts every single thing whether it's their friendships or studies. EI is the base for your children's success, now as well as in the future. So, what exactly is EI, and how can it help your children? Let's look into the article below to know all about EI for children.

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What is Emotional Intelligence for Children?

EI is your child's ability to notice and assess emotions, both their own and of others. It helps them to understand emotions through words and body gestures. These signals include face and body cues and even the vocal tones. With the help of signals, your children learn to control, convey and respond to these emotions. A high level of EI helps your children manage their emotions to pinpoint and solve issues. It helps your children to interact with others and make good choices and decisions.

Children with higher EI have low-stress levels, less anxiety and depression. They also have a greater sense of well-being and feel more content being themselves. With high EI your children get better grades and build strong ties with friends and relatives. Though skills to learn EI are easy to learn and work on any particular point in life, it's better to start early.

Learn more about EI for children and why it is essential for them here: [Emotional Intelligence for Children](#).

What is Emotional Intelligence for Children – Levels

There are different levels of EI that your children will learn with time. Have a look at them below.

1. Figure out Emotions

At this stage, your children learn about different emotions. They can name and point out emotions based on verbal and non-verbal cues and tone of voice.

2. Realize their feelings and the feeling of others

Once children can name emotions, they can perceive the meaning of them and what triggers the emotions. They try to figure out why someone is angry, sad, or happy. Your children develop empathy and share in the feelings of others.

3. Manage the emotions

At this stage, your children learn to control their emotions. They respond to their emotions as well as to others positively. Your children manage their emotions and push themselves to meet the goals they set.

Along with these, EI is of 4 different types. Learn more about the 4 different types of EI here: [What are the Four Types of Emotional Intelligence](#)

Need for EI in Children Today

EI is emerging in recent times. Many schools and parents teach EI to their children. Your reading of this article is proof in itself of the value of EI today. EI improves your children's mental health and wellbeing. Your children also do well in school. They get better grades, as well as form strong connections with their friends, families, and teachers.

On the other hand, to have low EI can affect multiple areas of life. People with low EI bicker more and have poor coping skills. They do not connect well with people. They also have lower-quality bonds with their peers and relations. So, these are some of the pitfalls of low EI. Let's have a look at how high EI skills play a crucial role in your kid's daily life.

1. Think Before you React

While learning EI, your children know that emotions are powerful, but remain for a short time. If these are not tamed, then any outburst of emotions may lead to drastic results. EI teaches your children to think before they react. They take some time before any hurried response. It gives them the time to manage their feelings and calm their emotions. Your children consider all the factors before a suitable response.

2. To Become More Self-Aware

EI development helps your children understand and manage their feelings too. It allows them to look at different sources and factors that affect their emotions. EI teaches your children to be more self-aware and manage their emotions better.

3. Empathy for Others

EI helps your children build empathy for others. With higher EI, they start thinking not only about themselves but others too. Your children now put themselves in others' positions. They think about how they will feel and respond if they are in the same situation. With EI, your children learn how and why people behave the way they do.

4. Become High Achievers

Children with high EI levels do great in school. With EI, your children manage themselves better in school, at home, and at the playground. They relate to others and form strong bonds with their friends. EI helps your children become self-motivated and be more confident learners. They do well in studies as well as in sports and other pursuits.

These are just a small sample of EI benefits. Learn more about the value and benefits of EI here: [Importance of Emotional Intelligence](#)

How to Build EI in Your Children

Studies prove that in today's world, EI is much more essential than IQ for life success. To build mutual connections and better relations, EI is a vital element. High EI is the key to your children's improved well-being. Here are some ways you can teach EI and social skills to your children.

1. Teach Them to Spot and Point Out Emotions

Talk to your children about feelings and emotions. Whenever they display some emotion, ask them to stop and name that emotion. It can be anger, sadness, joy, and happiness among a whole gamut of emotions. This way, your children know what emotions they have and name them.

2. Listen to Your children's Feelings

Whenever your children show emotions, ask them what made them feel this way and why. Ask your children how a situation led to these feelings. Tell them how to have a better response to negative situations in the future.

3. Show Empathy to Your children

You have to show and teach empathy to your children. If your children are happy, acknowledge it. If they are angry, acknowledge that too. Talk with your children about how their emotions affect not only them but others as well.

4. Teach Your children Problem-Solving Skills

Teach your children to think about their emotions. Ask them to consider why they feel in a certain way. Then think together to find answers to these issues.

5. Become a Role Model for Your Children

Be a role model to your children. Your children follow you every step of the way, at least when they are young. Convey your own emotions to them. Tell them why you feel a certain way at times. Teach them how you deal with your emotions and emerge as a better and stronger person.

So, these are some of the ways to build EI in your children. Here are some more helpful tips for you to teach EI to your children. [Raising an Emotionally Intelligent Child](#)

Final Thoughts

What is emotional intelligence for Children? We hope you got a clear idea about EI from this article. EI is the key to life success today. Teaching EI programs to your children to manage their emotions and feelings capably. Your children become self-aware and gain a positive mindset. With EI, you set your children up for success from an early age.