Name: _____ **Date:** _____ **Class:** _____

Health and Family Life (HFLE)
Lesson Topic: Emotional Intelligence

Objectives:

a) *Define the term emotional intelligence.*
b) *State the importance of emotional intelligence in health and family life.*
c) *List five key areas of emotional intelligence.*
d) *Suggest strategies to develop and enhance emotional intelligence.*

Emotional intelligence is an important life skill that helps individuals manage their feelings and understand the emotions of others. A person with high emotional intelligence can remain calm during conflict, communicate effectively, and show empathy toward others.

In health and family life, emotional intelligence plays a major role. Families function better when members express their feelings respectfully and listen to one another. Teenagers who develop emotional intelligence are better able to manage peer pressure, handle disappointment, and build positive friendships.

There are five key areas of emotional intelligence: self-awareness, self-regulation, motivation, empathy, and social skills. *Self-awareness* means recognizing your emotions. *Self-regulation* is controlling your reactions. *Motivation* refers to having inner drive. *Empathy* means understanding how others feel. *Social skills* help you build strong relationships.

Emotional intelligence can be developed over time. Strategies include practicing active listening, thinking before reacting, managing stress, reflecting on your feelings, and asking for feedback from trusted adults.

Developing emotional intelligence leads to healthier relationships, better mental health, and improved academic performance.

Keywords and Definitions

1. Emotional Intelligence – The ability to understand and manage emotions
2. Self-awareness – Recognizing your own emotions
3. Self-regulation – Controlling emotional reactions
4. Motivation – Inner drive to achieve goals
5. Empathy – Understanding others' feelings
6. Social Skills – Ability to interact well with others
7. Communication – Sharing information and feelings clearly
8. Conflict – A disagreement between people
9. Stress – Mental or emotional pressure
10. Reflection – Thinking carefully about experiences
11. Decision-making – Choosing between options
12. Peer Pressure – Influence from friends to act a certain way
13. Relationship – A connection between people
14. Responsibility – Being accountable for your actions
15. Active Listening – Paying full attention to a speaker

LIVEWORKSHEETS

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Multiple Choice

Circle the Correct Answer.

1. **Emotional intelligence is the ability to:**
   a) Control others
   b) Understand and manage emotions
   c) Avoid people
   d) Ignore problems

2. **Which is NOT a key area of emotional intelligence?**
   a) Empathy
   b) Self-regulation
   c) Anger
   d) Motivation

3. **Self-awareness means:**
   a) Ignoring feelings
   b) Recognizing emotions
   c) Blaming others
   d) Shouting

4. **Empathy helps you:**
   a) Laugh at others
   b) Understand feelings
   c) Win arguments
   d) Avoid responsibility

5. **Social skills improve:**
   a) Isolation
   b) Conflict
   c) Relationships
   d) Stress

6. **Managing stress is part of:**
   a) Self-regulation
   b) Peer pressure
   c) Conflict
   d) Isolation

7. **Active listening means:**
   a) Interrupting
   b) Daydreaming
   c) Paying attention
   d) Ignoring

8. **Motivation refers to:**
   a) Laziness
   b) Inner drive
   c) Fear
   d) Anger

9. **Emotional intelligence helps reduce:**
   a) Respect
   b) Understanding
   c) Conflict
   d) Cooperation

10. **Reflection means:**
    a) Thinking carefully
    b) Arguing
    c) Yelling
    d) Complaining

Scenario-Based Questions

Circle the Best Response

1. **Your friend is upset after failing a test. You:**
   a) Laugh
   b) Ignore them
   c) Listen and offer support
   d) Tell others

2. **You feel angry during an argument. You:**
   a) Shout
   b) Walk away to calm down
   c) Throw something
   d) Insult someone

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3. **A classmate is being teased. You:**
   a) Join in
   b) Stay silent
   c) Show empathy and help
   d) Record it

4. **You receive criticism from a teacher. You:**
   a) Get defensive
   b) Reflect and improve
   c) Argue
   d) Ignore it

5. **You are stressed before exams. You:**
   a) Panic
   b) Practice relaxation strategies
   c) Quit studying
   d) Blame others

True or False

Read each statement below carefully. Circle **True** *if the statement is True and* **False** *if the statement is False.*

1. Emotional intelligence cannot be developed**. True or False**
2. Empathy helps build strong relationships. **True or False**
3. Self-regulation means expressing anger in harmful ways**. True or False**
4. Emotional intelligence improves communication. **True or False**
5. Motivation is part of emotional intelligence**. True or False**

LIVEWORKSHEETS

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Emotional Intelligence

P	C	T	B	R	H	G	I	S	O	C	I	A	L	S	K	I	L	L	S	G	L	Q	E
D	L	O	R	E	S	P	O	N	S	I	B	I	L	I	T	Y	Y	M	R	D	H	T	M
Q	M	C	N	U	D	K	P	R	E	G	T	V	O	M	S	K	B	N	U	X	I	Y	O
R	P	O	S	F	S	D	J	N	E	V	E	Z	G	I	P	L	Q	J	Y	L	G	A	T
D	E	M	B	Z	L	T	Z	C	Y	F	K	Y	S	T	A	C	N	T	I	I	G	F	I
L	E	M	O	S	S	I	R	G	D	B	L	P	J	M	Q	Q	I	U	X	U	F	G	O
K	R	U	L	E	F	O	C	C	E	J	D	E	S	Q	G	A	R	Q	R	K	U	J	N
M	P	N	P	L	R	M	K	T	C	D	L	G	C	T	N	F	K	E	N	O	Z	O	A
W	R	I	V	F	A	E	O	M	I	V	V	X	E	T	R	G	G	P	P	S	H	C	L
Y	E	C	P	R	G	B	Y	T	S	X	S	A	R	H	I	E	Q	J	B	R	A	A	I
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N	U	I	I	U	D	L	U	Y	N	H	A	H	A	F	B	F	E	X	U	Z	I	D	E
A	R	O	N	L	C	H	B	E	M	Y	V	T	T	B	A	A	R	Q	H	W	V	M	L
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B	V	B	Q	O	G	B	O	O	N	Z	C	W	S	G	G	F	O	F	E	L	S	L	E
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Active Listening
Peer Pressure
Stress
Social Skills
Self regulation
Responsibility
Decision making
Conflict
Empathy
Self awareness
Relationship
Reflection
Communication
Motivation
Emotional Intelligence

LIVEWORKSHEETS