

Emotional Intelligence Notes

About this Activity

Kids love getting notes from you, particularly when they are unexpected. You can put these notes in a child's lunchbox, under her pillow at night, on the bathroom sink, or by his dinner plate. Give your child a little extra encouragement with these notes several times a week.

Each note gives your child encouragement to learn the emotional and social skills that will help them be more resilient and face the inevitable problems that come with growing up. Personalize each note with your own thoughtful and nurturing words.

Preparing the Notes

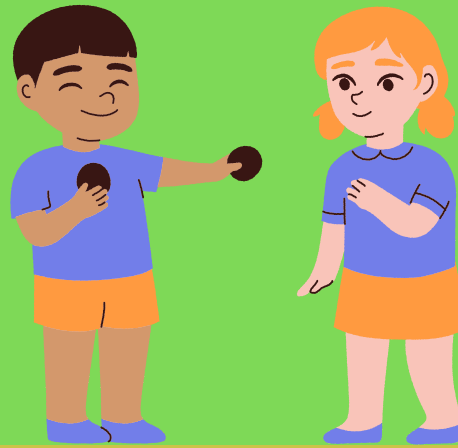
Cut out the notes and fold them on the dotted line. Paste or tape them together at the edges.

Write some personal words to your child on the back of each note. These are the words they will certainly remember.





Think Positive!



Show Kindness



Keep Trying

Always remember ...

Always remember ...

Always remember ...



Raise Your Hand in
Class



Take Turns



Work Together with
Friends

Always remember ...

Always remember ...

Always remember ...



Say Thank You!



Exercise Everyday



Be a Good Friend

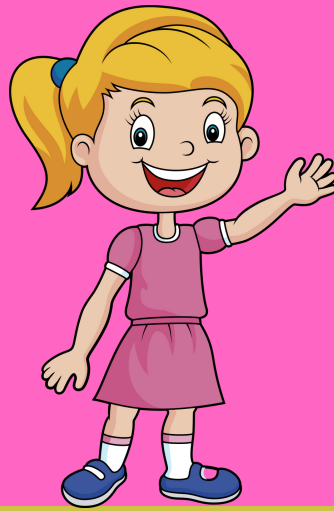
Always remember ...

Always remember ...

Always remember ...



Talk to an Adult When
You Need Help



Practice Good Manners!



Be Curious

Always remember ...

Always remember ...

Always remember ...



Take Deep Breaths if
Something Feels Hard



Ask for Help



Be Brave!

Always remember ...

Always remember ...

Always remember ...



Be Helpful



Follow the Rules

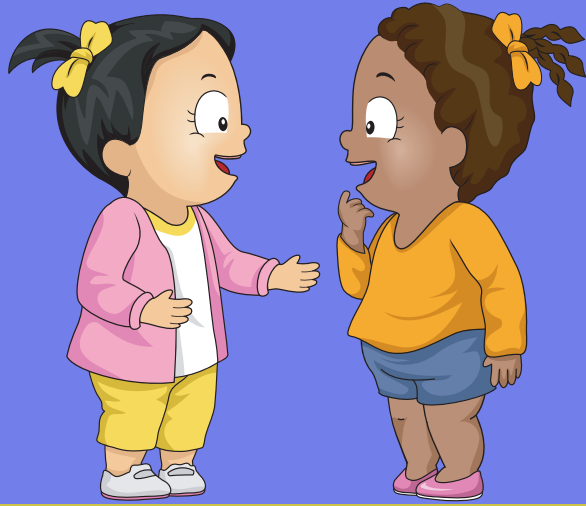


Listen During Class

Always remember ...

Always remember ...

Always remember ...



Share Your Thoughts



Accept Your Mistakes



Apologize When You
Need To

Always remember ...

Always remember ...

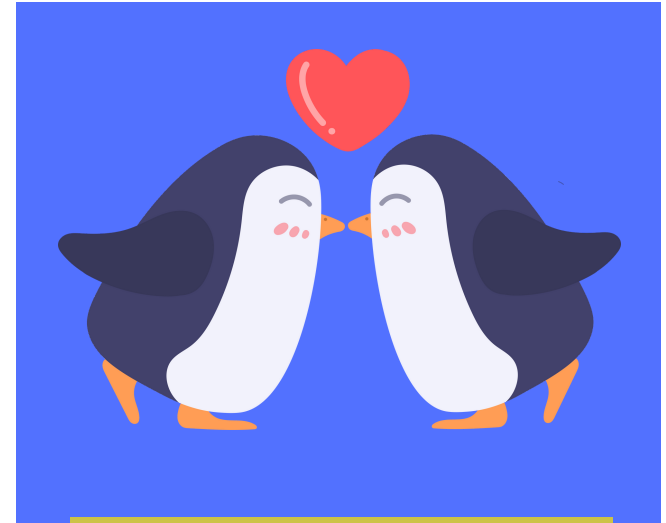
Always remember ...



Take Turns!



Be Positive



You Are Loved!

Always remember ...

Always remember ...

Always remember ...



Have a Good Attitude



Set a Goals and Work to
Achieve Them

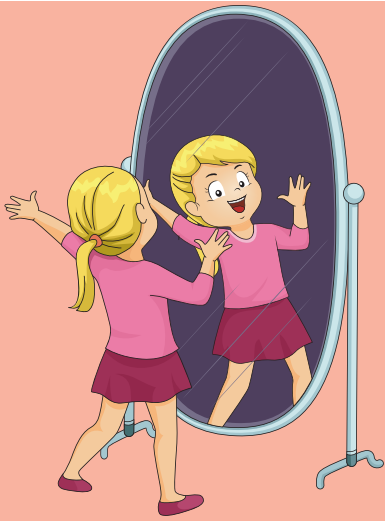


Practice Makes Perfect!

Always remember ...

Always remember ...

Always remember ...



Be Proud of Your
Accomplishments



You Can Do It!



Listen When Others
are Talking

Always remember ...

Always remember ...

Always remember ...



Make Good Choices!



Keep Your Things Neat



Give it Your Best

Always remember ...

Always remember ...

Always remember ...