



Emotional Intelligence Activities

Aspects of emotional competence covered: Emotional awareness.

Educational level: Primary, Secondary Education, Higher Education

Source: Own authorship / Delia Rodríguez

Duration: 5-15 min.

Writing on the Emotional Diary

INTRODUCTION: Keeping an emotional diary means writing about what you feel. Many psychologists agree that writing an emotional diary, or journal, has many benefits for one's mental health. For example, it helps reduce stress and anxiety, releases thoughts and feelings that otherwise get stuck in the mind, gives you a sense of relief and clarity, helps you set goals and find solutions to problems and traumas, etc. With sustained practice, it eventually leads to a process of emotional growth.

OBJECTIVES:

- *To start an emotional diary as a tool for emotional awareness.*
- *To sustain the habit of writing in their emotional diaries.*
- *To encourage self-awareness through making a cover for their emotional diary that reflects their personality.*

PREPARATION:

- **Materials & resources:** Emotional diary.

PROCEDURE:

Set different weekly tasks in relation to their emotional diaries. Some suggestions are:

Activity 1: (To be done early in the morning)

What's the first thought that has crossed your mind when you have woken up? Write it.

Activity 2: (Before going to bed)

Which different emotions have you had along the day? What has provoked each one of these emotions? Were there any unpleasant emotions? Could you have reacted differently? How?



Emotional Intelligence Activities

Activity 3:

Step 1: In your emotional diary, write about a problem you would like to find a solution to.

Step 2: In class, discuss your problem with your friends.

Step 3: Write down their suggestions about how you can solve that problem.

Step 4: Decide if you are going to accept any of these solutions, or write down your own solution.

Step 5: How has writing down your problem helped you to find a solution? What course of action are you going to take? Reflect on all this in your emotional diary.

Comments:

The emotional diary is a powerful self-awareness tool, intended to get students used to writing about themselves, their strengths and weaknesses, their motivations and goals in life, etc. Therefore, teachers working on emotional education should encourage its use after EI activities as a means towards self-awareness and self-evaluation of progress.