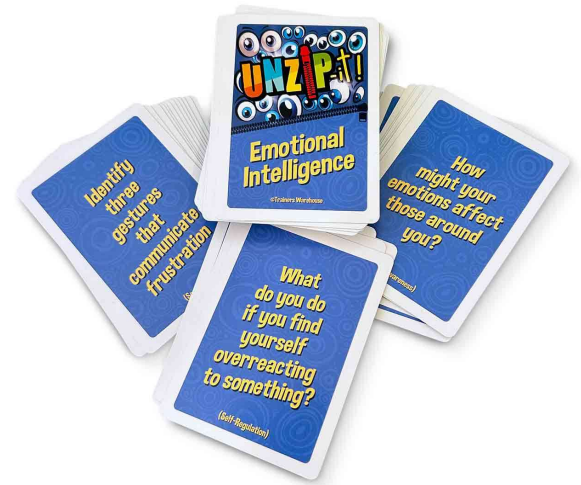


EMOTIONAL INTELLIGENCE UNZIP-IT! TASK CARDS

Goal: identify and explore Emotional Intelligence competencies.

Materials:

- UNZIPit! Emotional Intelligence deck
- **Huddle Signs for the 5 categories of EQ**
Skills: SELF-AWARENESS, MOTIVATION, SELF-REGULATION, EMPATHY, SOCIAL SKILLS (see below).



Time & Timing: approximately 10-30 minutes. Use reinforcement activities after introducing the Emotional Intelligence framework & competency system Activities can also be used as a warm-up, energizer, or filler.

ACTIVITIES

1 = INDIVIDUAL TASK TO ENGAGE EVERY PARTICIPANT (5 minutes)

- **READ** the prompt on the card.
- **RECALL A MEMORY** – Think of a time you practiced this competency.
- **WRITE A NOTE-TO-SELF** – Use a sticky note to record "WHAT?" and "SO WHAT?" That is: what happened and why it matters (the impact or outcome).
- **PREPARE FOR SHARING** - Determine whether and what you will share about this experience.

2 = PAIR SHARE With ONE thought partner (after individual reflection) (~ 8 minutes)

- **SWAP notes & TELL A STORY** of a time when you practiced / exhibited emotional intelligence competency identified in the prompt. Share how you felt about yourself and your job satisfaction. Discuss what you believe were the positive impacts/outcomes.
- **LISTEN to your partner's feedback/** reaction/ comments

4 = TASK TEAM -Small Group collegial conversations (~ 12 minutes)

- **HUDDLE/ gather/ shift/ move to three common ground corners**

Divide participants into 5 groupings (SELF-AWARENESS, MOTIVATION, SELF-REGULATION, EMPATHY, SOCIAL SKILLS). Post these on wall or distribute them on a handout. Invite them to choose which they believe is the best fit for the growth behavior in their story. Of course, it doesn't matter which huddle they join. Within the huddles, ask participants to do the following:

- **SHARE interesting story examples** of their answers to the prompts
- **DISCUSS the positive impact/ outcomes** of their actions
- **PREPARE a spokesperson** to summarize the discussion highlights

ALL = WHOLE GROUP FOCUS (~ 10 minutes)

- **Have all RETURN** to their seats
- **Invite reports by each spokesperson**
- **“Wannabe” Behaviors:** Revisit the list of 5 emotional skills. Have **everyone create an action plan of skills they hope to further develop.**

HUDDLE SIGNS

SELF-AWARENESS

Clear understanding of your strengths, limitations, emotions, beliefs, motivations.

MOTIVATION

How you manage your emotions, behaviors, and impulses.

SELF-REGULATION

Capability of understanding another person's experiences and emotions

EMPATHY

Ability to inspire both yourself and others to action

SOCIAL SKILLS

Ability to build strong rapport.