

Julia Hippenrater: Emotions and Acts. On the development of emotional children's intelligence

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"What does emotional intelligence mean? This means peering into another person, to understand his condition, take care of him, possess the good stock of words and phrases that can call deep feelings and experiences. To be able to talk about feelings, understand your own emotions, to recognize the feelings and talk about them close - this is the emotional intelligence, the development of the human soul, the development of the psyche. This is awareness of itself and the ability to healthy communication with others. "

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Emotional intelligence develops in situations, in acts. And the actions of people are committed due to emotions. With the help of the game "Emotions and actions" you can materialize situations and experience emotions - everything is just like in life! Feelings, important vitality, ethics can be developed in a game form.

Emotions and actions. Intellectual psychological games for children and adults

The set of games continues a series of educational and games for children and adults "World Communication". The project's plan is to help adults spend time with children so that it is interesting, fascinating, and at the same time it is useful - developed a child mentally, emotionally and moral. In the games "Emotions and actions", the emphasis is made on the moral meaning of the actions and behavior of children. Learn to regulate your emotions, pay attention to the needs of other people, their states and experiences are not easy, and requires special attention and patience from parents.

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It is important to speak with children and simply, without edifying. Sometimes it is useful to provoke them, cause frankness so that emotions come to the surface. Children, of course, at such moments are confused, "frozen" for a moment, reason: "May be so to speak, or it is impossible? Is it good or bad?". But they can and need to be allowed to talk about their feelings! Let them learn to "digest" emotions in themselves to share them with you.