



EMOTIONAL INTELLIGENCE WITH A GENDER PERSPECTIVE

TITLE	Interactive Video with Multiple Choice Test for Emotional Intelligence
DESCRIPTION OF THE TOOL	This interactive tool is designed to help primary school students understand and practice Emotional Intelligence (EI) with a focus on inclusivity and gender diversity. The video includes a 10-question multiple-choice test. Each question is followed by a reflection that encourages students to think critically about their emotional responses and behaviors, particularly in relation to non-normative gender expressions and bullying.
OBJECTIVES OF THE TOOL	<ul style="list-style-type: none"> ● Introduce and explain the concept of Emotional Intelligence and its five components: self-awareness, self-regulation, motivation, empathy, and social skills. ● Encourage students to reflect on their emotional responses and understand the emotions of others, particularly in the context of gender diversity. ● Promote inclusive behaviors and prevent bullying based on non-normative gender expressions. ● Provide students with practical examples and scenarios where they can apply EI concepts in their interactions with peers.
TARGET GROUP	Primary School Students: Ages 6 to 12 years Primary School Teachers: Facilitators of the activity
TOOL DURATION	Total duration: Approximately 30-40 minutes <ul style="list-style-type: none"> - Tool Introduction: 5-10 minutes - Video Presentation and Multiple-choice test: 15 minutes - Reflection time: 5 minutes - Discussion and Wrap-Up: 5-10 minutes
RESOURCES & MATERIALS	<ul style="list-style-type: none"> ● Interactive video (attached) ● Computers/Tablets (optional for individual viewing) ● Projector/Screen (optional for whole-class viewing) ● Blank sheets of paper to write/draw on



**IMPLEMENTATION
OF THE TOOL**

1. Preparation

Ensure all students have access to the video. If using computers or tablets, verify that the video file can be opened and viewed. If opting for whole-class viewing, set up the projector or screen in a way that all students can see clearly. Prepare blank sheets of paper for the reflection activities.

2. Introduction

Start by introducing the concept of Emotional Intelligence and explaining that the class will learn about understanding and managing their emotions and those of others, with a focus on inclusivity and gender diversity. Emphasize the importance of these skills in creating a supportive and inclusive classroom environment.

3. Video Presentation and Multiple-Choice Test

Play the interactive video for the class. If individual viewing is used, guide students on how to access and start the video. If using a projector, ensure everyone can see the screen clearly. The video includes time to answer each multiple-choice question. Students should answer the questions as they appear on the screen. Ensure students are prepared to think about their answers during the allotted time in the video.

4. Reflection Time

After the video, provide students with 5 minutes to write or draw their reflections on the blank sheets of paper provided. Encourage them to think about how they can apply the concepts of Emotional Intelligence in their interactions, particularly in supporting peers who may be experiencing bullying related to gender diversity.

5. Discussion and Wrap-Up

Conclude with a discussion about what the students have learned from the video and test. Encourage them to share their reflections and discuss how they can use Emotional Intelligence to support their peers and create a more inclusive classroom. Collect the reflection papers if you plan to review them or allow students to keep them as a personal record.

**TIPS &
ADDITIONAL
INFORMATION**

- Foster an environment where students feel comfortable sharing their thoughts and feelings. Emphasize that there are no wrong answers and that the goal is to learn and grow together.
- Be prepared to sensitively address topics related to gender and emotional expression. Ensure that all students understand the importance of respect and inclusivity.
- Consider planning follow-up activities or discussions to reinforce the concepts learned. This might include role-playing, further reflection exercises, or additional lessons on Emotional Intelligence.



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