

WE ARE THE VOICES WE HEAR

Key Characteristics for School Readiness	Emotional Intelligence Skill	Emotional Intelligence Activity
Relatedness	Empathize	Sharing Kind Messages
Confidence	Motivate Oneself	Choosing Happy Thoughts
Cooperativeness (Service)	Control Impulse Delay Gratification	Being a Great Helper
Self-Control	Regulate One's Moods	Saying Affirmations with the words I Am
Capacity to Communicate Admitting Wrong and Saying I am Sorry	Keeping Distress From Swamping The Ability To Think	Saying I Am Sorry and the ability to forgive
Curiosity Freedom To Discover and Play	To Hope Dream and Goals	Sharing and compromising in play
Intentionality	Persist In The Face of Frustration	Speaking and thinking gratefulness