

HIGH Emotional Intelligence ?

**For 5 years and above. If your child is 4 and below, lets work towards this goal.



Find Out !

Take the quiz and add up the points as you go

Never: 0

Sometimes: 1

Often: 2

1



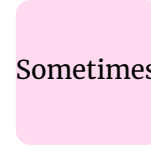
Self Awareness

Understanding your own thoughts, feelings, and actions. It's like having a mirror inside your mind that helps you know yourself better and how you impact the world around you.

1. My child is aware of their feelings .



Never



Sometimes



Often

2. My child understands the cause of their feelings



Never



Sometimes



Often

3. My child understands the different ways to respond to conflict



Never



Sometimes



Often

4. My child usually responds to conflict rationally



Never



Sometimes



Often

2



Self Management

Being in charge of your own actions and reactions. It's like having a superhero power to manage your emotions and make good choices even when things are tough.

3



Social Awareness

Understanding and caring about the feelings and perspectives of other people. It's like having a special pair of glasses that help you see how others are feeling and how to be kind and considerate to them.

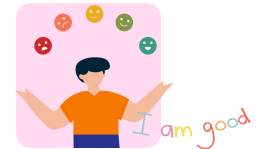
5. My child understands how to express their feelings respectfully



Never



Sometimes



Often

6. My child is concerned for other people's feelings



Never



Sometimes



Often

7. My child knows how to communicate well with others



Never

Sometimes



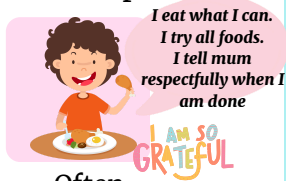
Often

8. My child is aware of what others expect of them



Never

Sometimes



Often

4



Relationship Management

Understanding of emotions and communication to build and keep good relationships. It's like being a friendship magician who knows how to resolve conflicts, make everyone feel included, and make friends feel happy and cared for.

5



Decision Making

Choosing between different options to make the best choice. It's like being the captain of your own ship, using your thinking and feelings to steer towards what's right and best for you.

9. My child understands the consequences of their actions



Never

Sometimes



Often

10. My child solves problems creatively ...



Never

Sometimes



Often

The Result

Brainbow Kids
powered by **espalogic**™



0-6 points

Your child can grow from their current low emotional intelligence since it's a skill everyone can learn through neuroplasticity. With dedication, they can develop this essential skill over time.



7-14 points

Your child's average emotional intelligence holds the potential for a high EQ through consistent practice and behavior-focused habits with added support



15-20 points

With their high emotional intelligence, your child is primed for strong relationships in their personal and professional life. Focusing on refining impulse control and decision-making will further bolster their skills.

No matter your child's current score, improvement in emotional intelligence is always possible. It's a learned skill. Brainbow Kids offers teachings in EQ and life skills to help.