



BUCKET FILL-OSOPHY 101™

Weekly Words of Wisdom to Keep Your Bucket Filled

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Teaching Emotional Intelligence

By Carol McCloud



It makes no difference whether our audience is filled with 5-year-olds or 50-year-olds, we teach three rules to a happier life in every Bucket Fillers presentation. Our latest book, *Growing Up with a Bucket Full of Happiness* explains more about these rules, which help to increase emotional intelligence as we learn, practice, and master the three rules that will keep our buckets filled.

According to Travis Bradberry and Jean Graves, authors of *Emotional Intelligence 2.0*, (a book I highly recommend) EQ (Emotional Intelligence) consists of self-awareness, self-management, social awareness, and relationship management. EQ is the ability to recognize and understand emotions in yourself and others and the ability to use this awareness to manage your behavior and relationships. Their research shows that high EQ is a much greater indicator of success, satisfaction, and happiness than IQ (cognitive intelligence), which is a number representing a person's reasoning ability (measured using problem-solving tests).

Their research confirms ours; unlike IQ, EQ is a learned skill which has a huge positive affect on a person's life. And, unlike IQ, a person's EQ is fluid. You can develop this skill as you can develop other skills.

According to Bradberry and Graves, EQ is made up of personal and social competence. Personal competence means that you are aware of your emotions and you know how to manage your behavior. Social competence means that you are able to understand the motives, moods, and behavior of others and the affect these have on your relationships.

Our three bucketfilling rules teach emotional intelligence in a slightly different way.

Rule 1. Be a Bucket Filler, or be kind, is basically, the Golden Rule: *Treat others as you would want to be treated.*

Rule 2. Don't Dip, or don't be mean, is basically the ability to: *Think before you speak or act.*

Rule 3. Use Your Lid to protect your bucket and emotions, which is basically the ability to: *Understand other people's negative behaviors, moods, and motives so that their affect on your emotions and behavior is limited.* We also teach the importance of being aware of the level of happiness in your bucket and doing what you can to increase it.

As school districts wrestle with ways to reduce bullying and the effects of bullying on others, I believe the monies invested in solving this problem would be better spent to help our children become more emotionally intelligent. Our *Growing Up* book and *My Bucketfilling Journal*, can help increase emotional intelligence through the 30-day practice of self-reflection, self-management, social awareness, and relationship management. With help from a committed teacher, emotional intelligence can be taught and discussed at the classroom level. It can also be discussed at home with parents equally involved in the daily review.

Yes, we can teach our children the importance of being kind and how to better understand and manage their own emotions. We can also teach them how to protect themselves from the negative situations and people that they will encounter as children, teens, and, adults.

To learn more about how the feeling and reasoning centers of our brains interact and 66 strategies to increase your own EQ skills, pick up a copy of *Emotional Intelligence 2.0*.

It will fill your bucket.

Making a Difference

The Bucket Fillers Team has visited **745 bucketfilling schools and organizations in 36 states and provinces** from September 2006 to October 2011

* Visit our website for a complete list of bucketfilling schools and organizations.

Designed and edited by Glenn Merillat

Congratulations Cynthia!

Cynthia Lattimore, of Auburn, New York, is our bucket filler of the week. You have a book coming your way. Every bucket filler is a winner. Encourage your friends to get their buckets filled by subscribing to our free e-newsletter at www.bucketfillers101.com

Words of Wisdom

"You cannot prevent the birds of sorrow from flying over your head, but you can prevent them from building nests in your hair." — Chinese proverb