

Emotional Intelligence in Children

TALK. LISTEN. GROW TOGETHER.

Emotional intelligence helps kids understand themselves, connect with others, and make thoughtful choices. Use these questions to spark meaningful conversations at home.



Small moments.
Strong connections.
Emotional skills
for life.



DR. MICHAEL ZAKALIK, PSY.D.
Psychologist for Parenting | Z Psychology

QUESTIONS TO CONNECT AND REFLECT



1. KNOWING OUR FEELINGS

- What is one feeling you had today?
- What happened that made you feel that way?
- How did it feel in your body?
- What do you usually do with that feeling?



2. MANAGING BIG FEELINGS

- What helps you calm down when you feel upset or frustrated?
- What are some other ways you can handle big feelings?
- How can I help you when you're having a hard time?



3. UNDERSTANDING OTHERS

- How do you think your friend or sibling was feeling?
- What are some clues that help you know how someone feels?
- How might they be feeling right now?



4. MAKING GOOD CHOICES

- What was a choice you had to make today?
- What did you decide and why?
- Was it a helpful choice? What might you do next time?



5. BUILDING STRONG CONNECTIONS

- What makes a good friend?
- How can we show kindness to others?
- What can we do when we have a conflict with someone?



6. GROWING TOGETHER

- What is one thing you're proud of today?
- What is something you want to get better at?
- How can we support each other this week?

TIPS FOR MEANINGFUL CONVERSATIONS

 Listen without fixing right away.	 Validate their feelings.	 Ask open-ended questions.	 Pause and give them time.	 Small talks grow big connections.
---	--	---	---	---



Understanding minds.



Strengthening connections.