

## HOW EQ INSTRUCTION SUPPORTS BEHAVIOR MANAGEMENT

In addition to its other benefits, EQ education is an important aspect of classroom management. Since EQ, by definition, is the ability to manage emotions, get along with others, and problem-solve effectively, students with strengths in emotional intelligence are less likely to be disruptive, struggle with self-regulation, or get into trouble. Therefore, teaching EQ skills is a proactive way to prevent behavior issues.

Our 30 EQ lessons in *Boost Emotional Intelligence in Students* are proactive because they help students work together, develop social skills, and establish relationships. The more connected students feel to their school and their peers, the less likely they are to engage in inappropriate or antisocial behavior.

EQ instruction also provides support for students who have already presented behavior challenges. A child cannot be punished into compliance. Simply telling students that they're doing something wrong is unlikely to motivate them to behave appropriately or help them understand what to do instead.

Imagine that a student fails a test but rather than being retaught the material or otherwise supported, is just given a low grade with no additional guidance. We view inappropriate behavior in a similar way. It stems from deficits in skills or motivation, which can and must be addressed through supportive instruction. Once students have been taught the necessary skills, they can be prompted to use those skills in challenging situations.

Naturally, students with particularly challenging behaviors or disorders need more supportive instruction than their peers and more time to unlearn ineffective behaviors and learn helpful ones founded on EQ skills. Explanations may be given and reviewed again; activities can be repeated; role-play practice can be done again with an adult providing constructive feedback. Whatever classroom management looks like in your school, EQ can help.

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