

# E-I-E-I Oh!

Enhancing Inclusion,  
Participation & Performance for  
Every Student

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Picture of the Hulk here

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## **EMOTIONAL INTELLIGENCE is like BODY INTELLIGENCE**

- You can learn it
- Just messages – not negative or positive
- Emotional and physical pain process the same
- Pain and injury require care
- Not paying attention = Disaster

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**Don't let them get  
under your skin,  
that's how they win.**

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**To Hell with them.  
Nothing hurts if you  
don't let it.**

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**Congratulations.  
Now I hate you.**

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WHAT YOU SEE	WHAT I FEEL
Pissed Intimidating Sad Tired Pissed Sad Upset Pissed Sad Upset Bitchy Angry Intimidating Cold Pissed Bitchy Angry	Nothing Tired Anti-social Judged Alone Empty Bored Angry Tired scared Nothing Cold Empty Judged

**Picture of a topless man handling a gun**

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**Drawing of a person  
holding their body  
tightly, with fists up,  
while their head  
explodes**

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## **RESILIENCE**

- **Bouncing back**
- **Requires hardship, failure**
- **Practice makes a difference**
- **Support makes a difference**
- **Culture makes a difference**

**Picture  
of a  
person  
doing a  
back  
bend**

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Avoid gender-segregated spaces  
in school **33%**

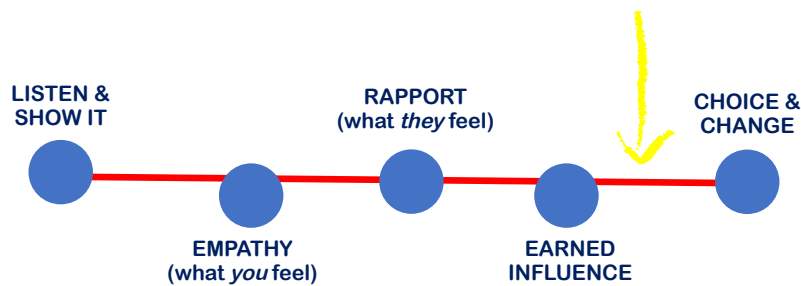
Avoid school functions and  
extracurricular activities  
**70%**

**UNSAFE**  
**UNCOMFORTABLE**

GLSEN 2015 National School Climate Survey

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## RAPPORT & INFLUENCE



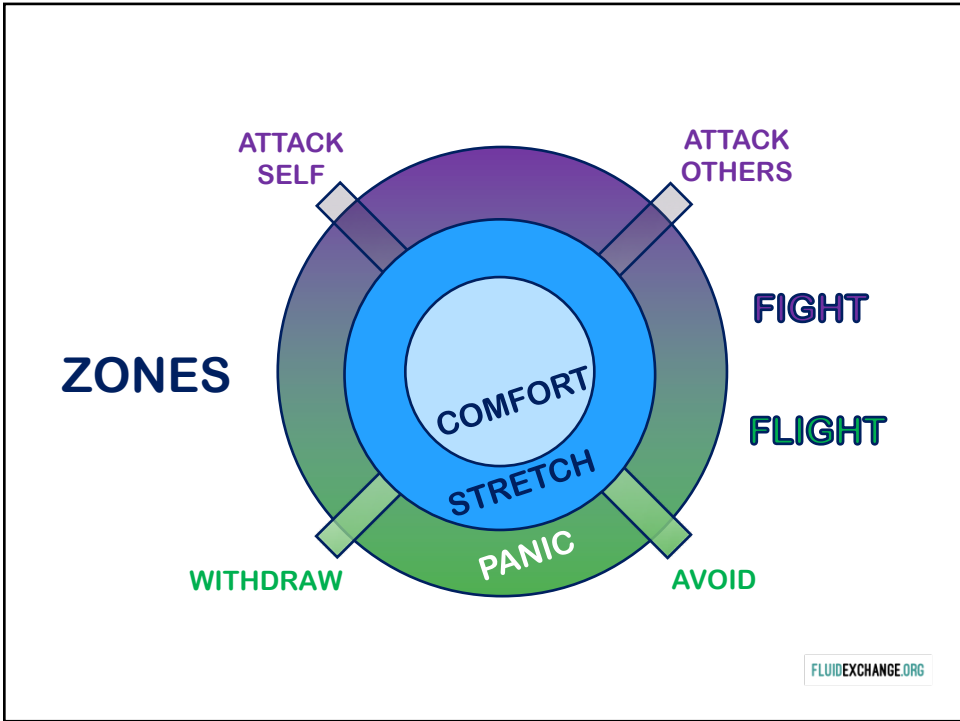
Rapport is what they feel,  
**Empathy** is how we get it

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Picture of a dense forest of trees

**EMPATHY**

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## Upping Emotional Resilience

1. **KNOW** your zones + **STRETCH**
2. **HELP** students do the same
3. **CALL** a feeling what it is
4. **CHECK** your own stuff

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**Whatever you do will be insignificant.  
But it is very important that you do it.**

-Mahatma Gandhi

**THANK YOU!**

Karen B. K. Chan

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