

## Student Projects: Special assignments to promote social and emotional intelligence

In addition to the **6 Steps**, eight specific projects have been identified to promote social and emotional intelligence. Each project is designed to hone in on the skills associated with Emotional Literacy. The projects require students to write about or perform an activity pertaining to the perception of emotion, the use of emotion, the understanding of emotion, and the regulation of emotion in themselves and others. We recommend teachers wait about one month before assigning these projects - that way students are well-acquainted with the purpose of the program. In order to get through all the activities, teachers should assign one project every month. Finally, we encourage teachers to modify the projects to accommodate the needs of their grade level curriculum content as well as the needs of the students. Students should be provided with written guidelines for each project.

#	PROJECT	AREAS OF EMOTIONAL LITERACY
1	Collage or Mobile Project	Expression and Perception of Emotion
2	Anger Project	Self-and other awareness, Expression, Perception, Understanding, and Regulation of Emotion
3	Commercial Project	Expression, Perception, and Understanding Emotion
4	Sadness Project	Self-and other awareness, Expression, Perception, Use, Understanding, and Regulation of Emotion
5	Television Observation Project	Expression, Perception, Understanding, and Regulation of Emotion
6	Happiness Project	Self-and other awareness, Expression, Perception, Use, Understanding, and Regulation of Emotion
7	Art Appreciation Project	Expression, Perception, Use and Understanding of Emotion
8	Song Appreciation Project	Expression, Perception, Use and Understanding of Emotion