

EMOTION REVOLUTION

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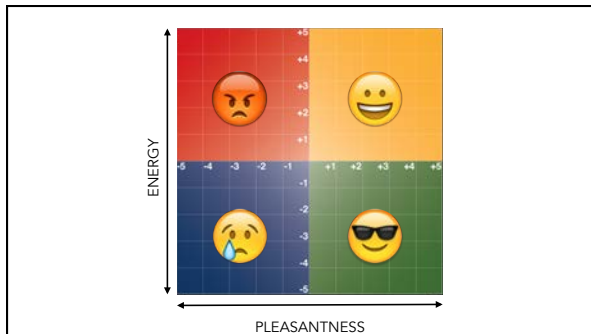
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Yale Center for Emotional Intelligence

BORN THIS WAY FOUNDATION
 PROMOTING PSYCHOPHYSIOLOGICAL WELL-BEING

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HOW ARE YOU FEELING TODAY?



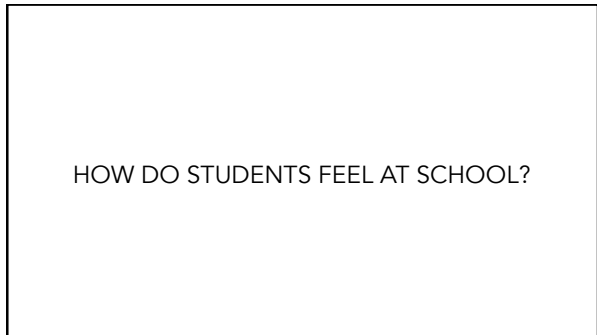
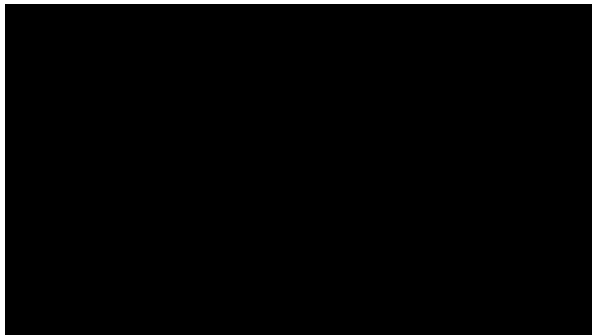
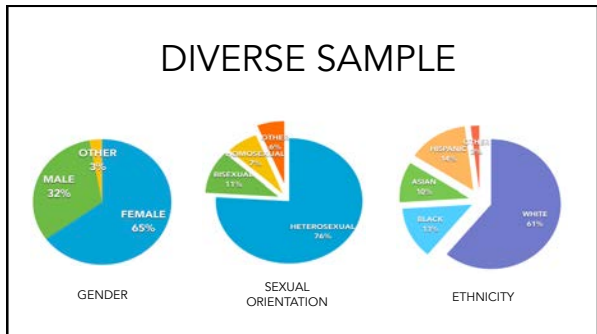
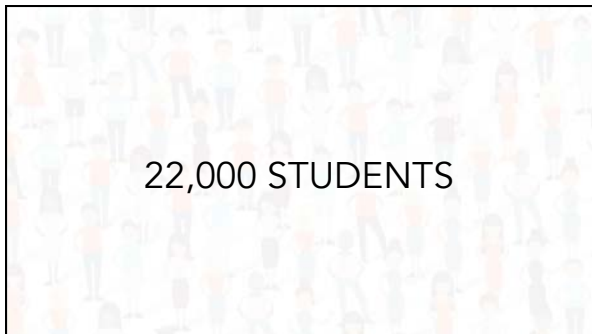
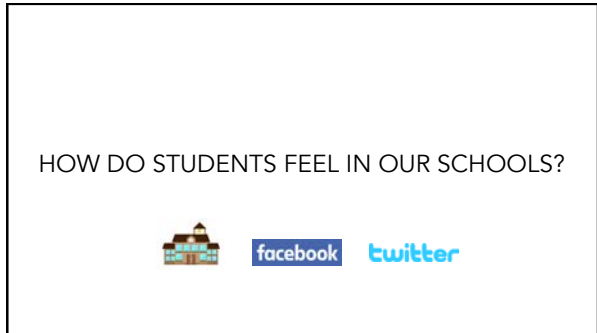
EMOTIONS MATTER

- ATTENTION, MEMORY, AND LEARNING
- DECISION MAKING
- RELATIONSHIP QUALITY
- PHYSICAL AND MENTAL HEALTH
- EVERYDAY EFFECTIVENESS

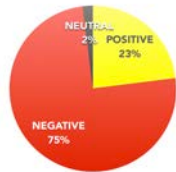
Yale *Center for Emotional Intelligence*

OUR VISION:

TO USE THE POWER OF EMOTIONAL INTELLIGENCE
 TO CREATE A HEALTHIER AND MORE COMPASSIONATE
 SOCIETY SO EVERYONE REACHES THEIR FULL POTENTIAL



HOW DO STUDENTS FEEL AT SCHOOL?



Among the top 10 emotions named, 8 were negative and 2 were positive.

STUDENTS FEEL...



TIRED



BORED

70% of the time



STRESSED

80% of the time

THERE ARE TWO TYPES OF STRESS

GOOD STRESS (POSITIVE CHALLENGE)

- Motivates us
- Promotes well-being
- Enhances performance

BAD STRESS (NO RELIEF IN SIGHT)

- Makes us physically sick
- Weakens the immune system
- Impairs performance

HOW DO STUDENTS WANT TO FEEL AT SCHOOL?

STUDENTS WANT TO FEEL...



HAPPY



EXCITED



ENERGIZED

HOW DO STUDENTS' EXPERIENCES AT SCHOOL RELATE TO THEIR FEELINGS?

STUDENTS WHO SAID...

Other people have been mean or cruel to me

tend to feel more

Lonely Fearful Hopeless

STUDENTS WHO SAID...

What I'm learning is relevant to my goals in life

tend to feel more

Interested Respected Happy

STUDENTS WHO SAID...

In my school, teachers deliver engaging and interesting lessons

tend to feel

Less bored More respected Happier

THERE IS A GAP

BETWEEN

HOW STUDENTS FEEL AT SCHOOL
&
HOW THEY **WANT TO FEEL** AT SCHOOL

WE NEED AN...

**EMOTION
REVOLUTION**

WE NEED TO CLOSE THE GAP

WE NEED TO MAKE SCHOOLS PLACES
WHERE ALL STUDENTS FEEL...

HAPPY . EXCITED
ENERGIZED . INSPIRED
SAFE . COMFORTABLE . VALUED . RESPECTED
CONNECTED . SUPPORTED
BALANCED . CONTENT
EMPOWERED . MOTIVATED
PASSIONATE . PURPOSEFUL

THE JOURNEY BEGINS TODAY WITH

YOUR VOICE
YOUR WISDOM
YOUR HARD WORK
AND LOTS OF FUN!

EMOTION REVOLUTION

THE TIME IS NOW!

Yale Center for Emotional Intelligence

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EMPOWERING YOUTH • INSPIRING BRAVERY

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