

# WEEKLY DISCOVERIES



All Things E.Q.  
The Discovery of You

## Quarter 1

Am I being kind and helpful in this moment?

### Week 1: EQ AND IQ

*Understanding how to apply EQ skills to our learning.*

### Week 2: HELP YOU AND HURT YOU

*Learning the power of our thoughts.*

### Week 3: NON-VERBAL AND VERBAL COMMUNICATION

*How body language affects learning.*

### Week 4: SHOWING UP OR SHUTTING DOWN

*Being conscious of how we "show up" in class.*

### Week 5: WHO, WHAT, WHEN

*Learning inclusion and recognizing exclusion.*

### Week 6: COMMUNICATION

*Greetings, handshakes, and small talk.*

### Week 7: DELAYED GRATIFICATION

*Valuing effort over outcome.*

## Quarter 2

Am I using positive self-talk?

### Week 1: MOTTO

*Developing a personal motto.*

### Week 2: KNOW

*Applying optimism to school.*

### Week 3: POSSIBILITIES

*Making space for better experiences.*

### Week 4: MISTAKES

*Mistakes can motivate, or they can stop us.*

*Make mistakes a motivator.*

### Week 5: GOODBYE

*Identifying limiting beliefs and learning to let them go.*

### Week 6: GOSSIP

*Practicing the three easy ways to avoid gossip  
and protect one another.*

### Week 7: OPEN-MINDEDNESS

*Curious people show up with humility  
and learn more quickly.*

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## Quarter 3

Am I making an honest effort?

### Week 1: EFFORT

*Understanding that we contribute positive or negative energy to our life.*

### Week 2: PERSEVERANCE

*How to value confusion as an important part of learning.*

### Week 3: BALANCE

*How not to resent work as an infringement on play. Life has both.*

### Week 4: PURPOSE

*Reflection on what we think of as a "have to" vs. a "want to" and reducing the divide.*

### Week 5: CONSTRUCTIVE CRITICISM

*Becoming comfortable with feedback.*

### Week 6: BREATHE

*Learning to wait a few breathes in order to respond rather than react.*

### Week 7: GROUPS AND INDIVIDUALS

*Understanding group dynamics and why groups operate differently.*

## Quarter 4

Am I focusing on solutions instead of problems?

### Week 1: GO WITH THE FLOW

*Learning how to accept change and imperfection to create adaptability.*

### Week 2: BLAME

*Recognizing how blame feels like a solution when it really blocks solutions.*

### Week 3: DO OVER

*Learning from our mistakes and practicing how we wish we handled the situation.*

### Week 4: RESILIENCY

*Having shock absorbers to handle the bumpy roads.*

### Week 5: COMPLAINING

*Conscious vs. Unconscious Complaining – breaking the habit.*

### Week 6: PERSPECTIVE

*Problems are often a matter of perspective.*

### Week 7: SOLUTIONS

*Staying solutions oriented.*