



At Legend Springs we strive to have a strong academic foundation and work hard to deliver a rigorous academic program, **Intelligence Quotient or IQ**. We realize IQ alone does not make successful children and adults, we also develop the **Emotional Quotient or EQ**.



All Things, EQ 3 Key Areas

~Leadership Development~

~Develop a Positive Culture~

~Develop Social & Emotional Skills~

What humanitarian activities have been cultivated through the All Things, EQ Program at Legend Springs?

Letters to the Second Grade

Positive messages in the restrooms

Hlgh 5 Fridays

Donations to St. Mary's Food Bank

Morning Announcements

Partner with Student Council

Clean up the playground

Model SPOT ON hallway expectations for younger grades

Assist younger grades in Art

Welcome grandparents on "Grandparents Day."



EQ Ambassadors share positive messages in the restrooms to brighten everyone's day!

How do we apply what we learn?

The Ripple Effect:

One of the easiest ways that we can promote a positive school climate and share kindness is by starting a ripple effect or a smile effect each day.

The ripple or smile effect is when someone smiles at someone, which makes them feel happy and helps to communicate "they matter".

It's as easy as sharing a simple smile, saying "thank you" or opening a door for someone. These simple and random acts of kindness create a ripple effect which causes several positive feelings and interactions for others throughout the day



"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees."

-Amelia Earhart

EQ Ambassadors in Action



Flagpole Fridays at Legend Springs are a special tradition for students, teachers, & families as they gather in our courtyard for announcements. As students are dismissed to their classrooms the EQ Ambassadors greet each other with a “high-five” communicating that everyone matters.



In November, the Fifth Grade EQ Ambassadors partnered with Student Council to support St. Mary’s Food Bank in their Kids Feeding Kids initiative.

Student Testimonials

How has learning about EQ helped you?

“Learning how to increase my E.Q. has made me a *happier* person. I *smile* a lot more and I know that making mistakes are okay and not to beat myself up for it.”

-Hailey Bishop

“Learning about raising my EQ has changed me in the following way. Now, when I catch myself having of a negative thought, I have learned to “say goodbye!”

-Sydney Cupisz

“Learning about raising my Emotional Quotient has impacted me because now I know how to *stay above the line* more often and to give more to others. It has also changed me because now I think of *others more than myself*.”

-Alejandra Larios

“Learning about ways to raise my Emotional Quotient has *changed me* because now I focus on the *solution* rather than the problem.”

-Logan McDonald

Legend Springs Elementary School



*Created
by
EQ Ambassadors*

