

# EMOTIONAL INTELLIGENCE GROWTH CHART

*A Resource for Intentional Parenting*

## **Self-Awareness**

- Can name 3+ distinct emotions
- Recognizes physical cues of stress
- Understands personal triggers
- Can verbalize likes and dislikes

## **Self-Regulation**

- Uses "Stop and Breathe" method
- Can wait 5 minutes for a turn
- Recovers quickly from setbacks
- Asks for space when overwhelmed

## **Social Awareness**

- Notices when others are sad
- Shows empathy through actions
- Respects personal boundaries
- Understands diverse perspectives

## **Relationship Skills**

- Practices active listening
- Uses "I feel" statements
- Collaborates well in a group
- Navigates conflict calmly

## **Observations & Reflections**

Developmental milestones are unique to every child. Focus on progress, not perfection.