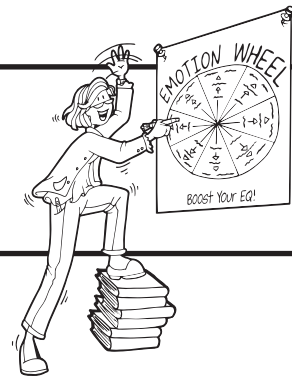


Kagan

Social-Emotional Learning (SEL) Day 2 Agenda

**A) Introduction**

- 1) Rationale for EQ
- 2) EQ vs. IQ for Workplace Advancement
- 3) Day 2 Goals
- 4) Find-A-Partner
 - a) RallyRobin
 - b) Pair Share
 - c) Timed Pair Share
 - d) RallyRobin

B) Forming New Teams

- 1) Pairs Pair
- 2) Teambuilder: Choose-A-Chip

C) 5 Dimension of EQ Overview**D) Self-Knowledge**

- 1) Emotion Cards: Choose-A-Chip
- 2) Literature to Develop Self-Knowledge
- 3) Team Statements

— AM Break —

D) Self-Control

- 1) Emotional Hijacking
- 2) Negative Emotion Differentiation
- 3) Assessing Alternatives: RallyTable Consensus
- 4) Cool Downs
 - a) Gambits: Disagree Politely
 - b) Cool Down Cards: I Walk, I Talk
 - c) Cool Down Tools

E) Silly Sport & Goofy Games

- 1) Row, Row, Row Your Boat

— Lunch —

F) Self-Motivation

- 1) Why Big Rewards Decrease Cognition
- 2) State Changes
- 3) R3C
- 4) Visualization

G) Empathy

- 1) Photos
- 2) Paraphrase Passport

H) Silly Sport & Goofy Games

- 1) Pantomime Relay

— PM Break —

I) Relationship Skills

- 1) Embedded Curriculum
- 2) Both Record RallyRobin

J) Wrap

- 1) The Dash
- 2) Evaluations