



Stop Bullying Before it Starts:

Arming Our Children with Emotional Intelligence

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Glossary

Child Development – Occurs within the context of relationships.

Cognition – Mental processes, including memory, reasoning, understanding and communication.

Contingent Reactions – One's own reaction to another's emotional state that can encourage or discourage emotional expressiveness and lead to an understanding and coping of one's own emotions and the emotions of others.

Emotion – A state of feeling. A conscious mental reaction (as anger or fear) subjectively experienced as strong feeling usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body. A red flag alerting us to something going on – informs, warns, signals both within the self and about others.

Emotional Intelligence - Expressing, understanding and managing emotions, developing emotional regulation, utilizing empathy, self-control, problem-solving, anger management and conflict resolution.

Emotional Intensity – A notable change in a person's world that can be caused by an environmental event, actions of an individual, or memory (i.e., song, event, rollercoaster, fear, not getting a cookie).

Emotional Regulation – Managing the emotional intensity that accompanies social interactions.

Empathy – The capacity for understanding, being aware of, being sensitive to and vicariously experiencing the feelings, thoughts and experiences of another of either the past or present without having the feelings, thoughts and experience fully communicated in an objectively explicit manner.

Executive Functions – Social and Emotional functions of the brain, such as emotion, reasoning, judgment, personality, impulse control and social behaviors. Executive Functions are controlled by the prefrontal cortex.

Neuroplasticity – The sculpting of the brain's circuitry during a child's period of growth depends to a great degree on what a child experiences from day to day. During this window of development, environmental influences on brain growth are particularly powerful in shaping social and emotional neural circuits.

Optimal Zone for Learning - When children are taught to understand, manage and master their feelings, their energy is freed and available so the child can focus on learning with reduced anxiety, offering greater attention to learning.