

# Emotionally intelligent tips for improving pupils' behaviour

Teacher's notes



**Our FREE downloads are regularly described as “amazing” and “awesome”.**

If you agree why not consider purchasing our structured KS2, 3 and 4 packs, which are proven to be even more effective?

<b>My World</b>	emotional literacy for KS2
<b>It's OK Being Me</b>	emotional literacy for KS3
<b>Discovering Me</b>	emotional literacy for units outside mainstream education
<b>Empowering Me</b>	emotional literacy for KS4
<b>Insight Series</b>	modular short programmes for KS2, 3 & 4

Developing an emotionally intelligent school involves commitment, time, and planning. VisionWorks teaching programmes systematically build emotional intelligence and profoundly improve the climate for learning.

Available from:

[www.vision-works.net](http://www.vision-works.net)

01249 409001

[info@vision-works.net](mailto:info@vision-works.net)

**Written by teachers for teachers**

## Emotionally intelligent tips for improving pupils' behaviour

- Give pupils a language to describe their emotions; get them used to talking about their feelings.
- Pay attention to those who are behaving well. Try and ignore misbehaviour. Reward good behaviour, not bad.
- Be specific with your praise. Say exactly what you like about a pupil's work or attitude. People always feel better when they know precisely what it is that they have done well. That way they can repeat that behaviour more easily.
- Get your pupils to think carefully about where they are sitting, before the lesson. Ask them to choose to sit next to someone they don't normally sit next to, and to decide in advance who that will be.
- If a class is too noisy and not listening to you, split them up into smaller groups, 'handpicked' by you, and give everyone in the group a position of responsibility. A central tenet of emotional intelligence is that people should have feelings of power and control.
- Give your instructions in a calm fashion. Try to avoid shouting and appearing angry. Show that you have control over your own emotions.
- Never give in to panic. Panicking inhibits your ability to make good decisions. As best you can, take time for a deep breath or initiate a change of direction which will change the energy.
- Walk away from confrontations. The emotionally intelligent teacher always buys him or herself time to think about how best to deal with a situation.
- We all behave because of how we feel. Ask badly behaved students how they are feeling in general to be behaving in this particular way. Then ask if they want to continue to make their feelings more important than anyone else or the whole class.
- Institute an emotional literacy programme during your tutor times. Encourage the whole school to participate.