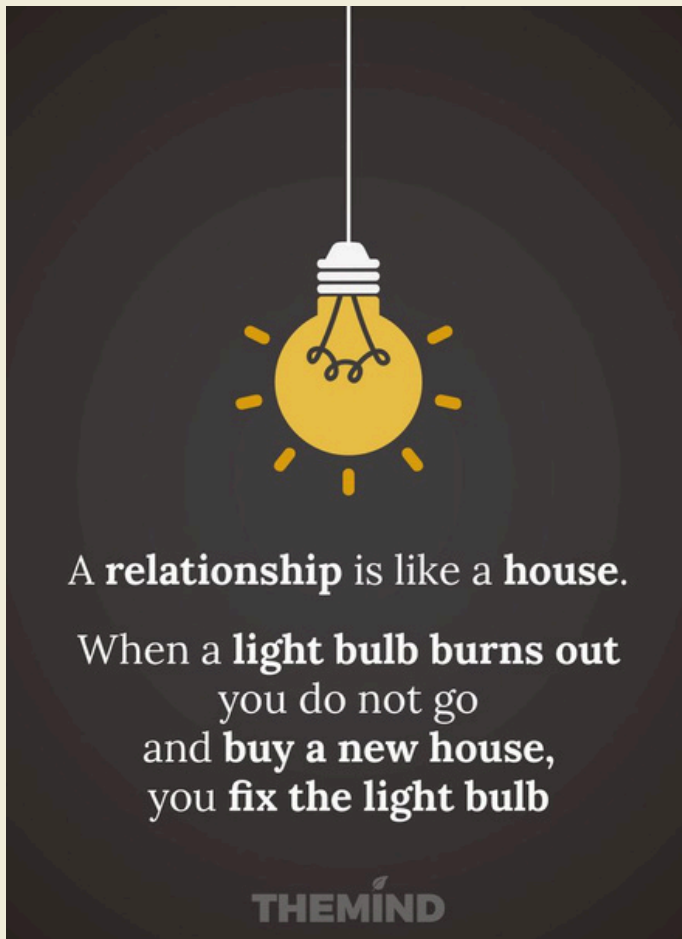


# Seeds of connection

Growing relationships that last for life



## Counsellor's Newsletter



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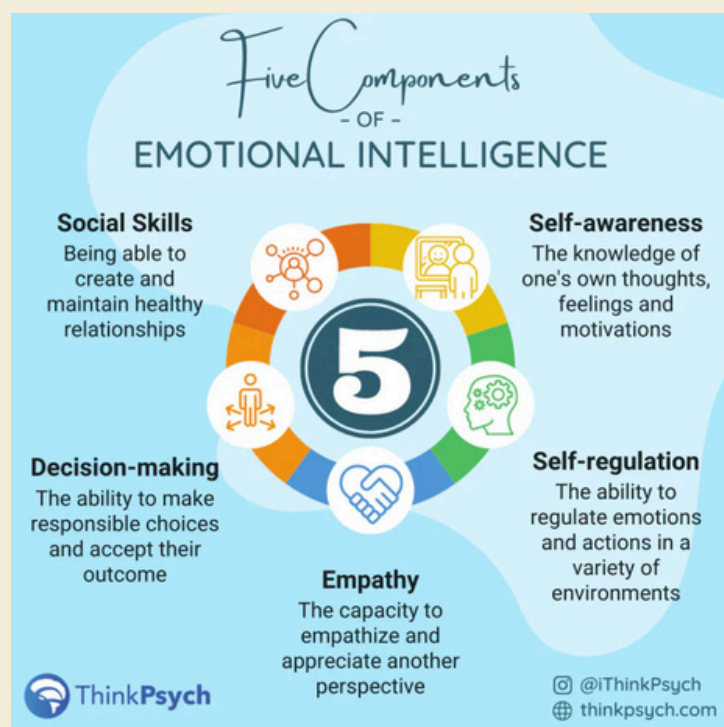


Relationships are at the heart of human connection, shaping how we grow, learn, and thrive. The quote above highlights the importance of maintaining and repairing relationships rather than abandoning them at the first sign of trouble. Just as one wouldn't replace a house for minor issues, relationships require effort, understanding, and care to address challenges and strengthen the bond. The bond between friends, family, or peers, is the ability to build and nurture relationship skills that can be developed from an early age.

In today's fast-paced and often digital world, teaching kids the value of empathy, communication, an open-minded approach, and respect is more important than ever. Every relationship in our life changes as per the age factor, changes in the surroundings, maturity, and experiences at different stages to develop our emotional intelligence.

# What is Emotional Intelligence?

Emotional Intelligence (EI) is the ability to identify, control, and successfully respond to our own emotions as well as those of others. Our emotional bond with a specific someone determines our relationship with them. Usually, relationships with people around us are wired differently. In certain parent-child interactions, we can observe that the child's attachment to his mother is distinct from his attachment to his father. In this sense, the emotional ties of teachers, friends, relatives, and siblings differ. Relationships are like wires, the inappropriate connection will create worries, however the appropriate connections can ease the functioning.



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For instance – A child learns that we should appreciate those who serve us in our daily lives, for example, if parents treat their maids (helpers) with kindness, sincerity, empathy, and respect at home. Another illustration might be a young child who fears arithmetic because he lacks the requisite abilities, lacks confidence, and receives negative feedback regarding his early education. That memory causes him to hate the subject for the rest of his life. For math facilitators, such a strong self-made opinion could also result in long-term insecurity.

Such experiences in early childhood build a child's understanding, interest, mannerisms, opinions, memories, behavior patterns, attitude, and self-control skills. Developing these soft skills are necessary for children to identify their perspectives. Self-awareness, social awareness, self-management, and relationship management skills are required to develop from an early age to negotiate with their feelings and to tackle them. Such positive and negative memories impact every individual's life, and they learn from it.

At DYPIS, we recognize children require more support to understand and unfold their feelings to get them on the positive pathway to validate their feelings and perspectives. Therefore, we develop such soft skills in our wellness classes. Our young children need to understand the management of their emotions, so we introduced the feelings meter. This helps them to recognize the level of their anger, how to make themselves calm in certain situations, and understand other's feelings as well.

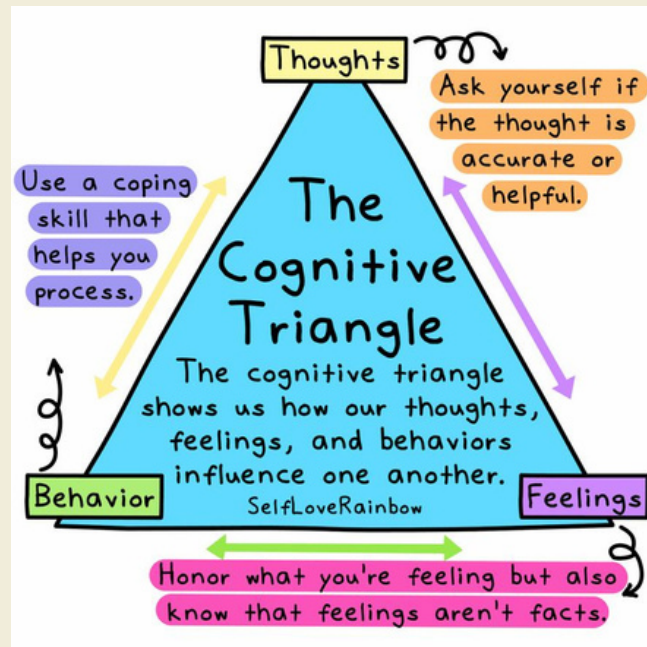
Our learners were taught the cognitive triangle, which is a tool that illustrates the relationship between how we think, feel, and behave. It's one of the essential components of understanding cognitive processes.



The focus of the activity shows that thoughts create feelings and feelings lead us to act a certain way. If one finds oneself stuck in a negative cycle in their life, it may be helpful to explore the role that one's thoughts, feelings, and actions play so that one can break out of that cycle.

Let's take this simple example:

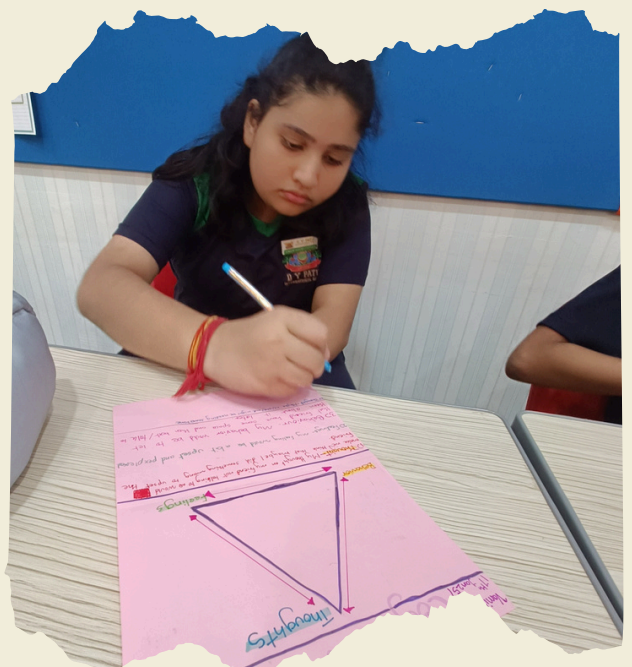
- Thought: "My friend doesn't talk with me anymore."
- Feeling: Sad, defeated, embarrassed, angry
- Behavior: not putting effort, noticing patterns of behavior, negative self-talk, and staying isolated.



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With the help of the cognitive triangle, a person will be able to challenge this negative thought and replace it with a positive one:

- Alternative thought: "Introspect and take time to understand the situation, give space to each other to calm down and respond."
- New feeling: balance of emotions, interest, hope, vulnerable
- New behavior: politely talk to friends to understand and resolve the conflict, self-management, focus on self-control skills

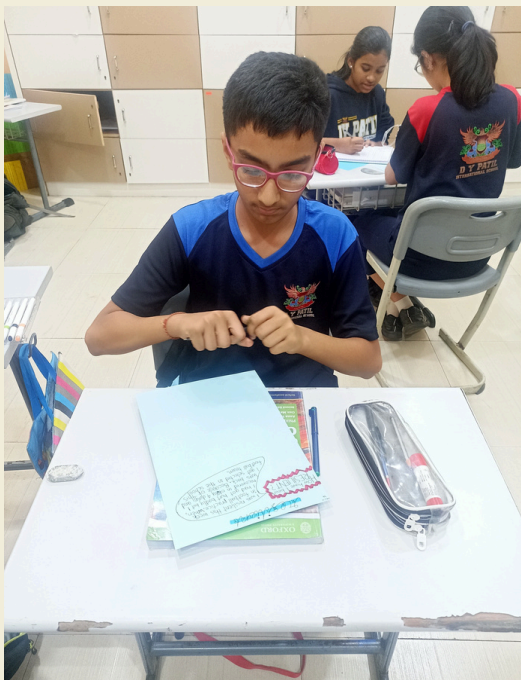




Resilience and relationships go hand in hand, especially for young adults. Strong, supportive relationships—whether with friends, family, or teachers—provide a safe space for them to express their feelings, face challenges, and learn from failures. These connections help build emotional strength, teaching learners to cope with setbacks and adapt to change.



When they experience kindness, trust, and empathy in their relationships, they develop confidence and a sense of belonging. This foundation empowers them to tackle life's ups and downs while fostering their ability to form meaningful connections with others. Resilience grows stronger when nurtured through healthy, positive relationships.



Our learners use such tools to understand their thought processes and work on it under the guidance of wellness facilitators.

Parental impact on children plays a prominent role in their lives. Children are like sponges, soaking up behaviors and habits from those around them, especially their parents and caregivers. From the way parents handle stress to how they interact with others, kids observe and often mirror these actions, shaping their behavior and attitudes. Hence, it is mandatory to inculcate the seeds of empathy, resilience and empower them with good moral values.

Here are some tips for parents to develop such skills:



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It is said that how the other person or situation makes us feel remains with us forever, it impacts our lives. Hence it is vital to surround children with positive memories, logical reasoning and develop their problem-solving skills.

Positive relationships enable children and adolescents to manage stress, speak curiosity, and fuel the connections that support the development of the complex skills and competencies necessary for learning success and engagement. Such relationships also simultaneously promote well-being, positive identity development, and learners' belief in their abilities.

To succeed in life, intellectual ability alone is insufficient. While IQ can aid in achieving high test scores and grades, emotional intelligence aids in the management of stress, anxiety, loneliness, emotions of betrayal, and other issues. Maintaining our relationships, mental health, and emotional well-being all depend on how we handle these feelings and circumstances. As a result, building a healthy relationship is a continuous, two-way process that requires patience and time. It is our fundamental duty to enable our children to develop their mentality and to raise them to make wise decisions throughout their lives.



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