Emotional Literacy, a Different Way of Being Smart.

By Rose Sheehan, licensed instructor

As parents, we want to see our children succeed in all aspects of life. Developing the intellect alone, however, will not provide a solid foundation. Emotional literacy is a form of social intelligence that involves the ability to recognize one's own and others' feelings and emotions, to be discerning among them, and to use this information to guide one's thinking and actions to a higher level.

Developing emotional intelligence allows us to manage distressing moods well and control impulses. It is being motivated and remaining positive and optimistic when facing setbacks in working toward goals. It leads to empathy and knowing what the people around you are feeling. It also applies to social skills such as getting along well with others, managing relationships, and being able to persuade or lead others. While intellect helps get the job, emotional intelligence helps keep it and advance up the ranks in whatever you endeavor. In a larger, more global sense, developing this aspect of our being impacts and enriches human relations.

Give your children the opportunity to cultivate these valuable skills: persistence in the face of challenges, setting and achieving goals and overcoming self limiting beliefs, charity and service of higher goals, ability to take action that considers the needs of self and others. USK Karate teaches a balanced system of personal development, self-defense, and overall mental, physical and spiritual wellness. Contact us for a free consultation.