

Emotional Intelligence & Empathy Framework

Josie Education Program · Resonance Curriculum

Purpose

Emotional intelligence (EQ) is the foundation of learning, relationships, creativity, and ethical decision-making.

This framework ensures that Josie's academic, artistic, and practical studies are grounded in **self-awareness, empathy, emotional regulation, communication, and compassion-based reasoning** from her first birthday through adulthood.

Core Dimensions of EQ

Dimension	Description	Guiding Practices
1. Self-Awareness	Recognizing internal feelings, thoughts, and body signals.	Daily "How do I feel?" check-in · Emotion color wheel · Breath awareness
2. Self-Regulation	Managing impulses, calming stress, staying centered.	5-finger breath · Quiet-time corner · Yoga for emotion (lion = courage, turtle = calm)
3. Social Awareness	Understanding and empathizing with others' feelings and perspectives.	Story-based empathy questions ("How did the character feel?") · Kindness observation jar
4. Relationship Skills	Communicating, cooperating, resolving conflict.	"Stop–Listen–Speak–Solve" steps · Role-play sharing and apology · Family meetings
5. Responsible Decision-Making	Balancing emotion and logic to make fair choices.	Story dilemmas · Pros-and-cons chart · Reflective journaling

Developmental Continuum

Stage	Age Range	Core Goals	Sample Milestones
Foundation	1 – 3 yrs	Identify basic feelings · Build secure attachment	Names 3 emotions · Mirrors caregiver expressions · Waits short turn
Discovery	3 – 6 yrs	Express needs verbally · Learn calming tools	Uses words instead of hitting · Chooses breath or hug to calm
Understanding	6 – 9 yrs	Perspective-taking · Simple conflict resolution	Describes another's feeling · Proposes fair solution
Integration	9 – 12 yrs	Emotional reasoning · Managing stress	Journals about feelings · Uses coping plan independently
Expansion	12 – 15 yrs	Empathic leadership · Boundaries	Mediates peer disagreement · Sets healthy limits
Mastery	15 – 18 yrs	Emotional wisdom · Ethical empathy	Mentors younger child · Integrates logic, emotion, and values

Daily & Weekly Practices

Frequency	Practice	Intention
Daily	<i>Morning Check-In</i> (“My color today is...”)	Build body-emotion link
	<i>Breath Pause before transitions</i>	Train nervous-system regulation
	<i>Gratitude Reflection before bed</i>	Anchor in positivity
Weekly	<i>Kindness Project</i> (help family, friend, or nature)	Practice prosocial empathy

<i>Emotion Storytime</i> – read, then act out how characters feel	Strengthen perspective taking
<i>Conflict Role-Play</i> – use puppets or real scenarios	Teach peaceful problem solving

Family Communication Tools

Tool	How to Use	Benefit
Peace Table	Designated small table for disagreements; sit, breathe, take turns speaking.	Concrete routine for conflict resolution.
Feelings Board	Magnetic or Velcro board with emotion faces and words.	Visual cue for identifying and naming emotions.
Calm Basket	Basket with sensory tools: soft toy, scented cloth, chime.	Supports self-regulation without punishment.
Family Circle	Weekly meeting to share highs/lows, gratitude, plans.	Builds trust and communication.

Integrating EQ into Academic Subjects

Subject	Emotional Focus	Example
Language Arts	Vocabulary for feelings, empathy in stories	Write or narrate “How the character felt” endings
Math	Patience, problem solving	Pause + breathe before retrying problem
Science	Curiosity + care for living systems	Observe how animals show calm/stress
Art & Music	Express and transform emotions	Paint to match mood of song

Social Studies	Compassion & justice	Study helpers, fairness, community service
Health / PE	Mind-body regulation	Yoga, relaxation, mindful walking



Meditation & Mindfulness Progression

Level	Practice	Development Goal
Toddler (1–3)	1-minute “Listening Silence”	Body awareness
Early Childhood (3–6)	Breath counting (3 in – 3 out)	Focus and calm
Elementary (6–9)	Guided imagery & body scans	Emotional labeling
Preteen (9–12)	Gratitude and compassion meditations	Empathy depth
Teen (12–18)	Independent mindfulness & journaling	Self-directed regulation



Life-Skills Alignment

These EQ practices support PA's **Health, Safety & PE Standards (10.x)** and **Social-Emotional Learning Competencies:**

Standard	Example Application
10.3.3.A – Identify safe behaviors	Using calm space instead of aggression
10.4.PKA – Participate in movement	Yoga and breath for regulation
SEL 1 – Self-Awareness	Naming and expressing feelings appropriately
SEL 2 – Self-Management	Practicing calming techniques

SEL 3 – Social Awareness	Showing empathy and respect
SEL 4 – Relationship Skills	Cooperative play and communication
SEL 5 – Responsible Decision-Making	Reflecting before choosing actions

Documentation Ideas

- **EQ Log:** one sentence per week noting new emotional skill observed.
 - **Photos:** child using calm basket or yoga pose.
 - **Parent Reflection:** “What emotion was hard for her this month? What strategy helped?”
 - **Audio Clip:** short recording of gratitude or kindness reflection.
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Long-Term Vision

By adulthood, Josie will:

1. Understand her own emotional patterns and physiological cues.
2. Regulate stress through breath, movement, and reflection.
3. Empathize across cultures and viewpoints.
4. Communicate with compassion and confidence.
5. Apply empathy and logic jointly to solve real-world problems.