

Background Thinking.

- Life is not just about knowledge.
- We have two minds, feeling and thinking, which must remain in balance.
- With our heart we feel, with our head we know.
- As we discover our emotions we develop empathy, we show more sociable behaviour, we can begin to predict the behaviour of others and respond appropriately.
- We begin to reach towards our true potential.
- Developing emotional literacy – identifying and communicating our feelings -- raises our emotional intelligence, which can help behaviour and study.
- As we learn to know our emotions, we manage them, we motivate ourselves, we recognise emotions in others, we handle relationships better.
- ‘It is with the heart that one sees rightly; what is essential is invisible to the eye.’
Antoine de Saint-Exupery “The Little Prince”
- ‘Life is a comedy for those who think and a tragedy for those who feel.’
Horace Walpole.
- ‘Anyone can become angry – that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way – this is not easy.’
Aristotle.

Helpful Books

Emotional Intelligence	Daniel Goleman	Bloomsbury
Six Thinking Hats	Edward de Bono	Penguin
Thinking Skills	Sharon Shapiro	A&C Black, London