

Mission: Unleash your double intelligence superpowers and become a master of emotions and environmental awareness!

CHALLENGE 1: EMOTION EXPLORER

1. Grab a partner or complete this activity on your own.
2. Think of a recent situation where you experienced a strong emotion.
3. Use the Emotion Wheel (check out the "Stuff to think about" section) to identify the specific emotion you felt.
4. Discuss with your partner (or answer these questions if alone):
 - What situation triggered this emotion?



- What were your thoughts and actions in that moment?



- How could you use EQ to manage your emotions differently next time?



CHALLENGE 2: ECO INTELLIGENCE IN ACTION!

1. Take a walk around your neighbourhood, school grounds, or a local park.
2. Observe your surroundings and identify an area where you can make a positive environmental impact.
3. Brainstorm two eco-intelligent actions you can take to address this issue.



Choose one of your ideas and create a short action plan:

- What specific steps will you take



- Who can you involve to help?



- How will you measure the impact of your action?

