**Lesson Plan Package 3 – Controversial Issues**

**LP4 – Racism in the UK**

**Top Tips for Emotional Intelligence Handout**

Key skill for engaging in controversial discussion: emotional intelligence

*Top tips for coping with emotional reactions to an issue:*

* Acknowledge that it’s ok to feel strongly about certain issues. It’s not about hiding them, it’s about taking care to not let them derail a conversation
* If we understand what we feel and where it’s coming from, we are better-placed to think about how to respond
* Sometimes we can help people who are reacting emotionally by showing empathy, asking them if they are ok and if they want to explain how they feel
* Some conversations can be emotionally draining if we have them too often or if they are personal to us. It’s not your responsibility to educate anyone at your emotional expense; be mindful of your limits and take breaks from engagement when you need to!

