

## Index of All Activities

Activity	EI Subskill*				Activity Time	Self-Disclosure	Difficulty
	1	2	3	4			
Emotions and their Functions	X				5-10 mins	*	Basic
Seeing Faces	X				10-15 mins	*	Basic
Getting into Flow		X			15-25 mins	*	Basic
Sketching Your Emotions	X		X		10-15 mins	**	Basic-Intermediate
Identifying Basic Emotions	X				5-10 mins	*	Basic
Managing Worries	X	X			10-15 mins	***	Intermediate
Relating with Empathy			X	X	10-20 mins	*****	Intermediate-Advanced
Cultivating Resonant Relationships		X			5-10 mins	**	Intermediate
Reappraising Failure		X		X	10-15 mins	****	Intermediate-Advanced
Influencing with Emotion			X	X	10-15 mins	**	Intermediate-Advanced
Coaching with Compassion			X	X	15-20 mins	*****	Advanced
Setting SMART, Motivating Goals				X	10-15 mins	***	Intermediate
Letters of Gratitude		X		X	10-15 mins	**	Intermediate
Identifying Flow Activities		X			5-10 mins	*	Basic-Intermediate
Black and White Thinking		X			5-10 mins	***	Intermediate
What is this Body Telling You?			X		5-10 mins	*	Basic
Constructively, Actively, Meaningfully				X	10-15 mins	*****	Advanced
Categorizing Emotions	X				10-15 mins	**	Basic-Intermediate
Limiting Unhealthy Comparisons	X	X			10-15 mins	****	Intermediate
Expressing Emotions Creatively		X			15-20 mins	***	Basic-Intermediate
Three Good Things		X			5-10 mins	**	Intermediate
Letter of Self-Compassion		X			10-15 mins	****	Intermediate-Advanced
Values and Inspiration		X	X		10-15 mins	****	Intermediate
Happy, or Happier?		X			15-20 mins	**	Basic-Intermediate
Tribes and Explorers			X	X	30-45 mins	**	Advanced
Gratitude and Group Significance		X		X	10-15mins	***	Intermediate
Loving-Kindness Meditation		X			10-15 mins	*	Basic
Being Part of Something Greater				X	15-20 mins	****	Intermediate-Advanced
Emotion, Thought and Action	X				5-10 mins	***	Basic
Cooperation, Coordination and Conflict			X	X	15-30 mins	**	Advanced

### EI Subskills are labelled as:

- 1 = Understanding Own Emotions
- 2 = Managing Own Emotions
- 3 = Understanding/Perceiving Others' Emotions
- 4 = Managing Others' Emotions/Using Emotions