

THE EMOTIONAL ADVANTAGE

**An Emotional Regulation and Intelligence
Complete Nine Month Curriculum
First Edition Volume One**

ABSTRACT

A multi-faceted thought processing motivational economic approach on interpreting emotions and learning, integrated into a multi-platform educational process aimed towards producing individualistic progress and topic retention. Creative thought processing exercises help yield abstract thought and objectivity towards the world. Introducing and defining different information processing learning methods through story analysis, cultural, artistic, and musical expression help in accomplishing this goal. This is applicable in multiple settings and relevant on several levels of human interaction and development. Complete with original illustrations depicting each theme and photography complimenting reflections on how nature improves mental health.

Cynthia Tosh

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JOY

Definition of Joy (Listen)

Joy means feeling pleasure and happiness.

Story Example: Once there was a little Bird who wanted to fly but wasn't ready yet. Her wings were not fully grown, and her mother told her to wait to jump out of the nest. So, the little Bird waited two weeks and then her wings were fully grown, and she was ready to jump out of the nest. She jumped out of the nest and flew to the next tree. She smiled and felt joy.



BE A FEELING METEOROLOGIST AND ASSESS AND FORECAST FEELINGS:

What made the little Bird feel joy?

Flying made her feel joy.

How did the little Bird express her joy?

She smiled.

Self-Exploration Activity (Self Explore)

Think about a time when you felt joy. What happened? How did you express your joy?

Take turns in the group sharing your story.

Joy Journal (Express)

Draw a picture of something that makes you feel joy. It can be anything.

Joy Book (Look and Listen)

My Heart Fills with Happiness by Monique Gray Smith

ISBN- 13: 978-1459809574

Synopsis: Descriptions of what makes her happy.

Joy Art (Look)

Marc Chagall "Birthday" 1915

Medium: Oil on cardboard

Interpretation: Happy to celebrate a birthday.

Joy Poem (Listen)

"Goose" pg.7 inside Maples in the Mist by Minfong Ho, Jean Tseng, and Mou-Sien Tseng

ISBN- 13: 978-0688120443

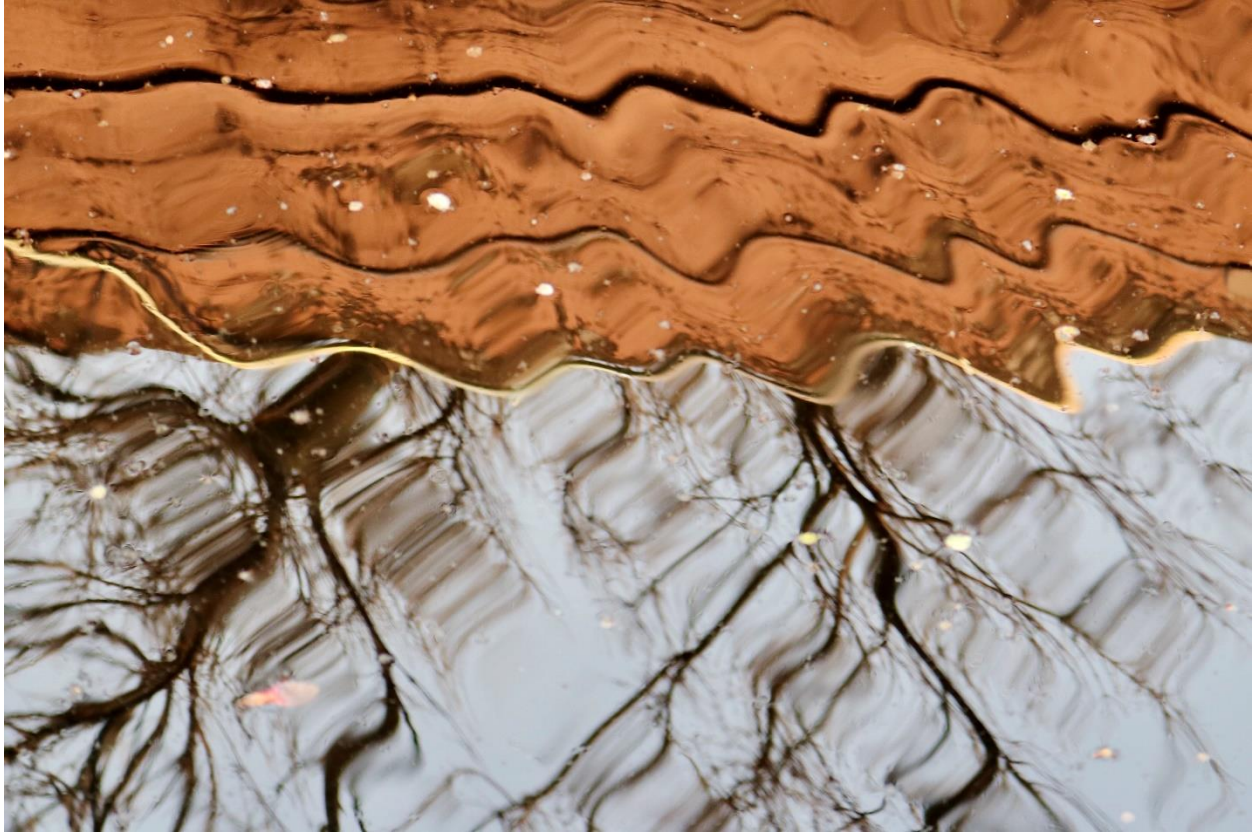
Interpretation: The goose is happy.

Joy Song (Listen and Move)

Life is a Highway by Rascal Flatts (2007)

Genre: Country

Interpretation: Life is a journey to happily travel on.



REFLECTIONS AND CONFIDENCE

Reflections are to water as criticism is to individuality. When one views the surface of a pond or stream, the image of what is surrounding it is blurry and distorted. Just as when one takes criticism to heart. Criticism is a blurry and distorted view into who you really are. Only you know what is right for you and what your values are. Move forward in confidence as you are the only one capable of seeing your reflection clearly.

AKA: Only you determine your worth and values.