



- MIGHTY -
Kids Club

Short Stories on Emotional Intelligence

Volume 1

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List of Stories & Concepts Covered (1 of 2)

1. Identifying Emotions

Nate's Emotions: A Tale of Discovery and Growth

Embark on a journey of emotional discovery, learning it's okay to feel and express emotions. This story highlights the power of sharing feelings, leading to unexpected friendships and experiences. A heartwarming reminder that expressing emotions help navigate life's challenges.

2. Self-Confidence

Believing Anna: A Story of Self-Confidence

Dive into a tale of self-belief, where overcoming fear and embracing personal strengths lead to newfound confidence. This story showcases the power of recognizing personal accomplishments and using them to conquer challenges. It's an inspiring journey that encourages kids to believe in their abilities and celebrate their unique talents.

3. Empathy

David's Tale: The Importance of Empathy

Embark on a journey of understanding and connection in this inspiring tale. It highlights the power of empathy in forming meaningful relationships and navigating social situations. This story serves as a reminder that by stepping into others' shoes, we can foster deeper connections and friendships.

List of Stories & Concepts Covered (2 of 2)

4. Responsibility

From Mistake to Mastery: Deena Learns Responsibility

Explore the transformative power of responsibility in this engaging tale. It emphasizes the importance of owning up to one's actions and making accountable choices. This story serves as a compelling reminder that taking responsibility can lead to personal growth, success, and ultimately, a fulfilling life.

5. Coping with Losses

From Setback to Comeback: Abe's Resilient Basketball Journey

Uncover the power of resilience in this compelling tale. It underscores the importance of coping with difficult emotions and viewing setbacks as opportunities for growth. This story serves as a potent reminder that perseverance and emotional intelligence can turn challenges into triumphs, inspiring kids to embrace their journey.

6. Trustworthiness

Squeezing Honesty into Every Glass: A Tale of Trustworthiness

Discover the power of honesty in this inspiring tale. It emphasizes the importance of truthfulness and trustworthiness in building positive relationships and achieving success. This story serves as a potent reminder that integrity paves the way to genuine accomplishments, encouraging kids embrace honesty in all aspects of life.





Emotional Intelligence

Emotional intelligence is like a superpower that helps you understand your feelings and the feelings of others. Imagine if you could tell why your friend is sad just by looking at them, or if you could understand why you feel sad and angry when you lose a game. That's what emotional intelligence does! It's like being a feelings detective. It helps you handle your feelings better, be a good friend, and solve problems peacefully. Just like learning math or reading, you can also learn and improve your emotional intelligence.

It's a very important skill for life!

Do you want to become a Mighty Kid with the power of Emotional Intelligence? If so, start by writing the word "Emotional Intelligence" a few times. As you practice writing it, think about what it means and also about the following question.

Emotional Intelligence,

Can you remember a time when understanding how you felt or how someone else felt helped you make a better choices? How did that turn out?

Once you've finished this activity, don't forget to celebrate your achievement by coloring the tree on the last page.



Nate's Emotions: A Tale of Discovery and Growth

Nate had a hard time expressing his emotions. He didn't like to talk about his feelings and was embarrassed to show them.

Once, when Nate's grandma came to visit, she noticed he was mopey. "What's wrong, peanut?" she asked.

Nate didn't answer.

Grandma ruffled his hair. "You can tell me anything."

"I lost my Ultraman action figure!" Nate sighed. "I'm supposed to take my favorite superhero action figure to Sam's birthday party tomorrow, and I can't find it anywhere!"

"Let's look for it together!" Grandma smiled.

They searched everywhere but never found the toy. Grandma could see that Nate was almost in tears but was trying not to show it.

"Let's take a break," she suggested. She sat down next to him. "It's okay to feel sad," she said. "Everyone feels sad when they lose something important to them. But did you know that when you're upset it helps to talk about it?"

Nate didn't want to admit what was really bothering him, but as Grandma gently stroked his hair, he relaxed.

"I have a hard time making friends," he whispered. "I already feel left out at school; if I can't find Ultraman, I'm going to be the only one at the party who can't play the games."

"Well then," Grandma said, "let's make a plan!"

Nate was nervous. The only kid he knew at the party was Sam, and he was afraid the other kids would make fun of his makeshift toy.

“What’s THAT?” a girl pointed at his crude action figure.

At first, Nate just shrugged, but then he remembered what his grandma had said about talking about his feelings. So, he told the girl about how he’d lost Ultraman, how upset he was about it, and how his grandma had helped him make the substitute superhero. To his surprise, the girl nodded kindly. Then, she told him about a time when something similar had happened to her!

Nate had a great time! Best of all, he realized that most of the kids felt the same way he did—they were all nervous about making friends at the party. He started to feel more comfortable, and he made several friends that day.

As Nate and Grandma walked home, Nate felt a lot happier.

“You were right,” he squeezed Grandma’s hand. “It’s okay to feel sad or nervous sometimes. I don’t have to pretend I’m okay when I’m not.”

Grandma nodded, “When you reach out and talk to people about your feelings, you make new friends and have some great experiences.”

From then on, Nate expressed his emotions more openly. He talked to his parents and friends about how he felt, and he even made more friends at school. Every time he felt down or upset, he would remember his grandma’s words and be inspired to express himself.

The moral of the story is that it's important to accept and communicate your emotions. It's okay to feel sad, angry, or upset sometimes, but it's important to talk about it with someone you trust. That way, you can understand your feelings better and learn how to manage them in a healthy way. Also, by reaching out to others, you can make new friends and have new experiences that can bring a lot of joy to your life. So, don't be afraid to express your emotions and try new things because you never know what might happen!





Identifying Emotions

Identifying emotions is about recognizing what you're feeling inside. You might feel sad if you lose something you love, or nervous when you're trying something new. It's important to not hide these feelings, but to talk about them with someone you trust. This can help you feel better. You might even come up with a creative solution to a problem or make new friends by sharing your feelings. So, understanding your emotions is like listening to your heart and sharing what it says with others. It's a big part of growing up and learning how to navigate the world around you.

Do you want to become a Mighty Kid with the power of Identifying Emotions? If so, start by writing the words "Identifying Emotions" a few times. As you practice writing them, think about what they mean and how they can help you reach your goals.

Identifying Emotions,

What do you think would happen if you kept all your emotions locked up inside? How could expressing your emotions in a safe and healthy way help you find support or solutions to your problems?

Once you've finished this activity, don't forget to celebrate your achievement by coloring the Identifying Emotions symbol on the last page.



Believing Anna: A Story of Self-Confidence

Anna was a talented and hardworking girl, but she often felt nervous and unsure of herself, and she didn't really believe in her abilities.

One day at school, Anna's teacher clapped her hands to get the class's attention. "I have some exciting news! The school is going to have a school talent show, and everyone is invited to participate!"

The class cheered.

Anna's face turned red. She loved to sing, but she was terrified to perform in front of people. She thought about it for days, but couldn't bring herself to sign up. Every time she would pick up the pen to write her name on the roster, she panicked, dropped the pen, and backed away.

A week later, at recess, Anna asked her friends if they were going to be in the talent show. They all said they were.

"I'm juggling!" Andi said.

"I'm doing seven backflips in a row!" Braxton volunteered.

"I'm doing some magic tricks," Evie smiled.

Anna felt left out and disappointed in herself for not being brave enough to participate.

Later that day, Anna's mother noticed something was bothering her.

"What's on your mind, hon?" she asked.

Anna hung her head. "They're having a talent show at school, and I kind of want to sing that song I wrote about our dog Buddy, but I'm too scared."

Anna's mom put her arm around Anna. "I wasn't very confident when I was your age either," she shared. "But I tried to remind myself about the things I was good at every day until I believed it."

“What do you mean?”

“Maybe you should write a list of all the things you’re good at, no matter how small they seem. You can write about your successes on the same list. It will help you feel better about yourself!”

After thinking about it a bit, Anna decided to take her mom's advice. She got out a sheet of paper and a pencil and started to think. Then she wrote:

1. I’m a good singer.
2. I write my own songs.
3. I play the guitar.
4. I care about other people’s feelings.
5. I’m a good student.

As she read the list, she smiled and decided to add one more thing:

6. I’m not afraid to sign up for the talent show.

“Maybe now I’ll believe it,” she thought.

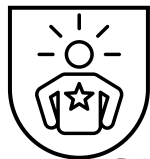
On the day of the talent show, Anna still felt a little nervous, but she was also excited. When it was her turn, she took a deep breath, picked up her guitar, stepped onto the stage, and started to sing her song. Her nerves melted away, and she sang beautifully.

When she finished, the audience clapped and cheered, and Anna felt a rush of joy and pride. She had done it! From then on, Anna continued to build her confidence by focusing on her strengths and accomplishments.

Years later, Anna looked back on that talent show and remembered the valuable lesson her mom had taught her. She realized that believing in herself was the key to overcoming any challenge, and as she nurtured her self-confidence, it continued to grow.

The moral of the story is that building self-confidence is important to overcome fear and achieve success. By recognizing and focusing on your strengths and accomplishments, you can develop your confidence and overcome any challenge that comes your way.





Self-Confidence

Self-confidence is like a little voice inside you that says, "I can do it!" Even when something seems scary or hard, like singing in front of people, self-confidence helps you try anyway. It's about knowing what you're good at and reminding yourself of these things. Maybe you're a great singer, a kind friend, or a good student. When you remember these things, it can help you feel brave. And even if you're a little nervous, that's okay. With self-confidence, you can take a deep breath, face your fears, and do your best. And that's a really great feeling!

Do you want to become a Mighty Kid with the power of Self-confidence? If so, start by writing the words "Self-confidence" a few times. As you practice writing these words, think about what they mean, and also think about the following question.

Self-confidence,

Can you think of something that scares you or makes you feel unsure? What's one small step you could take to start feeling braver about it?

Once you've finished this activity, don't forget to celebrate your achievement by coloring the Self-confidence symbol on the last page.



David's Tale: The Importance of Empathy

David was a kind-hearted boy, but he had trouble making friends because he had a tendency to keep to himself.

After watching David spend several recesses alone on the playground, David's teacher, Mrs. Johnson, decided to talk to him. "David, I noticed that you don't play with the other kids during recess. Is everything okay?"

David looked at his feet. "I don't know. I just don't know how to make friends."

Mrs. Johnson put her hand on David's shoulder. "I understand. Making friends can be tough, but you're such a nice boy; you can do it. Have you ever heard of the word 'empathy'?"

David shook his head no.

"Empathy is when you understand and share other people's feelings. It's very important for making friends and building good relationships," said Mrs. Johnson.

"You mean if someone feels sad, I feel sad too?" David asked.

Mrs. Johnson nodded. "Kind of," she said. "It means to put yourself in someone else's shoes and try to see things the way they see them."

The next day, during recess, David noticed a new kid sitting alone on a bench by the playground. He remembered what Mrs. Johnson had taught him about empathy and decided to go talk to the boy.

"Hi, my name is David. What's yours?" David sat down next to the kid.

The boy looked up and smiled. "My name is Max."

"It's tough to be the new kid, isn't it Max?" David said. "I remember when I first moved here, I was super nervous to go to school."

Max nodded. "I didn't know if anyone would talk to me, and I didn't know who to talk to."

David motioned toward the basketball court. “Want to play me in a game of Knock-Out?” he asked.

“Yeah!” Max jumped up. “I love basketball!”

By the end of recess, David knew all about Max and had made a new friend. He felt happy and proud of himself for stepping out of his comfort zone.

The next day, David noticed his classmate Emily seemed upset. He once again thought about what Mrs. Johnson had said, so he approached Emily.

“Hi Emily,” he said. “You seem sad. What’s wrong?”

Her eyes filled with tears. “My dog died last night,” she told him.

“Oh, man,” David said sympathetically. “I’m really sorry. I know how much I love my dog; I totally get it. Tell me more about your dog.”

When he went home that day, David—who was a really good artist—drew a picture of Emily's dog. He gave it to her the next day.

“Wow!” Emily exclaimed! “I love this! Thank you so much!”

From that day on, David, Emily, and Max were best friends.

David learned that empathy not only helped him make friends, but it also made him a better person. He felt more connected to his classmates and the world around him, and he became known as one of the nicest kids in school.

The moral of David's story is that empathy is a powerful skill that can help you build positive relationships. By putting yourself in other people's shoes, you can better understand their feelings and needs, which can help you connect with them more deeply. Empathy not only helps you; it also helps everyone around you. So start practicing empathy; it will make you a better, happier person for the rest of your life.





Empathy

Empathy is like a superpower that lets you understand how someone else is feeling. Imagine if your friend is sad because they lost their favorite toy, and you remember how sad you felt when you lost your toy. That's empathy!

It's like stepping into their shoes and seeing the world from their eyes. Empathy helps us be kinder to each other, make friends, and help others when they're feeling down. It's not just about feeling the same way as someone else, but understanding their feelings and being there for them. And that's a really special thing to be able to do!

Do you want to become a Mighty Kid with the power of Empathy? The first step to understanding this concept would be to practice writing the word "Empathy" a few times, and as you practice writing this out think about what it means, and think about the ending question.

Empathy,

Can you remember a time when you felt like David, seeing someone sad or alone and deciding to approach them? How did that make you feel?

Once you've completed this activity, don't forget to celebrate your achievement by coloring the Empathy symbol on the last page.



From Mistake to Mastery: Deena Learns Responsibility

Deena was a very active girl; she always wanted to explore and had trouble sitting still. One day, she was throwing a ball in the house for her dog to chase, and she accidentally knocked over and broke her mother's favorite vase.

“Oh no!” Deena covered her mouth. “What did I do?”

Her mom came in, “What was that noise?” she asked. When she saw the broken vase, she became very upset. “Deena! What happened? My great-grandmother brought that vase over when she immigrated to America!”

“T-Titus jumped up on the table, and when I told him to get down, he knocked your vase over,” Deena stuttered, blaming their dog.

That night, Deena lay in bed thinking about what had happened. She knew she had done wrong, not just by throwing a ball in the house and breaking the vase, but by lying about it. Her conscience was bothering her, and she couldn't sleep.

Suddenly, she sat up. “I know!” she exclaimed. “It was my mistake; I'll fix the vase myself!” She jumped out of bed, went to her closet, and pulled out her art supplies.

Deena spent hours working on the vase, carefully gluing each piece back together and doing her best to make it look like new. When she finally finished it, she went back to bed, feeling much better.

The next morning at breakfast, Deena presented the mended vase to her mom. “I'm sorry, Mom,” she said. “I was the one who knocked over your vase; it was an accident, and I feel really terrible about it.”

Her mother looked surprised. Then her expression softened and she pulled Deena into a hug. “Thank you for fixing the vase and telling me the truth. I’m proud of you for taking responsibility for your actions.”

Deena was relieved that taking responsibility hadn’t landed her in more trouble, and she understood why it was the right thing to do.

Years later, when Deena was in college, her best friend and roommate invited her to a costume party her cousin was throwing at her apartment downtown.

“It’s going to be so fun!” she told Deena. “And she said when people finally go home we can stay with her and have a sleepover!”

Deena had a great costume, and she knew the party would be fun, but she had an important exam the next morning. Since that day years ago when she had broken her mother’s vase, she had always tried to make responsible decisions, so this time she decided to take responsibility for her future by staying home to study.

Deena got an A+ on that exam, and she knew if she had gone to the party, she wouldn’t have done as well. “It’s not always easy to be responsible,” she thought, “but it’s always worth it!”

Now, Deena is a successful children’s book author. She often includes a message about taking responsibility in her stories because she hopes to inspire other children to learn the same lesson she did.

The moral of Deena's story is that taking responsibility for your actions and being accountable for your choices is important. It can lead to happy endings and help you succeed in all areas of your life. Always remember to take responsibility and make the right choices!





Responsibility

Responsibility is like being the boss of your own actions. It means when you do something, you own it, whether it's good or bad. If you make a mistake, like breaking something, responsibility is saying "I did it" and trying to fix it. It's also about making good choices, like doing your homework before playing. Sometimes, being responsible can be hard, like when you have to say sorry or miss out on fun to do what's right. But in the end, being responsible helps you grow up to be a trustworthy and reliable person, and that's a really good thing!

Do you want to become a Mighty Kid with the power of Responsibility? The first step to understanding this concept would be to practice writing the word "Responsibility" a few times, and as you practice writing this out think about what it means, and think about the ending question.

Responsibility,

Can you think of a time when you made a mistake like Deena did, and had to take responsibility for it? How did you feel? Why do you think it's important to take responsibility for our actions, even when it's hard?

Once you've completed this activity, don't forget to celebrate your achievement by coloring the Responsibility symbol on the last page.



From Setback to Comeback: Abe's Resilient Basketball Journey

Abe was passionate about basketball. He was his high school team's star player and won many games for them with his amazing skills on the court. Abe practiced shooting and ball-handling drills every day and dreamed of when he would play in the state championship.

One day, Abe and his team (the Hornets) were playing a crucial game against their arch-rivals. The game was neck-and-neck in the last quarter. Abe tried to shoot a game-winning three-pointer, but he landed awkwardly and his knee made a sharp popping sound! He fell to the ground, writhing in pain. The crowd gasped in shock and jumped to their feet. In the end, the Hornets lost, and Abe was taken to the hospital.

After completing an exam and taking X-rays, the doctor came into Abe's room.

"I'm sorry, son," he said, "but you've torn a ligament in your knee pretty badly. You're going to need surgery to repair it."

Abe's eyes filled with tears. "How soon can I play basketball again?" he asked.

The doctor shook his head. "Recovery could take months. I'm afraid you'll be out for the rest of the season."

Abe felt like his heart would pop like his knee when he heard the doctor's words. Basketball was his passion; he couldn't imagine life without it.

Abe's parents and grandparents were in the room with him. Grandpa stepped forward. "I can see how upset you are, Abe. This is a hard knock for you, and I'm so sorry. But you have to remember, life is full of challenges—the hard times don't define you; how you respond to them does. Don't let this setback defeat you. Use it to grow and get even better."

Abe took a deep breath and nodded slowly. Right there and then, he decided to follow his grandpa's advice. After surgery, he focused 100% on his recovery. He worked hard every day doing his physical therapy exercises until the doctor cleared him to play again. Even though the season was over, he attended summer practices and basketball camps to learn even more techniques and increase his skills.

Almost a year later, Abe was once again playing in a state playoff game against their biggest rivals, the Falcons. He knew everyone was counting on him to lead them to victory, and although he was nervous, he was determined to give it his all.

The game was close, and both teams played their hearts out! With only ten seconds left, the Hornets fouled the Falcons' best player, and he made both free-throws to tie the game. Abe got the ball and ran as fast as he could down the court. He heard the crowd chanting:

“...Nine! Eight! Seven! Six!...”

With two seconds left, Abe pulled up just outside the key, lined up his shot, and took it, using his best form. The shot sank, and the Hornets won! Abe's team mobbed him! They were going to go to the championship game, thanks to Abe!

His coach clapped him on the shoulder. "You played like a true champion today! You didn't give up when things got tough, and you came back stronger than ever! That's what I call resilient."

Abe glowed with pride and accomplishment. He did feel like a stronger, more resilient person.

The moral of the story is that life is full of challenges, but how you respond to them will determine who you really are inside. Coping with losses and challenges is an essential life skill that will help you become stronger and teach you to bounce back when times get tough.





Coping with Losses

Coping with losses is like learning how to get back up when you fall down. Sometimes, things don't go the way we want them to, like when we lose a game or something important to us. It can make us feel really sad and disappointed. But it's important to remember that it's okay to feel this way. What's more important is how we react to these feelings. We can choose to learn from our losses and use them to become stronger and better. It's like turning a rainy day into a chance to jump in puddles! It's all about finding the sunshine after the storm.

Do you want to become a Mighty Kid with the power of Coping with Losses? The first step to understanding this concept would be to practice writing the words "Coping with Losses" a few times, and as you practice writing this out think about what it means, and think about the ending question.

Coping with Losses,

Can you remember a time when something didn't go as you planned, like when Nate hurt his knee? How did you handle it, and what did you learn from that experience about getting back up and becoming stronger?

Once you've completed this activity, don't forget to celebrate your achievement by coloring the Coping with Losses symbol on the last page.



Squeezing Honesty into Every Glass: A Tale of Trustworthiness

Rachel was a kind and intelligent girl, but she sometimes told small lies to avoid getting into trouble and took shortcuts or cheated a little to get ahead.

One day, Rachel's teacher, Mrs. Greene, announced a special class project. The students were to create a business idea and present it to the class, and the best business plan would win a prize.

Rachel was excited about the project. "I'm going to win that prize!" she told herself.

After some thought, Rachel decided to propose a lemonade stand, which she thought would be perfect for hot summer days. She wanted to sell fresh, delicious lemonade to her neighbors and friends, and she spent a lot of time preparing for the project. She practiced her presentation in front of her family, and when they responded enthusiastically, she was confident her idea would win the prize.

When Rachel presented her lemonade stand idea to the class, everyone was impressed.

Then her teacher asked, "How much will it cost to make all that fresh-squeezed lemonade, Rachel?"

Rachel froze. She hadn't even thought about the cost and had no idea how much it would be!

Embarrassed, Rachel blurted out, "I made a list of the costs, but I accidentally left it at home, and I can't remember exactly what they were."

Her teacher smiled, "That's okay. Just bring it in tomorrow and turn it in as part of your presentation."

Rachel tried her best not to look worried, but she was.

When she got home, Rachel couldn't shake her guilty feelings.

“Why the sad face, Rachel?” her mom eventually asked.

Even though she was embarrassed about what she’d done, Rachel needed advice. She told her mom what had happened. “I feel really bad about lying,” she said once she had explained the situation. “And I don’t even have a list of costs to turn in tomorrow.”

Rachel’s mom put an arm around her. “I’m glad you’ve been honest with me; now, you need to be honest with your teacher.”

“But what if I get in trouble and lose the contest because I lied?”

Her mom shrugged. “It’s okay not to win every contest. It’s not okay to win dishonestly, and you won’t feel good about yourself if you do.”

The next day before class started, Rachel approached her teacher’s desk. “Mrs. Greene, I need to tell you something. I never actually considered what making the lemonade would cost. I was embarrassed, so I told you I have a list of expenses, but I don’t. I’m really sorry. I want to win, but not if I don’t deserve it.”

Mrs. Greene didn’t look angry; in fact, he looked impressed! “I’m proud of you for being honest with me,” he said. “You could have gone home and made up a list to turn in, but you showed integrity by telling the truth instead.”

Later that day, Rachel was surprised and overjoyed to learn that she had won the prize for the best presentation after all! She felt even better knowing she had won it honestly, and she decided she always wanted that feeling. From that day forward, Rachel made a conscious effort to always be honest and trustworthy.

The moral of the story is that being honest builds good, trusting relationships and will help you succeed in all areas of your life. Always try to be truthful in your words and actions, even when it’s hard. If you do, you’ll gain everyone’s respect and trust, and you’ll reach your goals with confidence and integrity.





Trustworthiness

Trustworthiness is like being a good friend who always keeps their promises. Imagine if you have a secret and you tell it to your friend because you trust them. You believe they won't tell anyone else because they promised they wouldn't. That's what being trustworthy is - it's about being reliable, keeping promises, and always telling the truth. It's like being a superhero of honesty! When you're trustworthy, people can depend on you. They know you won't let them down. So, always remember to be like a superhero, be trustworthy!

Do you want to become a Mighty Kid with the power of Trustworthiness? The first step to understanding this concept would be to practice writing the words "Trustworthiness" a few times, and as you practice writing this out think about what it means, and think about the ending question.

Trustworthiness ,

Can you remember a time when you had to choose between telling a small lie to avoid trouble and telling the truth, even if it was difficult? How did that make you feel, and what did it teach you about the importance of being someone others can trust?

Once you've completed this activity, don't forget to celebrate your achievement by coloring the Trustworthiness symbol on the last page.



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Last Page Instructions

Congratulations on making it this far! The last page is an activities progress tracker, filled out as you complete all the activities in this book. Feel free to detach the last page and keep it as a memory of your achievement.

As you complete all the activities in this book, we celebrate your newfound powers of knowledge with you. Hence, with the power vested in us, we knight you as a
Mighty Kid!



May your roots of knowledge grow deep, and may you be successful not just for yourself, but for your family, your community, and all humanity.

You matter, and you have great potential to make a difference. Go forth, thrive, be fruitful, and do good!

Embrace your journey of growth and empowerment.

#MightyMe



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Short Stories on Emotional Intelligence

Vol 1

Mighty Kid: _____



As a Mighty Kid, I dream about becoming _____

[SIGNED]