

What is emotional intelligence and why is it important?

Being emotionally intelligent means that you are able to understand and manage your own feelings, and be aware of those of the people around you. You will also be able to communicate your feelings clearly and understand how they can influence other people.

Why is it important to track your feelings daily?

Tracking your feelings is a positive psychology technique that creates a space for you to reflect on how you felt throughout the day. By doing so you can get insight into the patterns of feelings that influence you in your daily life. The Year in Pixels grid is a tool with which you can record and track your feelings over a period of time. In this way you can recognise when you might need support.

**Need help?**  
**Here are some resources.**

PSCD teachers:

[s.grech@stjosephsliema.edu.mt](mailto:s.grech@stjosephsliema.edu.mt)

[n.camilleri@stjosephsliema.edu.mt](mailto:n.camilleri@stjosephsliema.edu.mt)

Support line: 179

Chat: [kellimni.com](https://kellimni.com)

App: Kellimni

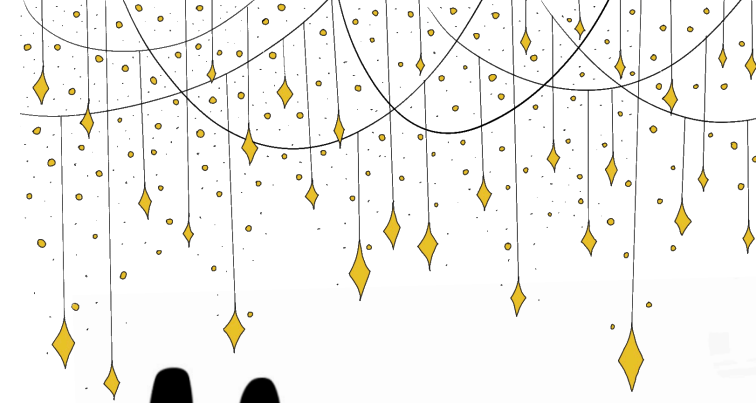
Web: [richmond.org.mt](https://richmond.org.mt)

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Based on the original idea of the "Year in Pixels" by  
Camille, @passioncarnets on Instagram.



**Erasmus+** eupa




# Year IN PIXELS

Name: \_\_\_\_\_

Class: \_\_\_\_\_



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Tip!  
Link colours to feelings...  
you can even  
draw symbols  
or doodles.

Ignored

Insecure

Lazy

Lonely

Loved

Motivated

Okay

Panicked

Productive

Relaxed

## Restless

Sad

Satisfied

Scared

Stressed

Sick

...or feel free to add  
your own.