

EQ at Castle Hill

At Castle Hill, we believe that developing children's emotional intelligence (EQ) is fundamental to their overall development. This will help create confident, curious learners capable of adapting to the demands of 21st century life

The journey of emotional intelligence starts with helping children to become more self-aware. At Castle Hill we use Packtypes as a fast and effective tool for developing children's awareness of self, how they perceive others and how others see them

Packtypes identifies 8 different types of behaviour that helps children understand what kind of learner they are:

- Hound -loves exploring and doing things differently to everyone else
- Pointer -loves facts, research and have a good attention to detail
- Guard Dog -enjoy competition and hitting targets
- Terrier -practical and likes to just get on and do what they have to do without talking
- Coach Dog - caring and supports other people
- Mastiff - like to inspire people, celebrate success and present things
- Retriever -principled and likes doing the right thing and sticking to the rules
- Sheep Dog -organised and likes to plan things in advance

As children explore and discover what their strongest Packtype is, they start to understand the way they behave most of the time. This leads to understanding others that are different to them

We sometimes take social and emotional development for granted. We expect children and adults to learn through life experiences good or bad. We at Castle Hill are being more proactive and giving our children the tools to build their emotional intelligence and have a greater start in life. And of course, key EQ attributes such as perseverance, curiosity, ambition and resilience are fundamental to successful learning in the classroom!

