

MARCH 2022 VOL.36



# HEART & MIND

MONTHLY NEWSLETTER AND MAGAZINE OF MEQ ACADEMY

## CLUB SMILEE

join our community group for  
new learnings, skill  
development, sharing and  
managing emotions and much  
more

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you can avail discounts in our various programs.  
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## From the Editor's Desk

Dear Readers,

Welcome to the vol-36 of our e-newsletter-magazine.

MEQ Academy is one of the most promising start-ups in India hence it becomes important to tell our readers about our motto which is to reach maximum children and individuals around the globe and equip them with the essential competencies of Emotional Intelligence. Sometimes even doing the smallest thing that often goes unnoticed can make the biggest impact for many and this has happened with us quite many times.

In this issue, you will get details of various events and news that took place last month, including some articles and SEL activities to enhance general awareness of EI.

We will love to hear back from you.

Enjoy reading!

Love

Chetna Singh, Program Manager, MEQ Academy Pvt. Ltd.





## BACK TO SCHOOL

Finally, India has opened its schools right from Nursery to 12th after a huge gap of two years. This Pandemic has affected millions of lives and our kids are one of them.

Children of all ages have naturally developed social anxiety along with other mental health issues during this phase, hence educators' responsibility has increased to another level where they need to work upon their student's emotional aspect too.

MEQ Academy offers SEL workshops for children and training programs for teachers to provide them with the skill to manage their emotions and keep mental health issues at bay.

## WHAT'S IN THIS ISSUE

- **MEQ Events**
- **Anxiety in children**
- **Dealing with Anxiety**
- **Parenting Tips**
- **Activity Time!**
- **MEQ News**
- **Certifications**
- **Join Club Smilee**

# MEQ EVENTS

## WHY DO WE GET ANGRY?

*A session by Sandeep Nath*

Anger is a powerful emotion and that's okay!!! But, when it turns destructive it can lead to various health problems that affect our work, our relationships, and the overall quality of our work.

On 16th Feb we had our first webinar for Club Smilee community members by Mr Sandeep Nath. He said anger is a poison we drink ourselves and expect others to die, he also shared techniques to control anger like measuring your emotion scale, watching your breathing pattern and checking the movements to live a happy and calm life.



Our job is to motivate and push these little SDG warriors to make choices that can help achieve the Global Goals by 2030 and also to change habits that are not good for the environment.



The session was amazing. All the Club Smilee members who attended the session found it fruitful.

MEQ Academy will bring more such sessions for its elite members every month.

Stay tuned!

## THE GLOBAL GOALS PROJECT

We are happy to take forward #TheGlobalGoal Project by United Nations. We have reached Week 4 of this project. Every week children are assigned a few activities that they have to complete and upload on different social media platforms. Children from all parts of the world are participating in this project and putting forward their wonderful ideas.

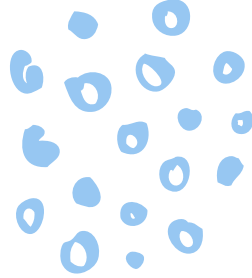


# ANXIETY IN CHILDREN

*Know the reasons and solutions.*

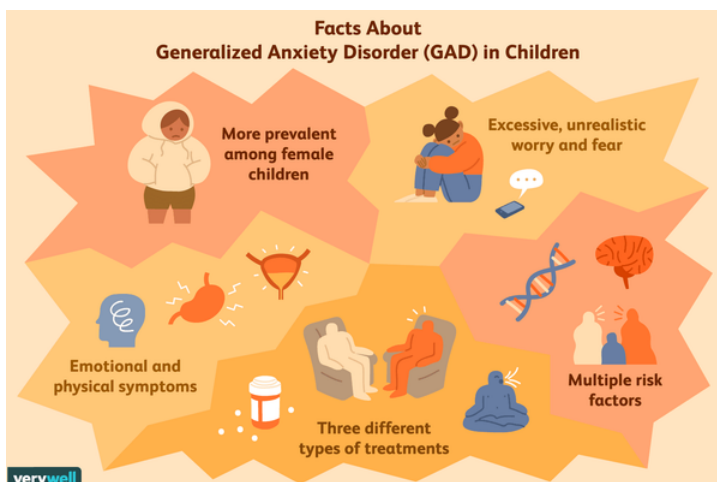
Childhood is full of fun, laughter, enjoyment for most of the kids. However, a few kids suffer from anxiety disorder and find it difficult to overcome it even when they grow up.

Research says the onset of anxiety among children is at the age of 7 years. Multiple factors may cause worry and anxiety for kids of different ages. Anxiety may seem ordinary to some of the parents and they might take it lightly in the beginning but when overlooked it may create a lot of problems in the child's life.



Common Childhood Anxiety issues–

- Fear of dark
- Fear of monsters
- Fear of heights, animals, and closed spaces.
- Separation anxiety (mostly happens with infants and toddlers).
- Worry about school and class.
- Worrying for exams, extempores and debates.
- Anxiety caused by bullying.
- Worrying about getting scolded by parents/teachers.
- Anxiety due to public speaking.
- Anxiety because of being left out.
- The majority of children are having post-pandemic anxiety which is a bigger reason to worry.



Common Signs and Symptoms of Anxiety in Children–

- Aggression, which can lead to anger.
- Irritability and frustration.
- Bedwetting
- Avoiding certain situations.
- Social Withdrawl.
- Headache.
- Chest pain in severe conditions.
- Lack of concentration.
- Difficulty in learning.



# DEALING WITH ANXIETY

To deal with anxiety, first of all, the children must know they have it. Many times they are unaware of it.



## Acknowledge anxiety

Acknowledging the emotion helps in minimising its effects. When you name the emotion you actually tame it!



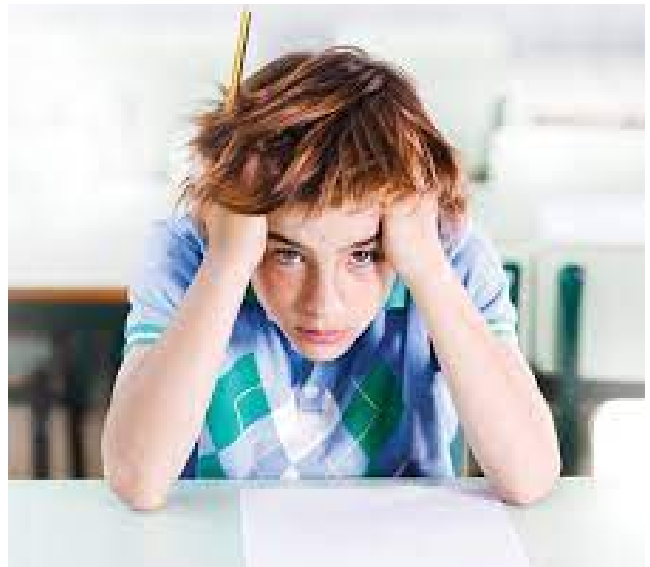
## Schedule your day

Sometimes sitting idle for a long time may make you anxious, so better to plan your whole day according to your priorities.



## Connect with friends

Talk to your friends often. Share your emotions and thoughts with them, it may help you in forgetting about your worries.



## Get help from elders

Whenever you are worried about certain things ask for assistance from your parents, siblings or any other close relatives. Take their help in overcoming your fears that are probably making you anxious.



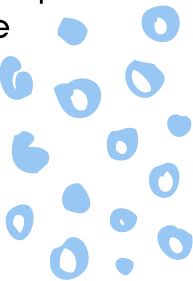
## Lean into your interests

If you are really engaged and self-driven on certain activities, schedule these topics during times where you can take a mental break or focus on other work.



## Recreational activities

- Play ( Outdoors)
- Go for a walk
- Laugh/dance/exercise
- Listen to Music
- Develop a Hobby





# PARENTING TIPS

*Five Fundamental Techniques to Motivate your children - A Step towards Positive Parenting.....*

**1-Reward Vs punishment-** Reward is a positive approach that results in success and achievement, while punishment causes fear, pain which may result in a low self-esteem and disheartened child.

**2-Praise Vs Blame-** Praising your children often for small little efforts will elate them and further motivate them to work hard, whereas blaming too often for certain kinds of misbehaviour will fill them with shame, sadness & guilt.

**3-Goals and objectives-** As a parent try to make your children goal-oriented and help them to achieve that goal in a definite period. Start with smaller goals and objectives at an early age of 7-10 years so that they can instil a habit of making goals and most importantly working on goals to achieve them in their lives.

**4-Respect for the Personality of the child** -Children also have their pride and self-respect, any attempt to embarrass or humiliate a child even if it's not a deliberate one is likely to make the child pugnacious. Shame and embarrassment are not healthy emotions.

**5-Development of Self-awareness-** Most of the children do not know their Strengths, hence they live a mediocre life. As a parent make them self-aware of their Strengths and weaknesses by using different tools of Emotional Intelligence, thus the children may work on their strengths and ultimately find it easier to build up their self-esteem and confidence to succeed in their life.

# ACTIVITY TIME! CONNECTION

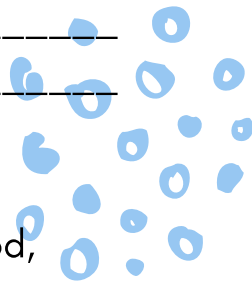
We belong to certain groups and communities. Let's count the group we belong to - like family, friends etc write the names of the group below and feel CONNECTED!

I belong to \_\_\_\_\_

Now that you know about your groups, please answer these questions-

Q1. How do you feel about having these people in your life?

Ans. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Q2. Who would you go for different needs like- for a hug, asking for food, need help in studies, wanna talk to someone?

Ans. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Q3. With whom you feel most 'Yourself', and why don't you feel the same with others?

Ans. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





## MEET OUR NEW PARENTS LIFE COACH

*Rehab Hamdan*

Congratulations Rehab Hamdan for completing the Parents Life Coach certification program from Meraviglia EQ Academy, India.

We at MEQ Academy are extremely happy to have you in our community of Coaches. We wish you success in all your future endeavours.



## CHILDREN'S MAGAZINE PUBLISHED OUR SEL ACTIVITIES

We are happy to share that our SEL activities are published in Children's Magazine in Jan and Feb edition.

Kudos to Chetna Singh for the wonderful activities she creates every month for MEQ Academy

# CERTIFICATIONS

## EMOTIONAL INTELLIGENCE BEGINNERS COURSE

### Online Classes

This EI beginners training program is designed for leaders, doctors, educators, coaches, counsellors, executives and teachers who wish to understand the fundamentals of EI and want to implement the same in their personal & professional life.

### DETAILS



FOR LEADERS, EDUCATORS, TEACHERS, COACHES, TRAINERS, EXECUTIVES AND INDIVIDUALS

MERAVIGLIA EQ ACADEMY PRESENTS

## EMOTIONAL INTELLIGENCE

*Basics of EI Certification Program*

**INCLUDES 4 MODULES, EQ ASSESSMENT, MATERIAL, WORKSHEETS AND MEQ ACADEMY'S BOOKS AND JOURNAL**

**Live Online Training**



**FACILITATOR**  
**LATA SINGH**  
FOUNDER DIRECTOR MEQ ACADEMY

FOR DETAILS, PLEASE CONTACT US

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## BECOME A CERTIFIED KIDS LIFE COACH

**DURATION - 3 MONTHS**

TAKE ONLINE CLASSES FROM THE COMFORT OF YOUR HOME

For individuals, teachers, counselors, coaches, and parents.



**Meraviglia EQ Academy**  
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*Help children in achieving goals, happiness, success and well-being through one to one session and group workshop.*

***IQ is 20% of success while EQ is 80%***

## BECOME A KIDS LIFE COACH

### Online Classes

This online kids coach training will give you the practical tools for coaching children individually and gives access to the methodologies and systems of a proven Kids Life Coaching model. You will receive different activities, workshop material and tools to coach the kids.

### DETAILS

# CERTIFICATIONS

## PARENTS LIFE COACH CERTIFICATION

### Online Classes

If you love to help parents to build a strong relationship with their children then this is the perfect certification for you. If you have worked as a counsellor, coach, teacher, house wife or social worker, you may like to learn this skill of coaching parents. This online parents life coach training will give you the practical tools for coaching parents individually and gives access to the methodologies and systems of a proven Parents Life Coaching model. You will receive various activities and tools to coach the parents at a regular interval.

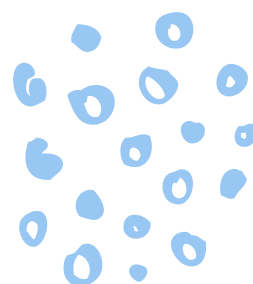


**BECOME A CERTIFIED PARENTS LIFE COACH**

Transform your life positively!

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### DETAILS



## EI FOR CHILDREN

### Online Classes

We are now using the Classplus Lite app to teach our students online


Join your friends in the \*EI for Children\* batch  
(Batch Code - 6bj3w6jqd)

Age group - 8-13 years

Batch size- 4-6 only

Download the app now:

### DOWNLOAD



For Children Aged 7 to 13 years

MERAVIGLIA EQ ACADEMY PRESENTS


**EMOTIONAL INTELLIGENCE**

*Certification for Children*

INCLUDES 6 MODULES, EQ ASSESSMENT, MATERIAL, WORKSHEETS AND MEQ ACADEMY'S BOOKS AND JOURNAL SPECIALLY DESIGNED FOR CHILDREN

**Live Online Sessions**  
Batch Size 4-6 Children Only

**FEES-INR. 3500 \ USD 75**



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JOIN OUR CLUB SMILEE!

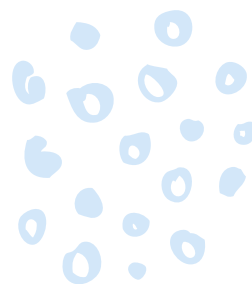


Club Smilee is a community of like-minded people who are willing to share, learn and manage their emotions in a fun way with lots of smiles. The group will help everyone grow in various aspects of life as an individual, employee, parent, entrepreneur, and tycoon. This community is your inner circle where you can grow personally and professionally.

[REGISTER](#)



*Thank  
you!*



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