



# 4-H Members Thrive!

## *Through positive emotionality*

Learning to manage emotions effectively is something that all youth need to do. Emotions that arise from events that are disappointing, frustrating, or unfair can be quite strong. All youth need to learn positive ways to express their emotions rather than hiding their feelings or expressing them in negative ways. Research shows that helping youth develop reappraisal skills can give youth the tools they need to manage strong emotions effectively. Reappraisal skills help youth explore their powerful emotions rather than suppress them, and redirect negative emotions into positive emotional responses. Emotional management is part of emotional intelligence, a key social skill needed throughout life.

When working with 4-H youth:

- Assure youth that their feelings matter, and support their feelings as valid.
- Teach youth that while all feelings are valid, everyone needs to learn to manage their emotions effectively.
- Encourage youth to express their feelings when they try to suppress them.
- Help youth develop reappraisal skills by pointing out other sides to the situation and encouraging perspective taking.
- Have clear expectations for expressing strong emotions appropriately in 4-H.
- Notice youth who struggle with emotional management and guide them toward more positive expression.

*Thriving youth are positive and optimistic and are able to manage emotions in ways that lead to health and well-being.*



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*“The emotional brain responds to an event more quickly than the thinking brain. If you are not able to manage your distressing emotions, if you can’t have empathy and effective relationships, then no matter how smart you are, you are not going to get very far.”*

**Daniel Goleman**

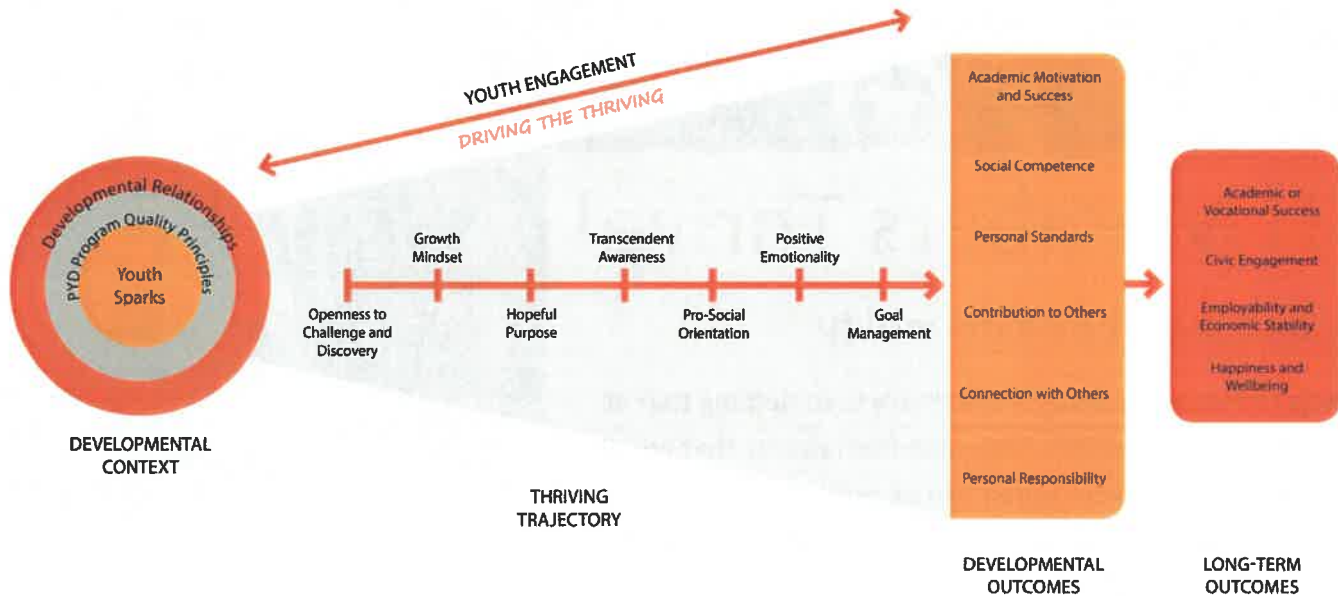
*Author, Emotional Intelligence*



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# 4-H is Positive Youth Development

4-H is based on a positive youth development (PYD) approach that recognizes all youth have interests, abilities, and strengths that can be enhanced by participation in 4-H programs. Research shows that participation in high quality 4-H programs increases thriving in youth, and thriving youth achieve important developmental outcomes, such as academic motivation and achievement.



## References

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