
Emotion Surfing

*Emotional Intelligence Learning Workshops for Students
led by Students
By: Adriana Cicero*

How Emotion Surfing Works

Three simple steps, built into every workshop

1

RECOGNIZE

How do you feel?

Students learn to name and identify their emotions in the moment.

2

UNDERSTAND

Why do you feel it?

Students explore the trigger behind the emotion, and practice perspective-taking.

3

RESPOND

What do you do?

Students build real coping strategies and choose how to react.

Grounded in peer-to-peer learning research and RULER-aligned emotional intelligence practice.

Interactive Workshops

Main Structure

The curriculum is split into two days each 45 minutes. Day 1 is Recognizing and Understanding Feelings through balloon breathing, facial expression games and challenges, emotion identification, scenario cards and real-life discussion along with an introduction of Emotion Board identification and regulation. Day 2 is Regulation and Strategies with a recap Day 1 with interactive questions, then regulation strategies, scenario cards, small group collaboration, Emotion Boards, reflections and homework.

1st-2nd graders

Through a balloon breathing activity and games like "show me your happy/mad/sad face," students learn to notice and name basic emotions in themselves and others, using toys and everyday scenarios like winning a race or having a toy taken. On day two, they move from just naming feelings to practicing simple responses, working through scenario cards in small groups.

3rd-4th Graders

Students learn the TEA framework (Trigger, Emotion, Action) to unpack why they react the way they do, using scenarios like an unfair game or a broken promise to practice spotting triggers and seeing things from someone else's perspective. They also build concrete anger-coping tools such as; deep breathing, counting to 10, walking away and practice choosing a response instead of reacting on impulse.

5th graders

Building on the same recognize-and-regulate framework, students work through scenario cards in small groups where they identify the feeling, decide on a response, and explain their reasoning by adding a real layer of critical thinking beyond the younger grades. They also revisit healthy anger management strategies and discuss how understanding emotions helps them solve problems and support the people around them.

"Name It To Tame It"
Dr Dan Siegel



"When you experience significant internal tension and anxiety, you can reduce stress by up to 50% by simply noticing and naming your state. If we can see the emotion, we do not have to be the emotion".

THE TECHNIQUE

“NAME IT TO TAME IT”

“Name It to Tame It is a technique that involves noticing and labeling emotions as they’re happening. Identifying an intense emotion (“naming”) has the effect of reducing stress and anxiety (“taming”) in the brain and the body that that emotion is causing. This technique was first identified by Dr. Daniel Siegel, a psychiatrist, writer, and professor who is also the founding co-director of the Mindful Awareness Research Center at UCLA.”

credits to Mindfulness.com

Workshops



8th Grade Workshop

First Workshop presenting EI curriculum to a Global Catholic Youth Group called YFC apart of CFC, where I spoke to a group of high school students, college students, and their parents.



Global Expansion

Delievered an additional workshop in a Roman Catholic Archdiocese of Beijing Xishiku Cathedral in China connected to CFC organization.



Global Workshop

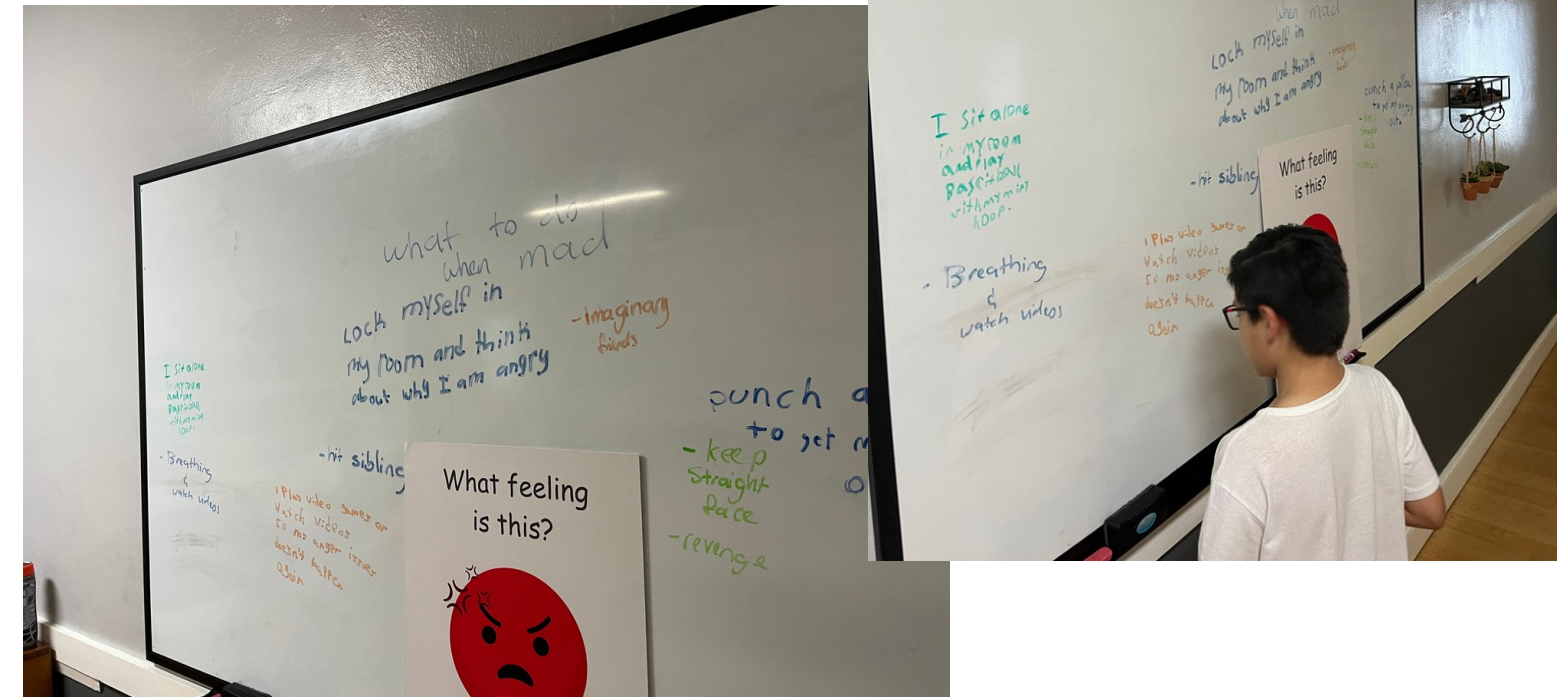
Additionally, taught Emotional Intelligence skills to a group of young children in middle and high school in Hebei, China with my older sister aiding in translating into Chinese.

Progress



Hope for Miami

I have partnered with Hope for Miami organization on delivering a two-day Emotion Surfing Workshop to 1st-5th graders at their Wayside Baptist Church Location.



Achieve

I have additionally partnered with Achieve and their location at Riverside Elementary delivering six 45-min workshops over the course of two days to grades 1st-5th.

RECOGNIZED BEYOND THE CLASSROOM

PRESENTED AT SFERE
CONFERENCE

MVE

CURRENT STATE OF EI EDUCATION

- Many young people lack the skills to manage emotions, leading to stress, anxiety, and poor decision-making.
- Schools and workplaces recognize EI's importance but lack structured programs.
- Emotional intelligence is linked to better relationships, improved mental health, and career success.

What EI does

Teaching Emotional Intelligence

BY: ADRIANA CICERO

Revitalization Plans:

Implementing EI Education

School Programs: Introducing EI into 1st-5th grade curriculums.

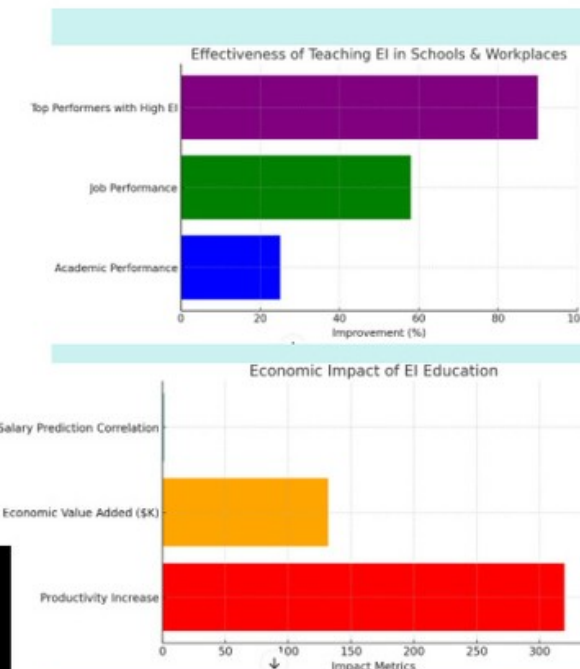
Youth Workshops: Sessions for teens (ages 14-22) to develop self-awareness and emotional regulation.

Community Engagement: Partnering with universities and nonprofits to spread EI education.

Corporate Training: Teaching professionals to apply EI in leadership and teamwork.



"The more you understand your own emotions, the more you can understand and influence the emotions of others." — Daniel Goleman



SCIENTIFIC BACKING & RESEARCH

- **Daniel Goleman (1995):** a psychologist, author, and science journalist best known for popularizing the concept of Emotional Intelligence (EI) through his 1995 book *Emotional Intelligence: Why It Can Matter More Than IQ*.
- **Yale RULER Program:** Evidence-based SEL program improving emotional skills in students.
- **Harvard Business Review Study:** Found that EI in leadership leads to a more engaged workforce.
- **TalentSmart Research:** EI accounts for 58% of professional success.

MVE

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Revitalization Plans:

- Implementing EI Education School Programs
 - Youth Workshops
 - Community Engagement
 - Corporate Training

Miami's Rise of Emotional Intelligence Education

By: Adriana Cicero

Marc Brackett and Daniel Goleman Speaking

Teaching emotional intelligence (EI) empowers individuals to navigate social interactions effectively, manage emotions constructively, and foster resilience in personal and professional relationships.

Leadership Optimism

"The more you understand your own emotions, the more you can understand and influence the emotions of others." — Daniel Goleman

Economic Impact
Effectiveness of Teaching EI in Schools & Workplaces

This graph shows the effectiveness of teaching EI in Schools and Workplaces and the work performance increase.

This graph illustrates the projected economic impact of teaching Emotional Intelligence in Miami from 2025-2035.

Bibliography

SFERE is a student-led innovation and entrepreneurship event hosted by the Miami Venturing Entrepreneurs at Ransom Everglades School in Miami designed to bridge the worlds of economics, finance, and international relations.

The research behind the talk

- *Yale RULER Program*
- *Psychologist and bestselling author who popularized the concept of emotional intelligence Daniel Goleman's research*
- *Harvard Business Review*
- *TalentsSmart Research*
- *for more information scan the QR code*

MENTORS AND ADVISORS



Aakash Chowkase, Ph.D., is an Associate Research Scientist on the Implementation Science team at the Yale Center for Emotional Intelligence.



Dr. Marc Brackett, who is the founding director of the Yale Center for Emotional Intelligence, a professor in the Child Study Center at Yale University and the author of Permission to Feel and Dealing With Feeling



Past Mentor: Lisa Rees was a certified coach and specialized in coaching, teaching, and developing emotional intelligence skills in others.

Additionally completed professional training workshop with Six Seconds Emotional Intelligence organization.

<https://www.6seconds.org/>

LET'S CONNECT

- *Tailored and adaptable.*
 - *Student-led facilitated workshops*
 - *Real, hands-on tools students walk away with*
 - *Students learn:*
 - *to understand their emotions*
 - *better equipping them to manage challenges*
 - *connect with others*
 - *and contribute positively to their communities*
 - *Building emotional awareness and teaching practical coping strategies for stress, frustration, anxiety, and conflict*
-



EMOTION SURFING

Non-profit Emotional Intelligence Program for Teens.



<https://emotionsurfing.org>



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