

Lesson 13 — The EQ Climb

Emotional intelligence · teens–adult (gentle pacing) · 30 minutes · one screen, the free game, this page

At a Glance

- Game: The EQ Climb (free, no login, plays in the browser) — read.globalsovereignuniversity.org/eq-climb.html. Also on the Homeschool hub: globalsovereignuniversity.org/homeschool.
- Ages & time: Emotional intelligence · teens–adult (gentle pacing) · 30 minutes · one screen, the free game, this page
- Prep (2 min): read the Teaching Creed once, open the game, keep this page beside you. That's the whole setup.

Why this lesson

Between feeling and acting there is a gap, and character lives in the gap. This lesson trains the room to find that gap on purpose — naming the impulse before choosing the wise move — at a gentle pace, because emotional ground is tender ground. The game supplies the scenarios; you protect the safety of the room, since the only EQ lesson that works is one where nobody gets ambushed by their own honesty.

What the learner will be able to do

- Name an emotion mid-moment, silently, before speaking.
- Explain the difference between hearing someone and making them feel heard.
- Identify their easy-empathy person and their workout person.
- Run the regret-gap question on one real past moment without self-attack.

The 30-Minute Climb

How to read this: the gold box in each step is your lesson, word for word — run it exactly. The notes beneath are optional support. "The room/the group" = your family; "host" = you.

1 · The Hook (3 min)

“Think of the last time you said something you regretted within ten seconds. What happened in those ten seconds BEFORE you spoke?”

Say it like this: keep the tone light and the host's example first — your own ten-second regret, told with a smile. Humor is the safe door into this material.

Watch for / if it stalls: if someone shares something heavy, honor it briefly and gently return to the skill: 'and that's exactly the gap we're training today.' Don't let the lesson become a session.

2 · Play Together (12 min)

Climb ten questions; on every scenario question, ask the room “what would the regrettable version of you do?” before voting on the wise answer — naming the impulse is half the skill. Play together: the group votes before anyone clicks, and every explanation is read aloud — the explanation is the lesson.

Two rituals make it work: (1) everyone votes before anyone clicks, so no one just follows the screen; (2) the explanation is read aloud — the reason, not the right answer, is where the learning is.

Watch for / if it stalls: the 'regrettable version of you' question is the engine — naming the impulse BEFORE voting on the wise answer is half the skill, and the half most lessons skip.

3 • The Talk (8 min)

1. Is the goal to feel LESS — or to be less surprised by what you feel? 2. What's the difference between hearing someone and making them feel heard? 3. Who in your life is easy to empathize with — and who is the workout?

You're not fishing for a right answer — you're listening for depth:

- Q1 — less surprised, not less feeling. EQ isn't anesthesia; it's weather forecasting for your own sky. A learner who gets this stops fearing the lesson.
- Q2 — feeling heard requires evidence: reflected words, undivided attention, no rebuttal loading. Have the room name one behavior that PROVES listening.
- Q3 — the workout person is the curriculum. No names required out loud — the silent identification is enough, and kinder.

4 • Solo Climb (5 min)

Five questions, no scores compared this time — EQ scores are personal.

Why solo: no scores compared this round, by design — EQ measured publicly becomes performance, and performance is the opposite of the skill.

5 • The Takeaway (2 min)

“Between feeling and acting there is a gap; character lives in the gap.” • Homework: Once this week, in a heated moment, name your emotion silently before speaking — report whether the sentence that followed changed.

The badge moment: finishing all five steps earns the Bronze ring of this lesson's badge, *The Composed*. Mark it on the Passport now; the homework is how Silver and Gold are earned during the week.

The Teaching Creed

You are not the expert; the game is. Your job is to vote last, read aloud well, and ask "why?" one more time than feels natural. Celebrate wrong answers loudly — in here, wrong is where the lesson lives.

GENO — the GSU tutor you can actually TALK to, free, 24/7, understands 70+ languages (32 fully optimized) — can explain any answer a second way.

Adapt It & Measure It

Differentiation

- Younger / preteen: shrink to two emotions — mad and disappointed — and the one move of naming before acting. That's the whole junior curriculum.

- One child: parent and child invent a private one-word signal that means 'I'm in the gap right now' — a family tool that outlives the lesson.
- Large co-op: scenarios as table discussions, never role-play — role-playing emotions in front of peers shuts teens down fast.
- Reluctant teen: frame it as tactical, not tender — 'people who control the gap win negotiations, auditions, and arguments.' All true.

Evidence of learning (no exam)

Look for three things — Tried (named an emotion silently in one heated moment and reported whether the next sentence changed), Noticed (can state the hearing/feeling-heard difference), Changed (identified (privately) their workout person). Those three words are the whole rubric, and they map onto the badge tiers below.

Gamify It — The Campus Climb

Every GSU lesson is one badge on a 17-badge Climber's Passport, each earned at four depths — the GSU standard Bronze → Silver → Gold → Platinum. All 17 completes the campus.

LESSON 13 BADGE — The Composed · Bronze — The Climb: finished the 30-minute lesson, all five steps. · Silver — The Try: ran the name-it-silently homework in one real heated moment and reported back. · Gold — The Proof: reported the sentence that FOLLOWED actually changed — the gap held under live fire. · Platinum — The Teacher: ran this lesson as host for someone else. The harvest of a teacher is teachers.

"Every person on Earth is born with an American spirit: an untamed yearning for a better tomorrow." — Dr. Gene A. Constant

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