

## Raising 'Emotional Intelligence' Through Play

by NewsUSA

Every day, children face mental and emotional challenges that require patience, understanding and good judgment. How can parents teach their children to cope with this complex world? Oikos Global has created games designed to do just that. Oikos Games 1, 2 and 3, each aimed at a different age group, help children raise their emotional intelligence through rewards and consequences, repetition and play. The games involve various interpersonal situations that children may encounter in their lives. Through lively participation and dynamic interchange between parents and children, the games reinforce positive behavior.

"As a learning tool, Oikos Game provides a venue for players to talk about emotional and interpersonal skills while having fun," said Dr. Michael Rayel, a psychiatrist and inventor of Oikos Games.

Oikos Games focus on developing positive social skills for children and young teens to reduce conflict and increase their self esteem. Here are a few of the skills that the games teach:

- \* Assertiveness: This involves expressing one's desires, opinions and ideas in a tactful way to avoid hurting the feelings of others.

- \* Active listening: This aims at improving empathy through frequent eye contact and the use of gestures and verbal cues to encourage open communication.

- \* Anger management: This concerns techniques to increase self-control. Children learn how to cool down and to explore alternative behaviors.

Oikos also offers daily inspirational cards to encourage principles of success, such as "be persistent," accompanied by a mini-biography of a famous person who illustrates this idea.

Several Oikos games and products, including Fikloo and Wordigy, have won the 2006 Parent to Parent Adding Wisdom Award given by Martin-Ola Press, a Missouri-based company. The award recognizes "products of outstanding quality that support family values." Products are judged based on how they help children grow ethically, socially, intellectually, emotionally and physically.

Oikos Global, too, honors and recognizes children and teenagers who have made a positive difference in their schools and communities through its own Oikos Global Award.

For more information, visit [www.oikosglobal.com](http://www.oikosglobal.com).