



## "Historias que emocionan", un proyecto para mejorar la inteligencia emocional en Educación Infantil [

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text (article)

Analítica

Emotional Intelligence is a central aspect in today's society and its development in the early stages of education is essential to avoid problems in the management, recognition, and expression of emotions. Therefore, an educational proposal has been carried out in a group of first year of kindergarten through the project "Stories that move" to develop these aspects. The project has been implemented through a gamification methodology. A control group (N=20) and an experimental group (N=20) have been implemented, applying a pre-test and post-test in which a Student's t-test analysis of mean comparison and a qualitative analysis through interviews with the tutors of each class have been carried out. The results show that the experimental group shows a significantly greater improvement than the control group in both emotional recognition and expression of basic emotions

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