



POP-UP FESTIVAL HANDBOOK

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Don't forget to register!
6sec.org/popup



WORLD
CHILDREN'S
DAY NOVEMBER 20



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WHAT IS EQ? WHY EQ?

Emotional intelligence (EQ) is about, **being smarter with feelings**. It is the capacity to blend thinking and feeling to make optimal decisions. In the Six Seconds Model of Emotional Intelligence, it is broken down into 3 pursuits:

- Self-Awareness: Be more aware, by clearly seeing what you feel and do
- Choice: Be more intentional, by doing what you mean to do
- Purpose: Be more purposeful, by doing it for a reason

Emotional intelligence is learnable, measurable, and actionable skill that is key to having a successful relationship with yourself and others.

To learn more about the importance of emotional intelligence, check out:

A Case for Emotional Intelligence: A Free eBook, or real-world case studies of EQ in action.

WHAT IS POP-UP FESTIVAL? WHY POP-UP?

POP-UP Festival is the world's largest EQ program that anyone can join for free! POP-UP Festival is celebrating **World Children's Day** on November 20th through hands-on EQ learning experience that you create by printing the activity, gathering simple materials, and inviting people.

In partnership with UNICEF World Children's Day, POP-UP Festival has been celebrated in 200+ countries are sharing free, playful, meaningful activities to help kids grow their emotional intelligence and take action on the Sustainable Development Goals (SDGs).



More details?



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5 STEPS OF HOSTING POP-UP!

WATCH NOW



STEP 1: Register

Visit 6sec/popup and register!



STEP 2: Find Your Activity



Once you register, you will receive the emails from POP-UP team! There you can find the link to POP-UP Library!

STEP 3: Gather Materials

Let's gather materials! On each activity page, you'll find what to prepare. Papers, scissors, color pens, glue, tapes, or stones and leaves from outside..... POP-UP Festival materials are simple like school supplies. If you can't find them, be creative and feel free to use alternative ones!



STEP 4: Invite People

POP-UP can be hosted in so many ways! Bring it to family dinner time or make it a fun rainy day playdate.

If you're a teacher, why not try a Pajama POP-UP Day instead of movie time? Or start your morning check-in with some engaging POP-UP activities!

POP-UP Festival is simple yet powerful—helping to grow kindness, calm, curiosity, belonging, motivation, authenticity, gratitude, and so much more.

And it's not just for kids—adults can gain so much from POP-UP Festival too!

Some hosts have brought POP-UP Festival to local communities, after-school programs, school district events, sports club kickoff parties, shopping malls (through sponsor partnerships), parents' tea-time gatherings, and even workplaces, where companies have hosted POP-UP as part of Family Day celebrations.

**POP-UP FESTIVAL IS
FULL OF LIMITLESS POSSIBILITIES!**

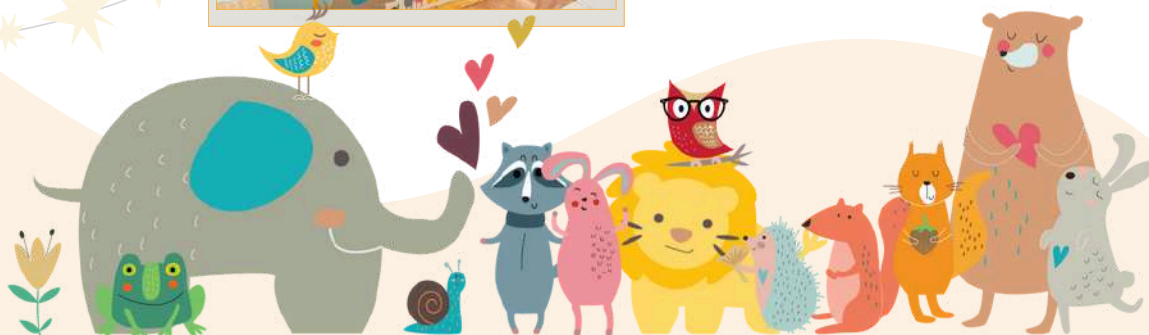
STEP 5: POP-UP, Celebrate & Share!



Let's POP-UP and celebrate

POP-UP can happen anytime during the year, doesn't need to be hosted in November!

Don't forget to share your POP-UP with hashtag #eqpopup!



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WHAT RESOURCES ARE AVAILABLE?



We have an amazing **support community**!
Experienced hosts from all around the world will
support you planning your POP-UP in your language.

If you have any questions, please reach out to
POP-UP Festival Coordinators!

Contacts are available in intro emails after you
register and/or our monthly mail letter!

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start your journey today! [Click here to learn more!](#)

