



**Welcome to**

# POP-UP FESTIVAL

Hello our new POP-UP Festival host!

We are so happy to have you here and so excited to see how this POP-UP Festival can brighten your community!

This is an info handbook for all the hosts who want to try out POP-UP Festival.

- 1** What is EQ?
- 2** What is POP-UP festival?  
Why POP-UP?
- 3** 5 steps to do POP-UP!
- 4** Who is going to help you?

# 1

## What is EQ?

Emotional intelligence (EQ) is about, being smarter with feelings.

EQ is a learnable, measurable skill that predicts improved effectiveness, relationships, quality of life & wellbeing.

## What is POP-UP festival?

## Why POP-UP?

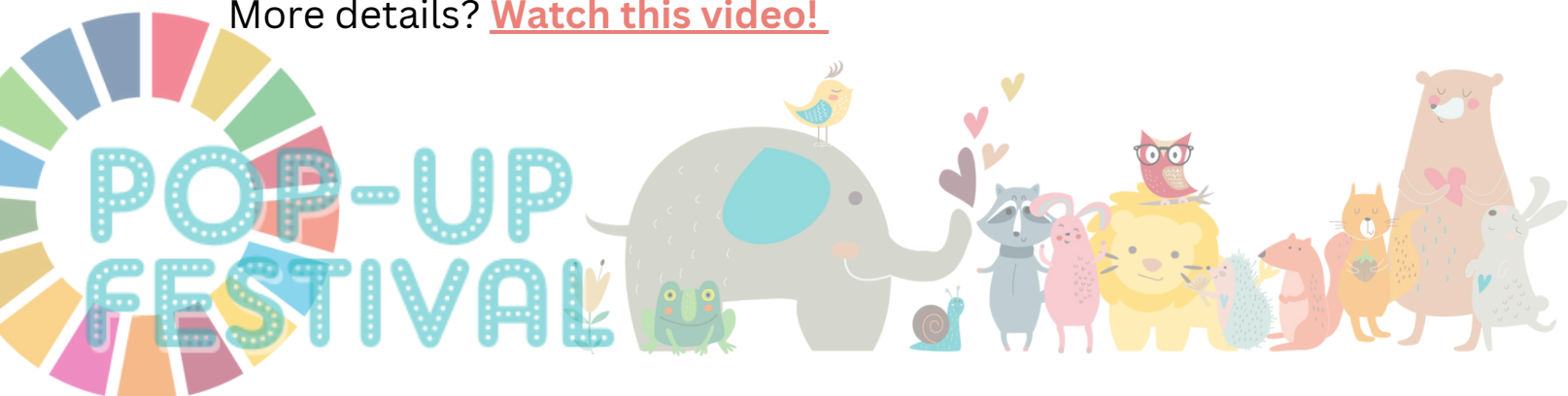
# 2

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? [Watch this video!](#)



# 3

# 5 steps of How to do POP-UP!

## STEP 1: Register

Visit [6sec/popup](https://6sec/popup) and register!



## STEP 2: Find your activity

Once you register, you will receive the mails with links! From there you can get in hosts limited site and find your activities in your languages.



## STEP 3: Gather materials

Did you find your favorite activities? Let's gather materials! Papers, scissors, color pens, glue, tapes, or stones and leaves from outside, you can do your POP-UP with things around you!

## STEP 4: Invite people

If you are a teacher, let's POP-UP in the classroom!

If you are a parent, why don't you try POP-UP before/after dinner time?

If you are working for a company, you may want to think about holding as a family day event or CSR for your local community!

Some hosts have done at the shopping malls in partnership with a company, or others have done a big festival with help from sponsor companies!



## STEP 5: Celebrate and share!

Let's POP-UP and celebrate the world children's day! Don't forget to share your POP-UP with hashtag #eqpopup !



# 4

## Who is going to help you?

Talk to Experienced hosts  
**- Mentors & Super Mentors -**  
are happy to help you in your local languages!  
(for free!)

### POP-UP Mentor

gives group training & QA sessions to new hosts, and/or gives 1 to 1 support to hosts in their available languages, during months of August to November.

### POP-UP Super Mentor

supports all the hosts, all the year, to engage more, search partnership opportunities, dedicate the monthly gathering to discuss and plan for the entire POP-UP Festival and the World Children's Day Nov 20! Gatherings are on the second Tuesday of each month.

### POP-UP Festival Mentor Coordinators

If you have any questions?  
Do you need some support from mentors?  
Please reach out to the current Mentor Coordinators!



Antonella



Ayaka



If you want to learn EQ with  
the world's largest EQ network,  
[please click here and check out!](#)

