



SEL Summit

Burch School of Excellence
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Organization dedicated to using latest behavioral science research towards creating nurturing and effective environments in order to help all individuals flourish across home, school, community and work context.

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Tonight's Topic

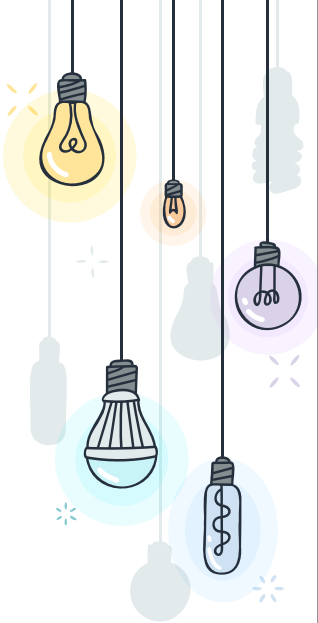
Social-Emotional Strategies for the Family



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Social Emotional Learning (SEL)

- + Skills for managing emotions, relationships, working with others, problem solving, making responsible decisions
- + Benefits
 - × Better academic performance
 - × Improved attitude and behaviors
 - × Less negative and problem behaviors
 - × Reduced stress



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All Behavior is Communication

+ Your child's behavior is trying to tell you something

- × Your child may not have the words
 - ♦ scream when upset because friend took game away
- × Emotions may be too big and overwhelming
 - ♦ cry, kick, bite, shut down when feeling angry or frustrated
- × Your child may have learned that problem behaviors can be used to get what they want
 - ♦ throw a tantrum when asked to stop a preferred activity
- × Your child may not have developed the coping skills yet
 - ♦ run away from you when upset, leave game when losing points

Your response matters!

✦ Your response to the child's behavior can be a teachable moment **OR** can make a behavior worsen:

- ✦ When child upset that he/she is losing the game, you can pull child aside and have a conversation about the importance of trying you best vs. always winning. Tell them to take a couple of deep breath and return to the game and try again.

OR

- ✦ Yell at the child to go back to the game and stop being a sore loser.

Social Emotional Learning

✦ Build your tool box!

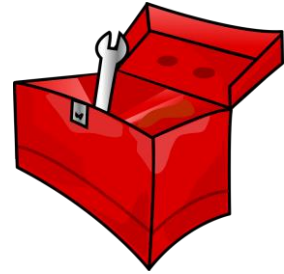
Let's add tools to help us work to be our best selves!

- ✦ Listen to our body
- ✦ Make good choices
- ✦ Reach our goals
- ✦ Be a good friend/family member/student



Steps to managing your Emotions

1. Identify your emotions
2. Manage your emotions
3. Clap for ourselves
4. Practice!



Relaxation Thermometer
Turtle Technique/
Link Up
Mountain breathing

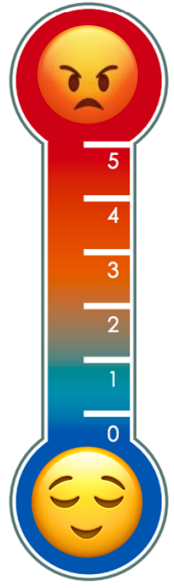
IDENTIFYING & MANAGING EMOTIONS



Emotions: What am I feeling?

 Frustrated	 Embarrassed	 Lonely	 Sad
 Mad	This is how I feel today!		 Nervous
 Happy	 Loved	 Scared	 Proud






Relaxation Thermometer



I Feel _____

Take 3
deep breaths
1, 2, 3

I Feel _____

-  Angry
-  Calming down
-  Calming down
-  Calming down
-  Relaxed

The Turtle Technique

+ If you are feeling mad, or out of control, there are steps you can take to help yourself feel better!

1



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Hook up-Link up Technique

Link up technique on Youtube:

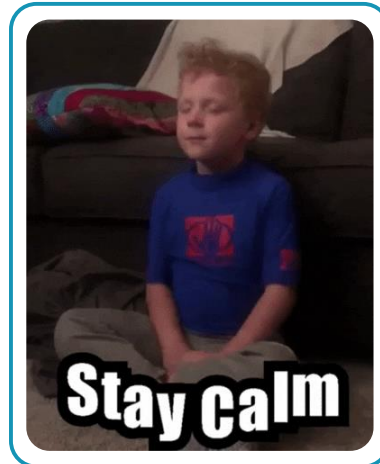
+ [Standing](#)

+ [Sitting](#)



Deep breathing

- + Relax your body
- + Focus your mind
- + Reduce stress and anxiety
- + Control your feelings



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Mountain Breathing

- 1** Put up one hand, palm facing out and fingers spread apart.
- 2** Place index finger of your other hand at the base of your thumb and **breathe in** while you move your finger up one side of your thumb, **counting 1,2,3**.
- 3** Move your finger down the other side of your thumb and **breathe out**, **counting 1,2,3**.
- 4** Do same thing with remaining four fingers, taking deep breaths **in** and **out** as you move your finger.



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EMOTIONAL SAFETY PLAN

Emotional Safety Plan

- + We plan for the possibility of fires in our schools, homes, communities by having fire drills, installing smoke alarms and fire extinguisher, or being aware of the closest exit.
- + What about planning for our emotional fires?
- + We all become overwhelmed and occasionally have an outburst or take our emotions out on other people
- + By creating an ***emotional safety plan*** for our family members, then we can all use it to respond effectively when we get upset, angry, or scared



Why an Emotional Safety Plan

I know that my children learn how to manage emotions from my modeling when I am angry and anxious. I know my child will act in the same way I act when they are stressed. Having a plan ready and rehearsed will help me model how I want to teach them to handle their emotions.



Creating your plan

- + Discuss when calm
- + Talk with your family about ways you know you are upset or getting angry
 - × What happens physically?
 - ◆ Face gets red, feeling hot, wanting to cry, clench fists, fold arms, stomp feet
 - × Can you identify your emotions?
 - ◆ Mad, angry, upset, sad, overwhelmed, fearful
- + Create the steps of an emotional safety plan and then model for your children
 - × They will learn how to handle their emotions by observing others

Emotional Safety Plan Steps

1) When I am angry or experience high stress, I will say... (keep it short!)

Caregiver: "I need time to calm down"

Child: "I am scared; I am upset; I am angry; I need to take time; I can't think"

1) Then, I will go... (describe specific place) to cool down.

Caregiver: "I will go to my bedroom. I might sit quietly between siblings on the floor. I might move a couple of steps away from situation"

Child: "I will go to my favorite chair. I will sit at the table. I will sit on floor/stairs/corner"

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Emotional Safety Plan Steps

3) When I get to my cool down spot, I will... (describe what you will do to cool down)

Caregiver: "I will take 10 deep breaths. I will listen to a song. I will plan my response."

Child: "I will use the turtle tool or link up tool. I will use my mountain breath. I will draw a picture of how I am feeling. I will cry if I feel like it. I will shake it off"

4) I will return to my family when...(describe how you will know you are ready to return)

Caregiver: "I have cooled down and know how I will respond", "I am ready to have a calm conversation and find a solution"

Child: "I am feeling calm and ready to talk or listen"

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Emotional Safety Plan Steps

5) As a family, we will commit to using the plan when we feel overwhelmed and remind each other to use it in the moment

Caregiver: When I see my family member getting upset, I will remind them of their plan: "Do your mountain breathing and let's talk about it" OR "Remember the plan :)"



Final Thoughts

- + Modeling is powerful and your child will copy what they see and hear
- + It is important to model how you regulate yourself, so you can help your child learn how to self-regulate
- + Look for and encourage the good behaviors you want to see from your child
- + Practice self-care and compassion



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Phew



Resources

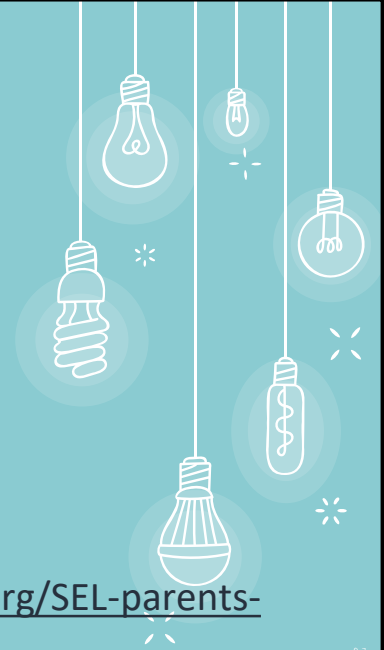
Mind Yeti:

<https://www.mindyeti.com/v2/s/pricing>

Confident Parents, Confident Kids:

<https://confidentparentsconfidentkids.org/>

Parent Resource Guide: <https://www.edutopia.org/SEL-parents-resources>



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Thank you!

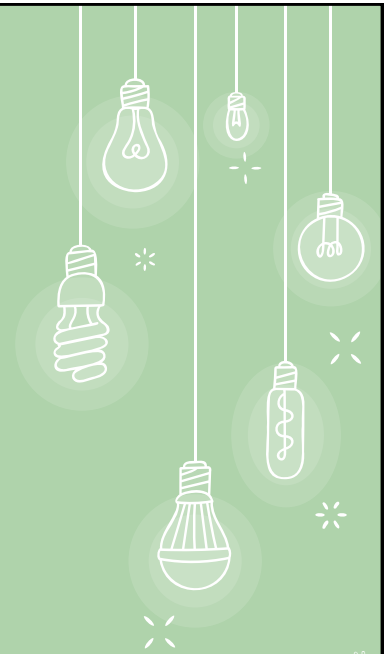


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