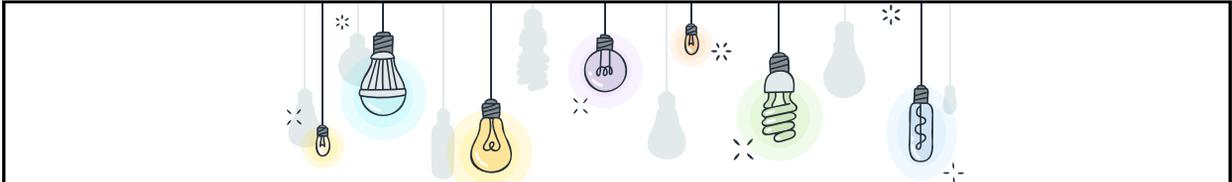




SEL Summit

Burch School of Excellence
October 19, 2021

Chelsea Grant, Ph.D.
Amy Oliveira, Doctoral Intern
Nurturing Environments Institute



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.

NEI Team Members:

- Dr. Chelsea Grant
- Dr. Imad Zaheer
- Dr. Talida State
- Amy Oliveira



Nurturing Environments Institute

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Tonight's Topic

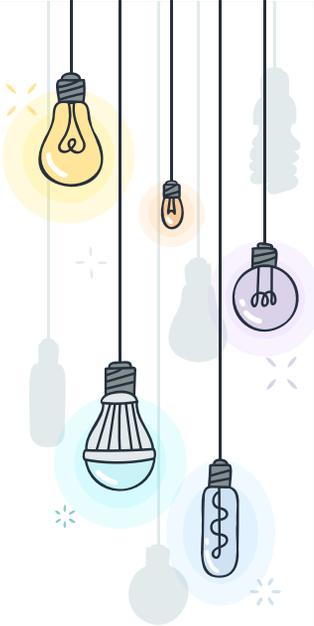
Social-Emotional Strategies for the Family



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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!

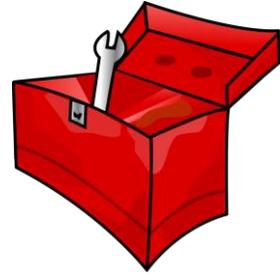
Let's add tools to help us work to be our best selves!

- ✦ 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

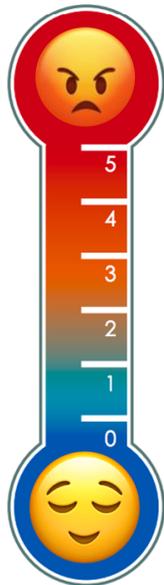
IDENTIFYING & MANAGING EMOTIONS



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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3



4



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Hook up-Link up Technique

Link up technique on Youtube:

+ [Standing](#)

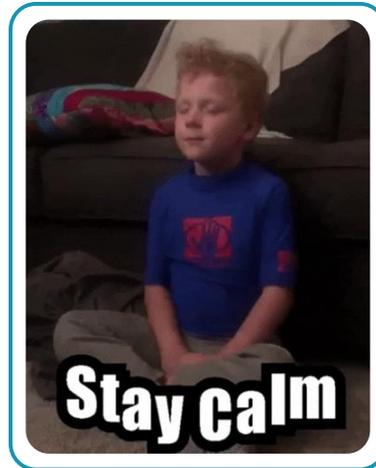
+ [Sitting](#)



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Deep breathing

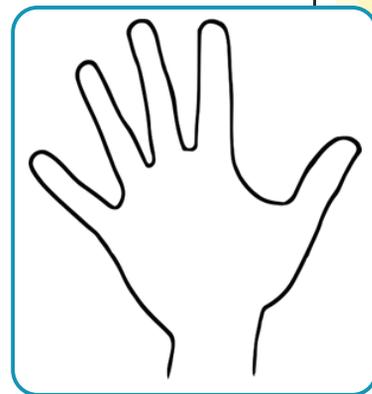
- + Relax your body
- + Focus your mind
- + Reduce stress and anxiety
- + Control your feelings



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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

- + 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



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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!

Get in touch!

neicontactus@gmail.com

Nei.squarespace.com

Chelsea.a.grant@gmail.com

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