Welcome!

As you enter:

1. Stop
2. Silently name your feeling
3. Write it down & put it in the jar
Self-Management & Awareness Begins with You!
Our vision

- All young people **deserve** a chance **to live healthier lives**

Our mission

- We work to **empower kids** to develop **livelong healthy habits** by ensuring the environments that surround them provide and promote good health
RISE Initiative

RISE initiative focuses on increasing student and staff resilience through implementation of evidence-based policy, system, and environmental improvements.

https://www.healthiergeneration.org/take-action/schools/wellness-topics/social-emotional-health/resilience
Agenda

1. Understand connections between thoughts, feelings & behaviors
2. Summarize the importance of teaching & modeling feelings vocabulary
3. Tips for supporting self-regulation
4. Questions
BIG PICTURE: What Does your Best Class Look like?
Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.
Self-Awareness
Knowing your strengths and limitations

Self-Management
Effectively manage stress
Part 1: Thoughts, Feelings & Behaviors
The brain is wired to make assumptions of thoughts and feelings based on what we see.
What are the different possible thoughts or feelings associated with this behavior?
Student yells at you after you give him a direction.

What are the different possible thoughts or feelings associated with this behavior?
Part 2: 
Going below the surface with the help of emotional vocabulary
Feelings Ruler

1. Think about your:
   1. Energy level
   2. Feeling

2. Find the corner of the room that matches

3. Find a partner and chat about it
Research shows that emotion granularity - the ability to use a nuanced vocabulary to describe negative emotions - is a protective factor against depression.

Marc Brackett, Yale Center for Emotional Intelligence
What Are the Most Common Emotion Words We Hear from Our Students?
Labeling Emotions Can Be Difficult

https://www.youtube.com/watch?list=PLqHnHG5X2PXDq
wBaaHqGepMNxlYlvvJa&time_continue=2&v=F1sGD1krff
M
How To Help

1. Model a variety of emotion words
2. Push students to be more nuanced in their expression
3. Try an ‘emotion’ of the day during activities
Part 3: Supporting Regulation in Kids (p.s. and adults too!)
Teacher Says

Why did you do that?

Student Replies

Uh...I don’t know
The classic ‘I don’t know’ is likely an accurate account.
The Impacts of the Triune Brain
HOW TO HELP

Using the 3 R’s

Regulate
Calm down the fight/flight/freeze response

Relate
Connect with each other

Reason
Support reflection & problem solving
Using the 3 R’s

**Regulate**
- Quiet space
- Rainbow Walk
- Deep breathing
- Counting
- Get a drink
- 5, 4, 3, 2, 1 grounding

**Relate**
- Share space without talking
- Validate feelings
- Give reassurance

**Reason**
- Identify the feelings and thoughts behind the behavior
- Promote growth mindset
- Collaborate on consequences & next steps

For the Whole Class
BIG PICTURE:
The best class is a self-aware and self-regulated class ☺
Questions?
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