

Social and Emotional Learning (SEL)

Self-Management: High School: Strength from Support

Overview:

Self-control is the ability to regulate one's feelings, thoughts, and behaviors. Many people can manage situations by focusing, problem-solving, self-control, and goal setting, but this does not always apply because some situations can't be controlled. For those situations, we can't control, resilience provides the capacity to how we recover. Resilience is the ability to manage, adapt, and recover successfully from daily setbacks, stress, and adversity. Resiliency is a skill that can be developed by managing and controlling our emotions, developing positive relationships, becoming more independent and self-sufficient, and accepting challenges and situations as opportunities to grow. Self-control is the key to living a healthy, productive, and successful life. Effective self-control strategies utilized in childhood and adolescent years provides for resiliency later in their life. Greater self-control helps us to focus and learn.

Objective:

The child will understand the role of a support system in overcoming adversity.

Child Goals:

I know how to use my support system to overcome adversity.

Vocabulary: adversity, support system

Learn - 5 to 10 minutes

A strong support system can help your child to overcome adversity'

Listed are the benefits of a support system and strategies for reaching out to a support system.

A support system:

- improves the ability to cope with stressful situations.
- offers reassurance and encouragement.
- alleviates the effects of emotional distress.
- serves or functions as role models.
- promotes lifelong good mental health.
- enhances self-esteem.

Discussion Questions

These questions will help facilitate discussion to talk about how a support system can help to overcome adversity and how to reach out to a support system.

- What is a support system?
- How can a support system help during a tough time?
- What are some strategies for getting help from your support system?
- When should a person reach out to their support system?

- provides a different perspective.
- helps one explore solutions.

Strategies to get help from your support system include:

Reaching out
Listening
Reflecting
Extending

Practice - 10 minutes

This *Seriously Stressful Situations* activity allows you and your child to think of situations that might require a support system.

Brainstorm a list of stressful situations that would require the help from someone in you and your child’s support system.

Create a list of stressful situations on a sheet of paper.

Discuss each situation and the people you and your child would turn to for support.

Deeper Dive - 10 to 15 minutes

The *Circles of Support* activity encourages your child to think about and name the people in their support system.

Prior to the activity, talk with your child about situations that might require him or her to reach out for help. Talk with them about what a support system is and help them to identify people in his or her support system.

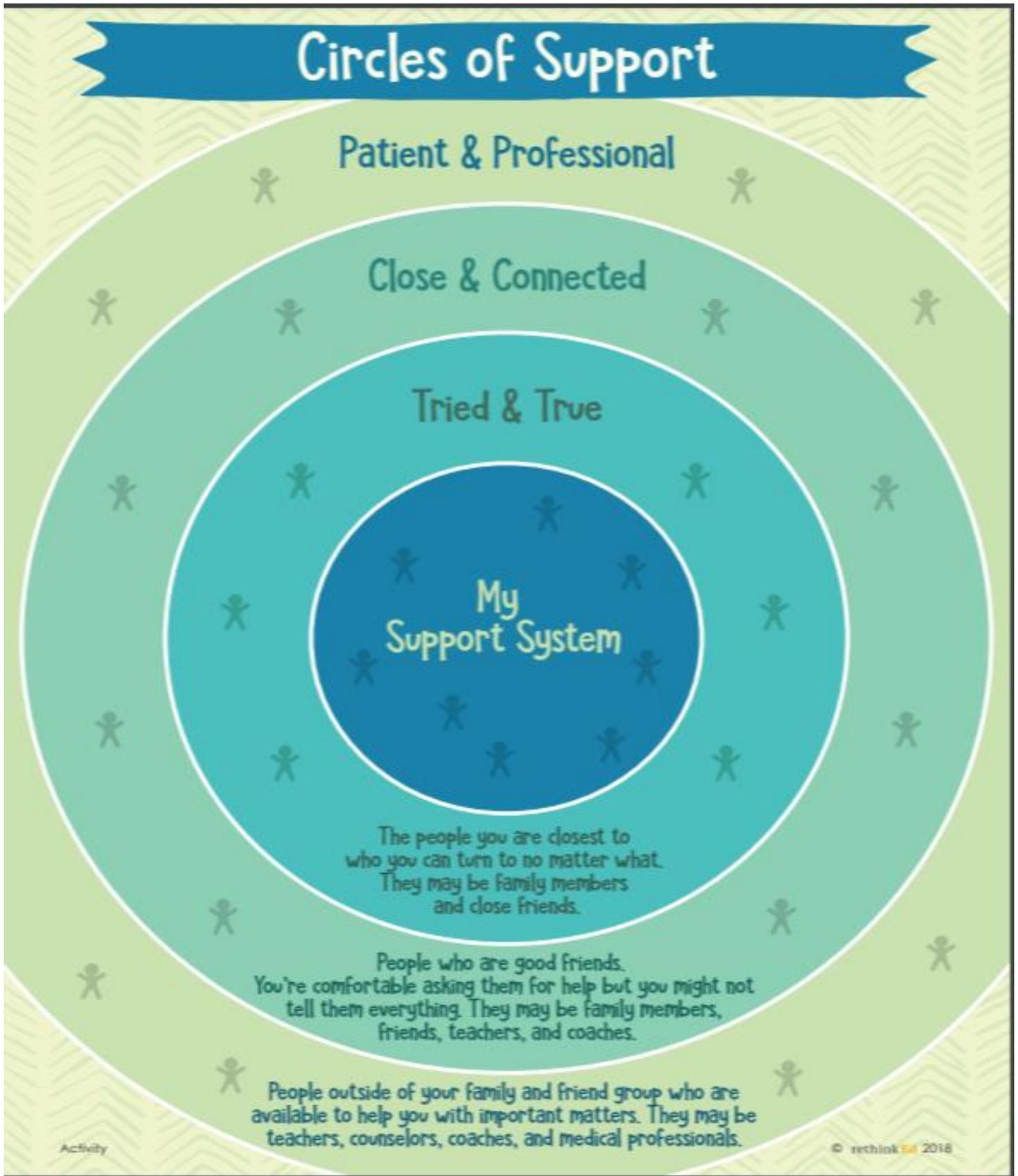
Using the *Circles of Support* resource, have your child list the people in their circle of support.

The *Reach Out* activity encourages your child to use the support system strategies to reach out to someone in their support system when they have a need.

Using the *Reach Out* resource, have your child think of a situation that they need help with and complete the activity. Allow your child time (no more than two days) to complete the activity.

Encourage your child to share their answers with you.

Tip: If brainstorming situations and creating a list of supports are difficult for your child, guide him or her in identifying a problem and who he or she would ask for help. For additional practice, provide a script for how they will ask a person for help.



Reach Out

My Problem: _____

Reach Out

I will reach out to _____ by _____
(name) (date)

I would like help:

- exploring solutions to my problem.
- reassuring and encouraging me.
- seeing my problem from a different perspective.
- seeing the person model for me how I can solve my problem or how they have solved a similar problem.

Listen

What suggestions, advice, or perspective did the person offer?

Reflect

What do you think about what they had to say? What's best for you in this situation?

Extend

Are you still struggling with this situation? Where can you go for extra help?
