

# SEL Webinar

Incorporating SEL at Home



*Date: 04/15/2020*

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*Social Work Manager, Social & Emotional Learning*

# Feelings Check-ins

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## Why do we do “check-ins”?

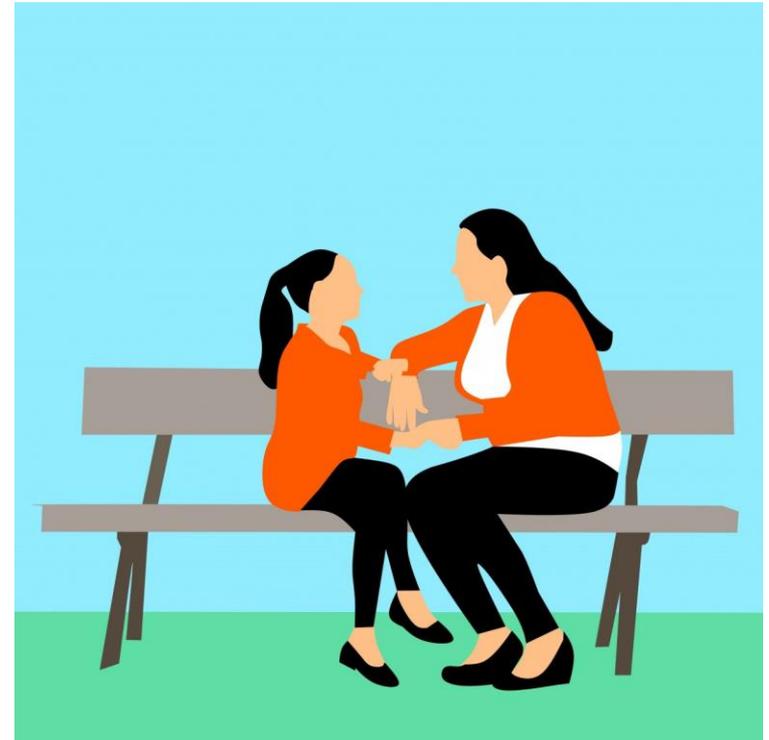
- We check in with children’s emotions because it helps to build emotional intelligence. Learning to identify and name feelings increases emotional vocabulary, improves personal awareness, and boosts self-esteem.
- All behavior is communication. When children can talk about their feelings, they are less likely to act out as result of their feelings.



# How to do a Feelings Check-in

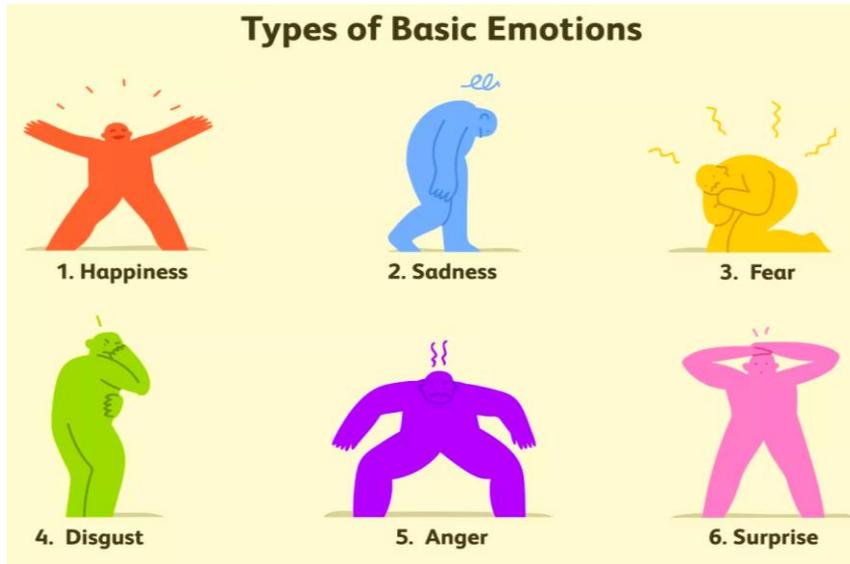
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1. Set aside 5 minutes (or more if needed!) & talk about the day. Ask the child what emotions they felt today.
2. If children have a hard time naming emotions: Focus on the BIG SIX (**Happiness, Sadness, Fear, Disgust, Anger and Surprise**).
3. You may want to add in some other emotions, depending on the days' events or the age or maturity of children.



*\*Some common emotions during this time may be boredom, disappointment, frustration, feeling overwhelmed, and loneliness.*

# The Big Six



Psychologist Paul Eckman identified six basic emotions that are universally experienced in all human cultures.

- Happiness- Contentment, Joy, Satisfaction
- Sadness- Disappointment, Hopelessness, Grief
- Fear- Anxiety, Feeling threatened, Tense.
- Disgust- Revulsion, Distaste, Aversion
- Anger- Annoyance, Displeasure, Provoked
- Surprise- Astonished, Shocked, Startled

# Strategies

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- Children learn a lot from what's modeled for them.
- The best teachers “show” first!
- You may want to express your thoughts and feelings about the day first, then ask them to share theirs.

Here are some prompts that I've used when checking in feelings:

Today I am feeling sad because I miss my friends.

One thing that made me happy today was going on a walk.

One emotion I felt was bored.

# Strategies

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- Remember to refer to the “Big Six” emotions if children are having a hard time naming their feelings.
- It may also be helpful to talk through the day’s events to determine how they felt at certain points during the day.
- You can also do a “Pit and Peak” activity.
  - Pit and Peak is asking about the best part of your child’s day, and the most challenging part as well.

# What is YOUR role?

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- Your job is to listen without interrupting!
- Consider having a “device-free” area during check in time.
- Ask clarifying questions (this makes sure you both understand the child’s emotions).
- Paraphrase what you heard them say and thank them for sharing.

# Breathing Strategies

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## Why do we do it?

- Decreases stress.
- Reduces anxiety.
- Helps you to remain calm.
- Strengthens sustained attention.
- Sharpens the ability to focus and learn.
- Slows the heart rate.
- Lowers blood pressure.
- Helps to control your emotions

## How do we do it?

- Set some time aside during the day to work on breathing techniques.
- Some suggested times during the day are the morning, between difficult tasks and before bed.
- Try these: 5 finger breathing, rainbow breathing, zig zag breathing.



# Gratefulness Strategies

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## Why do we do it?

- Gratitude is sometimes called Vitamin G- it plays a critical role in happiness.
- When we count our blessings, we interrupt the cycle of negative and fearful thoughts, which allows the stress system in our bodies to recover.
- We experience higher levels of positive emotions like optimism, enthusiasm, love, and happiness.
- We are kinder and more generous to others.
- We are more likely to exercise more regularly and eat healthier.
- We sleep better!

## How do we do it?

- Make a gratitude list!
  - Get a journal or paper and spend a couple minutes to make a list of things you are grateful for. You can do this daily or weekly.



# Gratefulness Strategies

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- Use dinner time or other night-time ritual to discuss what your grateful for.
- Parents, you can model this by sharing what you are grateful for.
- Some prompts to discuss gratitude with children are:

I am thankful for dinner with family.

The good thing about this is spending time with my loved ones.

This is hard but I'm learning new things.

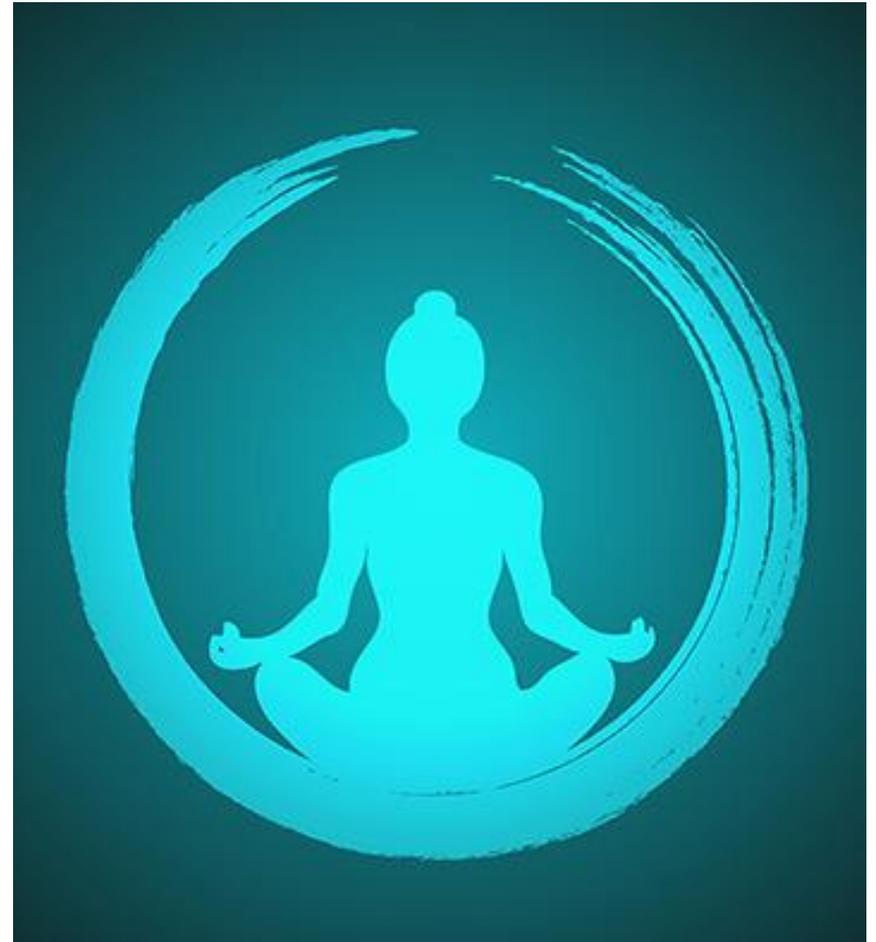
# Yoga Practice

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Lets do some Body Movement Together!

Here are some strategies you will see in the upcoming video:

- Balloon Breathing
- Make A Rainbow Breathing
- Volcano Breaths



# Yoga Practice

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# Resources

- If you have questions, please email us: [HISDSEL@houstonisd.org](mailto:HISDSEL@houstonisd.org).
- A copy of today's webinar will be available on 4/16/20 on the HISD SEL website at: <https://www.houstonisd.org/Page/153364>.
- Stay tuned for SEL Mindful Monday's beginning on April 20<sup>th</sup>.
- Follow us on Twitter:  @HISDSEL



# Thank you!

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