SEL Webinar
Incorporating SEL at Home

Date: 04/15/2020
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Feelings Check-ins

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

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.*
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

• 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__________ because___________________.
One thing that made me _______ today was ________________.
One emotion I felt was___________.

sad  I miss my friends
happy  going on a walk
bored
Strategies

- 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?

• 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

**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

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

- 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 ____

The good thing about this is ____

This is hard but ____

- dinner with family
- spending time with my loved ones
- I’m learning new things
Yoga Practice

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
If you have questions, please email us: 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 20th.

Follow us on Twitter: @HISDSEL
Thank you!

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