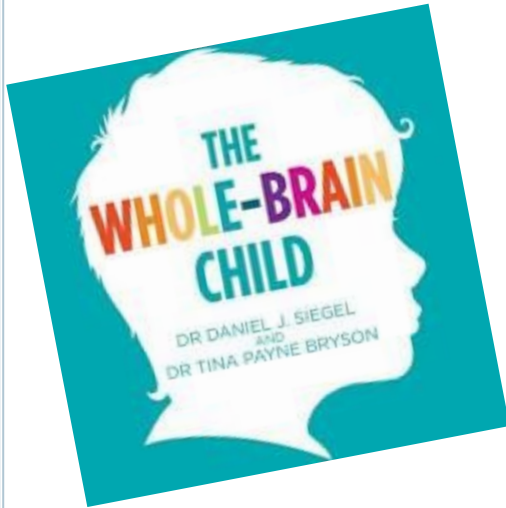




Social & Emotional Well-Being of a Child





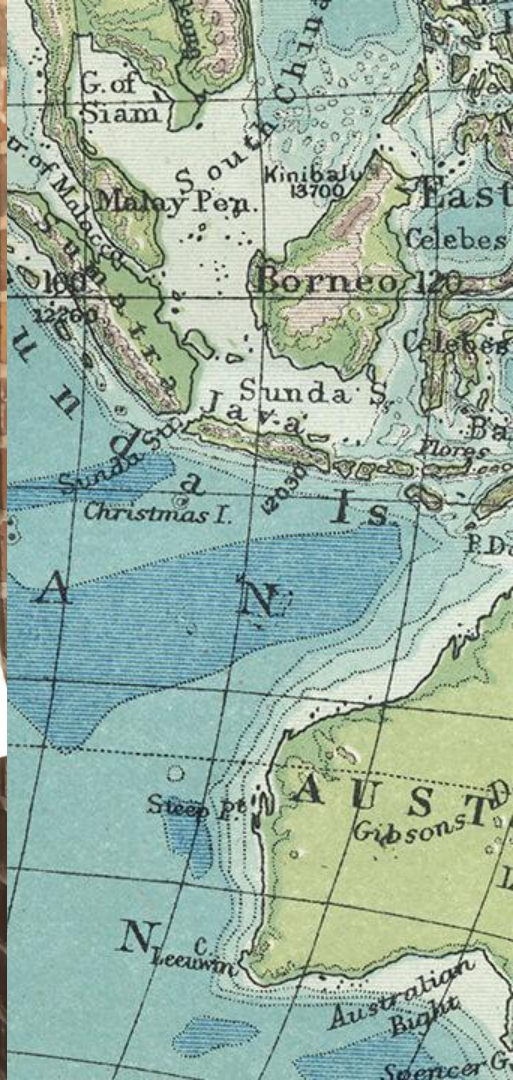
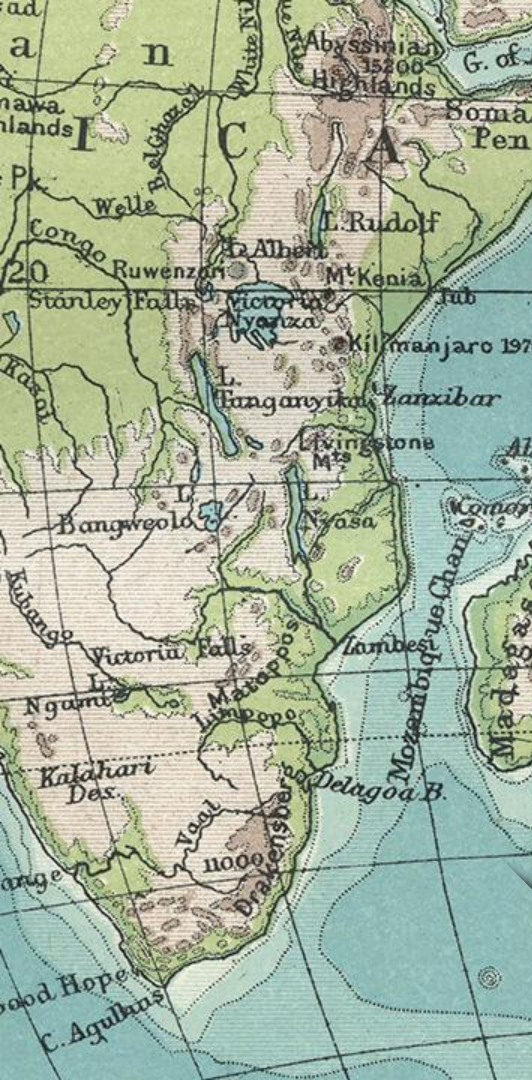
Hi



I am Christie Thompson!

Bennett Elementary School Counselor

I'm here because your EOY survey indicated that you'd like more tools to address your students' social and emotional well-being.



My Goals:



- Empower you with bite-sized and digestible portions
- Provide embedded videos for further study
- Offer [question & answer forum](#)

Contact information:

- cthompson@mckinneyisd.net
- 469-302-5437
- <https://mrsthompsonliveskind.weebly.com/>

Social & Emotional Learning

Self-Management

Managing emotions and behaviors to achieve one's goals

Self-Awareness

Recognizing one's emotions and values as well as one's strengths and challenges

Responsible Decision-Making

Making ethical, constructive choices about personal and social behavior

Relationship Skills

Forming positive relationships, working in teams, dealing effectively with conflict

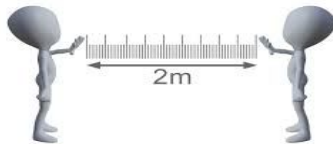
Social Awareness

Showing understanding and empathy for others

Let's anchor ourselves
to the present moment.



Stress. Anxiety.



Parenting with the Brain in Mind

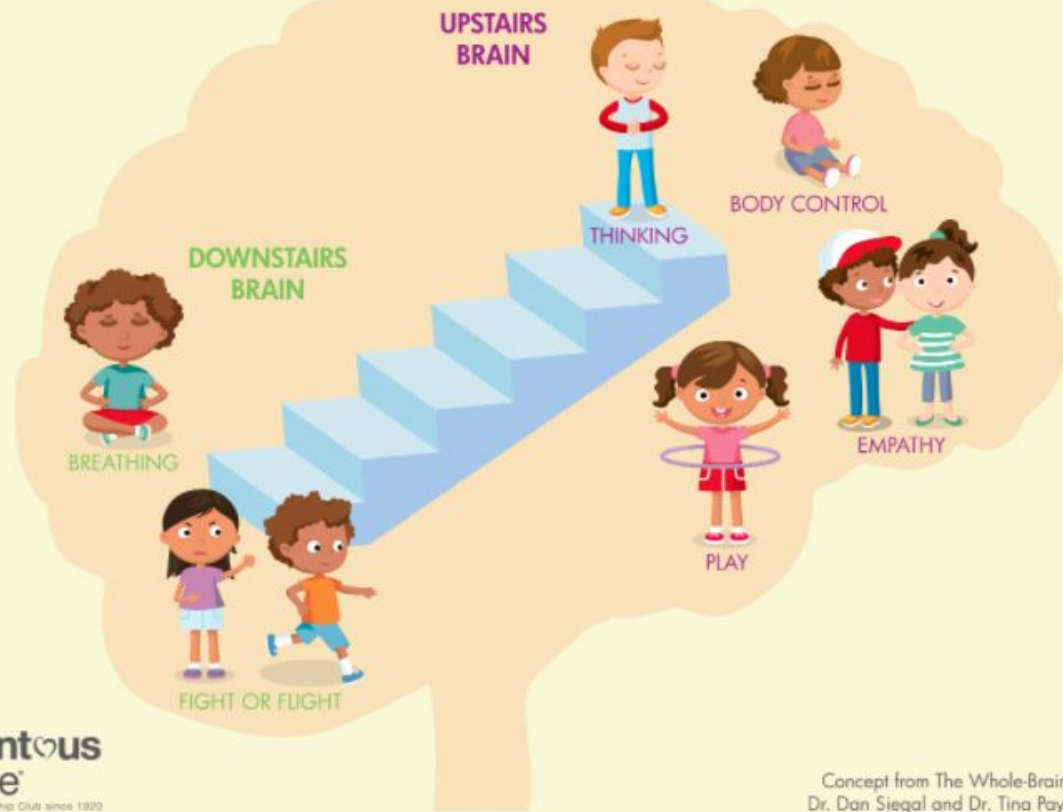


- The brain changes in response to our parenting and our experiences.
- Left/Right brain ... Upstairs/Downstairs brain
- Key to thriving is making all parts of the brain work well together.

LOGICAL
VERBAL
PART AND DETAIL
DIGITAL
SYMBOLIC
ORDER
MATH
RATIONAL
OBJECTIVE
LINEAR
TARGET AND DIRECTION
SYSTEM
ANALYTIC

art
RANDOM
AND
FREE
BIG
PICTURE
MUSIC
emotion
IMAGINATION
DREAM
SURREAL
MYTH
Colors
Creative
analog

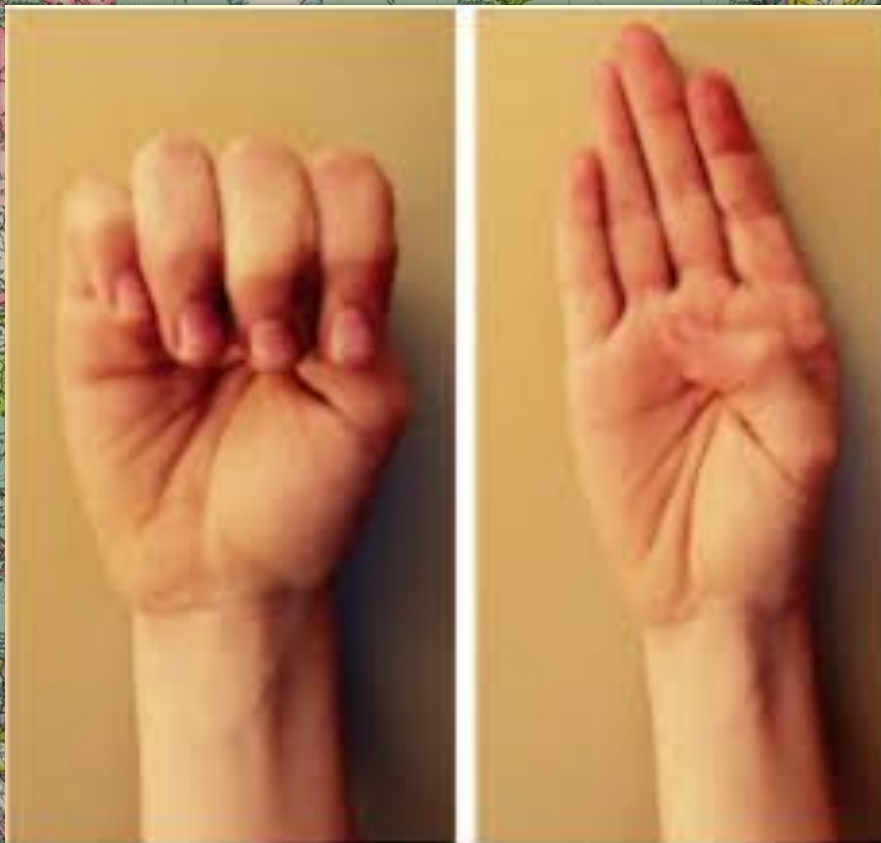




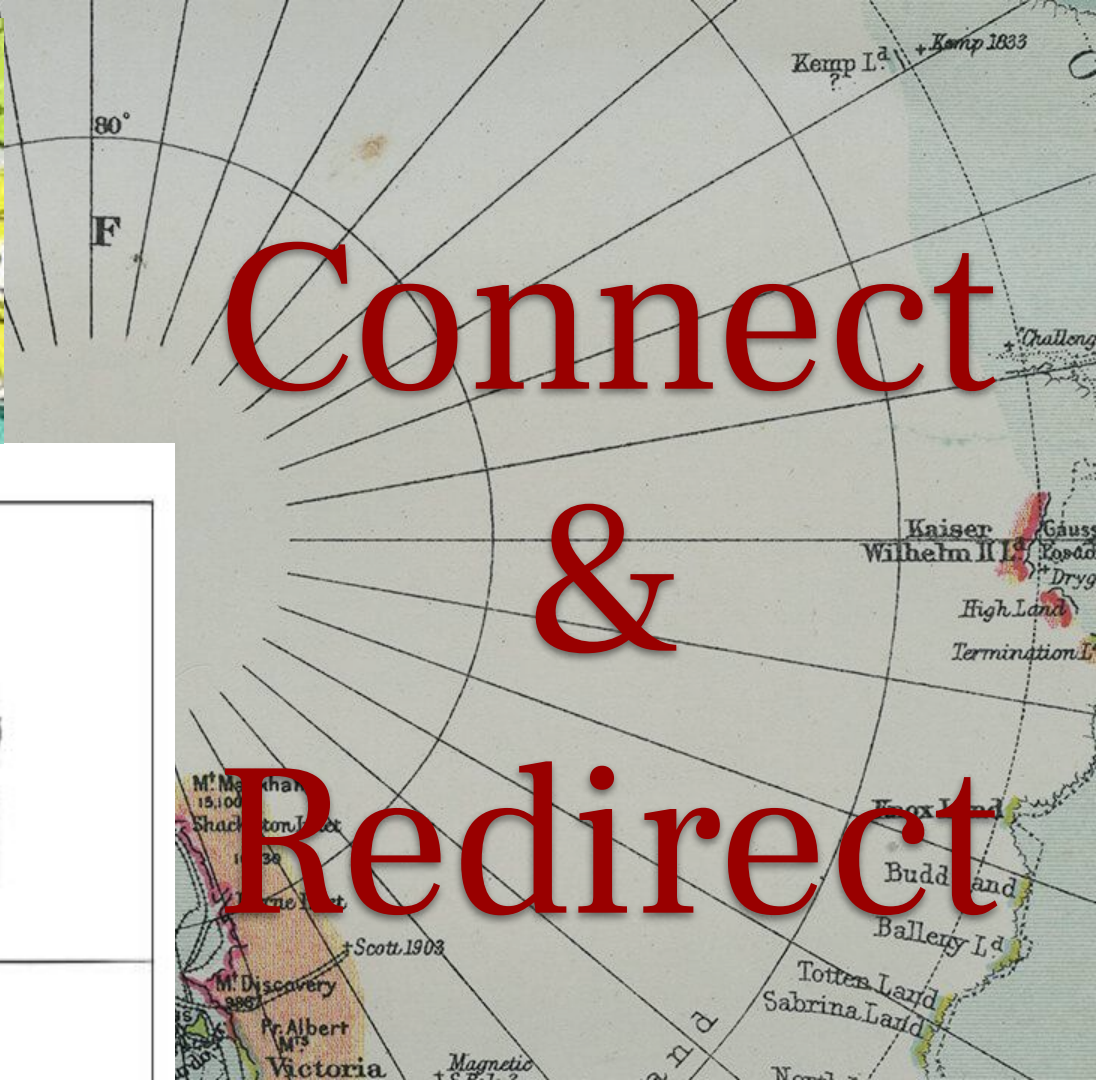
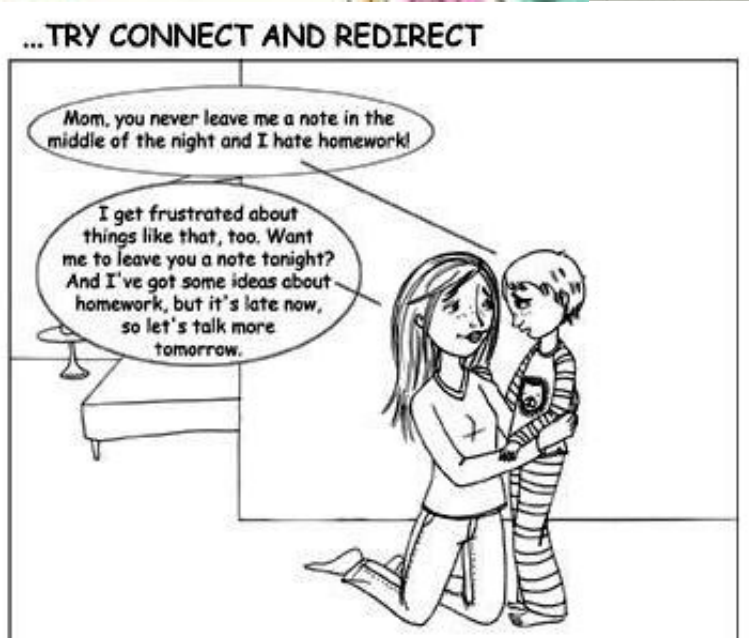
momentous
institute

Powered by Salesmanship Club since 1930

Concept from The Whole-Brain Child by
Dr. Dan Siegel and Dr. Tina Payne Bryson



flipping your lid

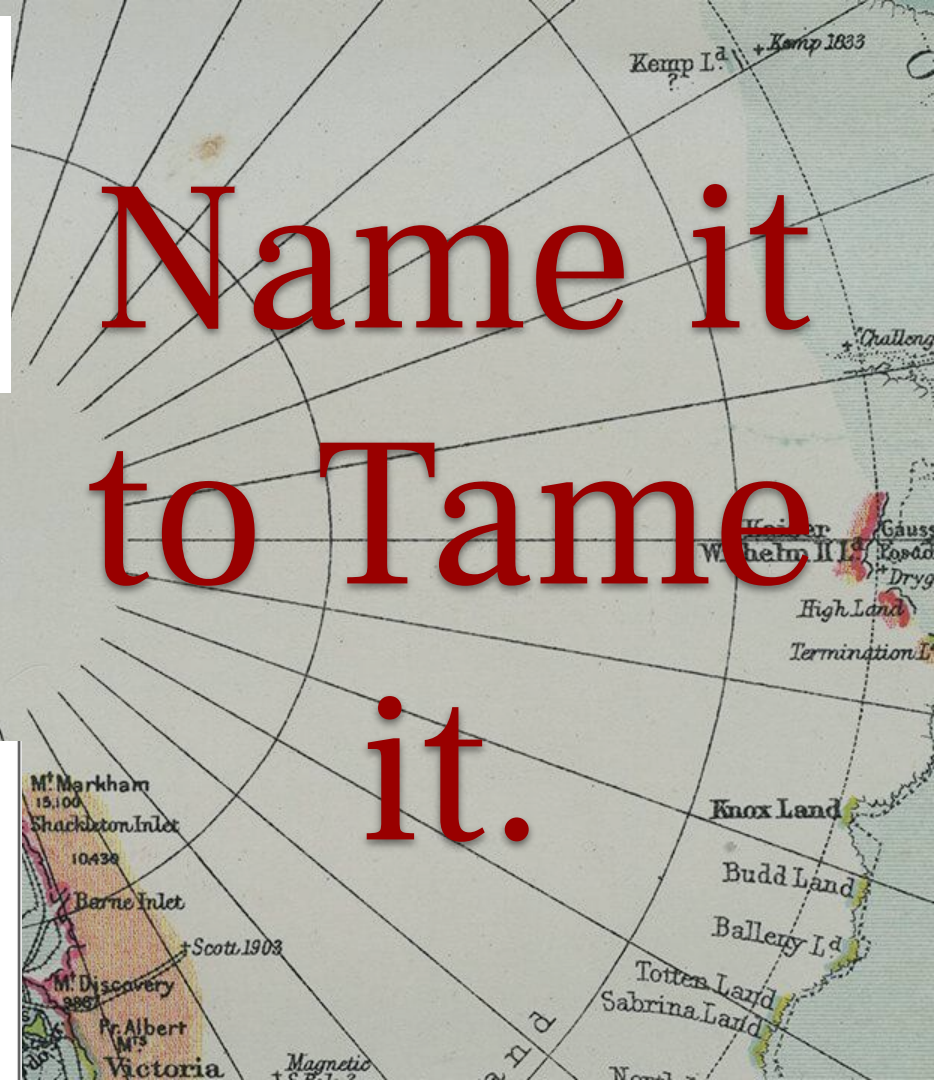




...TRY NAME IT TO TAME IT



Name it
to Tame
it.



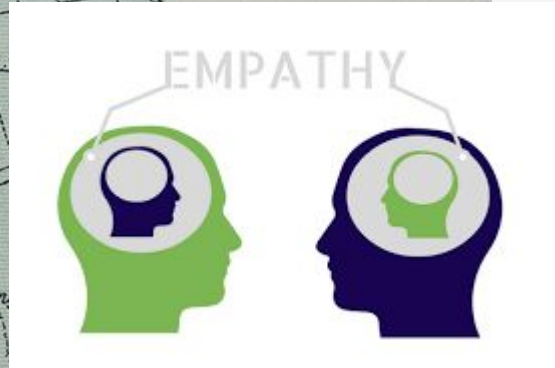


?
BE CURIOUS!
Ask questions!

Engage,
don't
Enrage

...ENGAGE THE UPSTAIRS BRAIN





Use it, or
Lose it.



TRY MOVE IT OR LOSE IT



Explicit Memory

Info you consciously work to remember



well

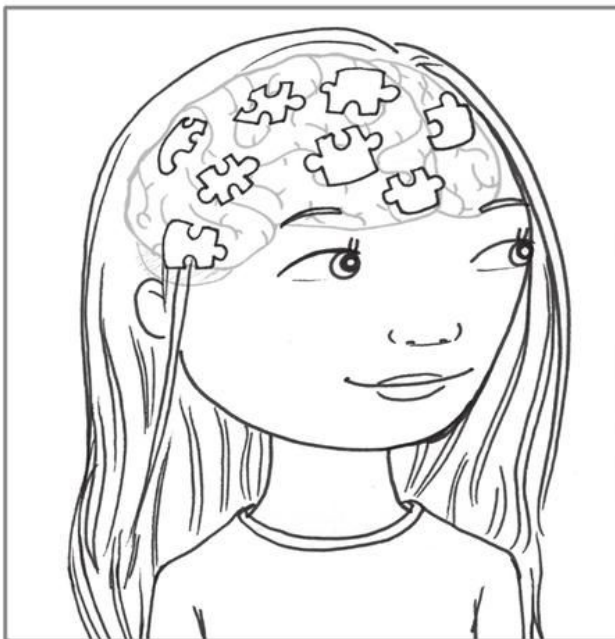
Implicit Memory

Info remembered unconsciously and effortlessly



WHOLE-BRAIN KIDS: Teach Your Kids About Making Their Implicit Memories Explicit

PUTTING PUZZLE PIECES OF MEMORY TOGETHER



WHEN THINGS HAPPEN, YOUR BRAIN REMEMBERS THEM, BUT NOT ALWAYS AS A WHOLE, PUT-TOGETHER MEMORY. INSTEAD, IT'S AS IF THERE ARE LITTLE PUZZLE PIECES OF WHAT HAPPENED FLOATING AROUND IN YOUR HEAD.

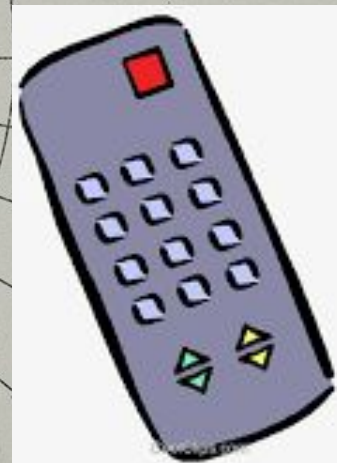


THE WAY YOU HELP YOUR BRAIN PUT THE PUZZLE PIECES TOGETHER IS BY TELLING THE STORY OF WHAT HAPPENED.

...TRY REWIND AND REMEMBER



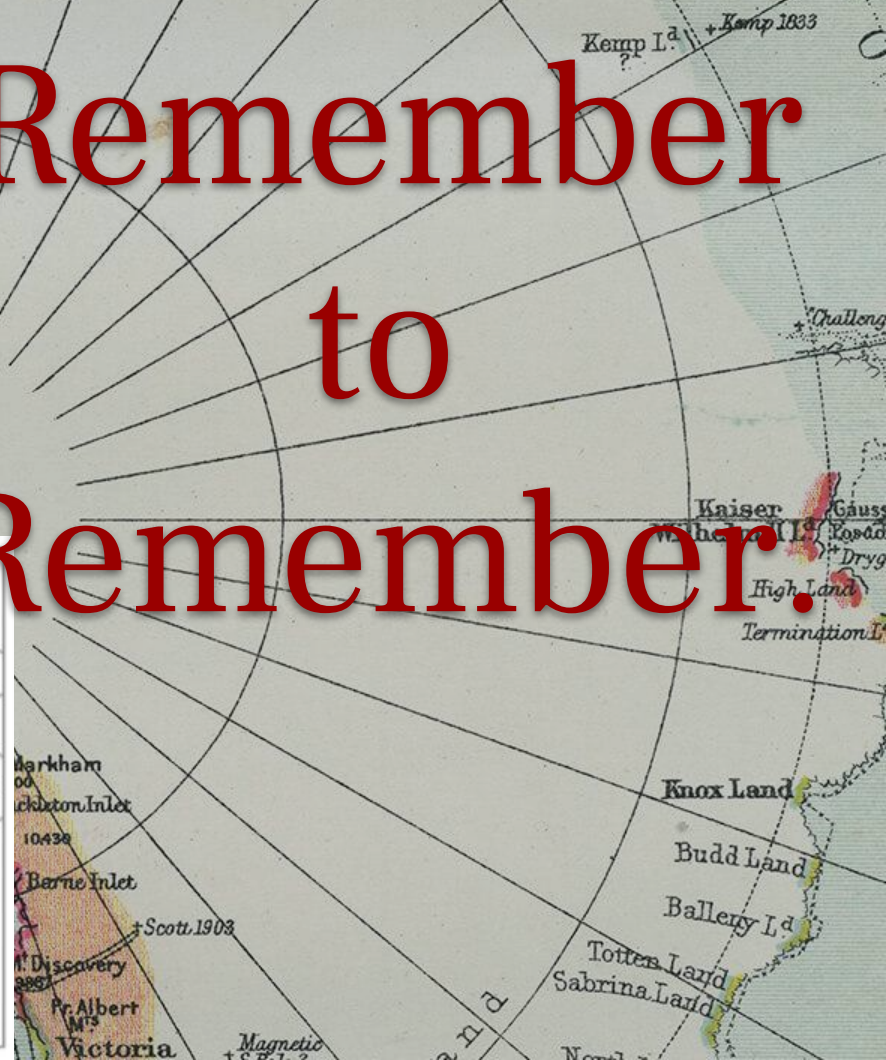
Remember



TRY "REMEMBER TO REMEMBER"



Remember to Remember.



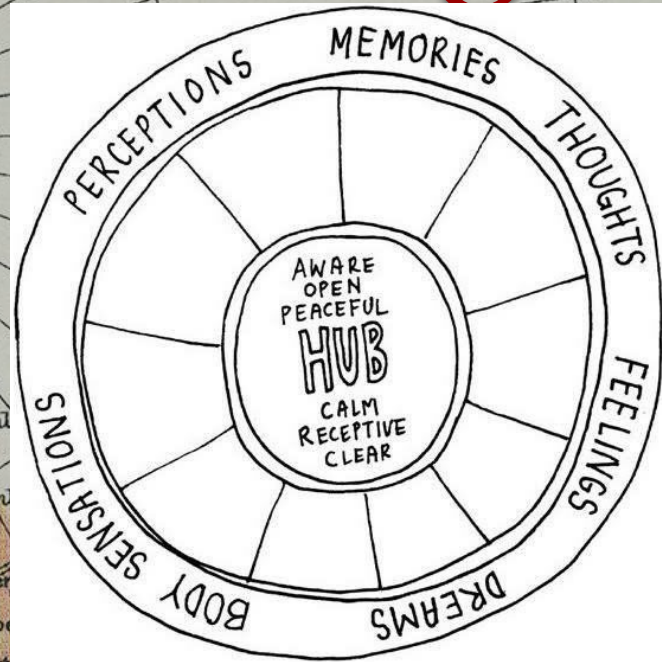


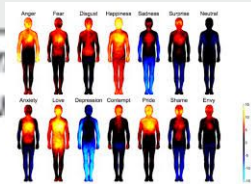



Feelings
come
and go.

...EXERCISE MINDSIGHT



Exercise Mindsight.



SIFT	Description	Example
S ensations	By paying attention to your physical sensations, you become more aware of what's going on in your body.	<p><i>Stomach butterflies might mean nervousness. A sore throat could mean sadness. Clenching your jaw might mean anger.</i></p> 
I mages	Images can affect the way you look at and interact with the world. Being aware helps you take control and diminish the power the images have over you.	<p><i>Images of past experiences (scars) and fabricated images (from dreams) begin to be controlled. See the image below.</i></p> 
F eelings	Developing a rich, descriptive language to talk about the complexity of your emotions allows you to express yourself fully and be deeply understood.	<p><i>Help kids go from having the descriptor 'happy' to having the descriptor 'ecstatic' or 'exhausted' precisely when they feel that way. The children.</i></p> 
T houghts	Learning to pay attention to the thoughts running through your head, and understand that you don't have to believe every one of them. This allows you to direct your attention away from limiting points that are limiting, and toward those that lead to happiness and growth.	<p><i>What we think about, who we are, and how we narrate the story of our lives with ideas that aren't helpful. Find a more optimistic perspective that holds you back.</i></p> 



Connect through Conflict.





Enjoy each
other.