



Healthy Habits in the Middle Years for Learning and Every Day Life

Foundation of Social & Emotional Intelligence

**Growth
Mindset:
Cope-Abilities**

Self Awareness

The Ability to
Recognize &
Understand Ones
Feelings

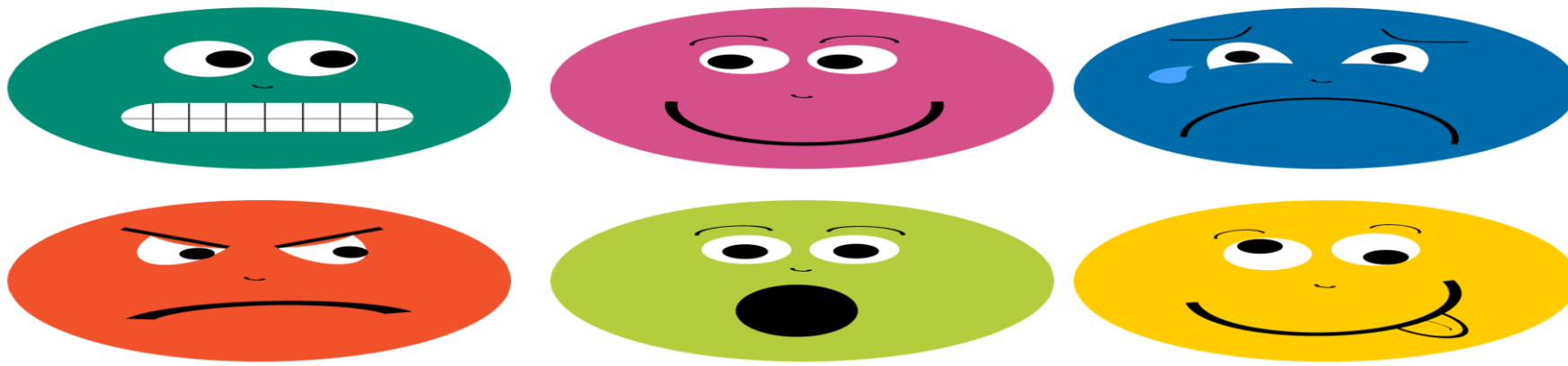
Self Management

The Ability to
Regulate Ones
Emotions

**Relationship
Skills**

**Responsible
Decision
Making**

**Social
Awareness**

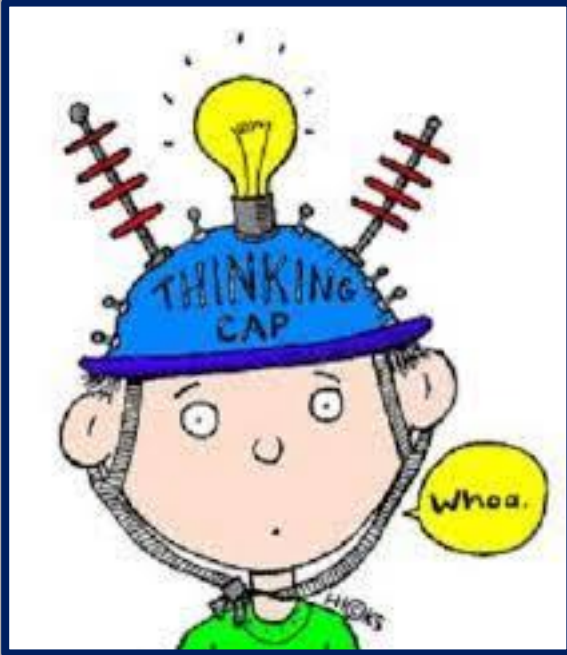


Self Awareness: The ability to recognize and understand one's feelings, strengths, weaknesses, & their effect on others.

- How to be Aware of your inner body and outer world.
- How to Tune Into your body's 5 Senses: *seeing, listening, smelling, moving, & tasting*
 - Learn How the Brain controls *emotions* & the body's inter-connections.
 - Reflection of Thoughts and Actions

Self Management: The ability to regulate one's emotions, handle stress, manage impulses, and persevere in overcoming obstacles.

“To Think before Acting”



The Mindful Brain

How can your brain help you?

Learning the mechanics of the brain gives students insight into how their bodies work and where their emotions comes from.

Self-awareness empowers them to take control & try to manage themselves.

Brain Mechanics

Amygdala Prefrontal Cortex Hippocampus

Mindful Breathing

Breathing Exercises

The breath is your anchor to life, bringing you energy, and good health.

Breathing increases blood and oxygen to the brain, the heart the lungs, and reduces tension and stress in your muscles.

Breath work can influence the state of our brains, which in turn influences our emotional states.

As a skill, it address emotional regulation and reduces the heightened alarm system (nervous state). It build **the response muscle, decreasing reactive impulses.**



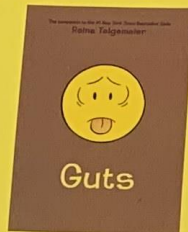
Learning Styles & Coping Styles



Salk Book Club Students

Tips for managing stress and anxiety after reading the book.

- Read
- Draw
- Breathe
- Squeeze something
- Rest



Journaling



Meditation



Glitter Jar

Salk Book Club Students

Tips for managing stress and anxiety after reading the book:

Breathe

- Gently & slowly inhale through your nose
- Fill your lower lungs
- Exhale slowly concentrating only on your breathing
(you are doing it correctly if your stomach expands when you inhale)



Salk Book Club Students

Tips for managing stress and anxiety after reading the book.

Breathe

Remember that you aren't alone

Don't be afraid to ask for help!



Meditation

Sometimes, when I am ^{anxious}, I draw squares  and count to 4 on each side. This distracts me and makes me feel better.

Other times I write. I keep a diary and write down everything that bothers me.



Journaling

Cope-Abilities Foundation

Routines

Quiet Time
Sleep Habits

Cope-Ability
Tool-kit

Nutrition
Healthy Eating

Activities

Balance &
Time Limits

Show
me/model

Tune-In Time

Strategies for Self Awareness

1. Self Reflection (journals, painting, quotes)
2. Name/Label feelings with your child.
3. Teachable moments: Stories with feelings, problems, discuss, and initiate their input for problem solving.
4. Ask Growth Mindset Questions
5. Five Senses Identification

10 What Questions

to Develop a Growth Mindset in Children

1. What did you do today that made you think hard?
2. What happened today that made you keep on going?
3. What can you learn from this?
4. What mistake did you make that taught you something?
5. What did you try hard at today?
6. What strategy are you going to try now?
7. What will you do to challenge yourself today?
8. What will you do to improve your work?
9. What will you do to improve your talent?
10. What will you do to solve this problem?

DEVELOPING A GROWTH MINDSET



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

Strategies for Self Management

1. Distraction (movie, games, reading)
2. Self Relaxers: using any of your five senses/Breathe Tips
3. Opposite Action (something funny/inspirational)
4. Mindfulness (yoga, visualizations, movement)
5. Reflection (journals, painting, quotes)
6. Self Reminders: "I will feel better with practice"
7. "Repeat...Repeat...Repeat" (Practice builds emotional muscle)

Anchor Exercise

Plant Your Feet on the Ground.

Look Around You. Identify and Name:

- 5 Things you See
- 4 Things you Feel
- 3 Things you Hear
- 2 Things you Smell
- 1 Thing you Taste

Suggested Reading

How to Talk So Teens Will Listen and Listen So Teens Will Talk by Adele Faber & Elaine Mazlish

Helping Your Anxious Teen: Positive Parenting Strategies to Help Your Teen Beat Anxiety, Stress, and Worry by Sheila Achers Joseph, PhD.

How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success
by Julie Lythcott-Haim

Real World Mindfulness for Beginners: Navigate Daily Life One Practice at a Time
by Brenda Salgado

Planet Middle School: Helping Your Child through the Peer Pressure, Awkward Moments & Emotional Drama
by Dr. Kevin Leman