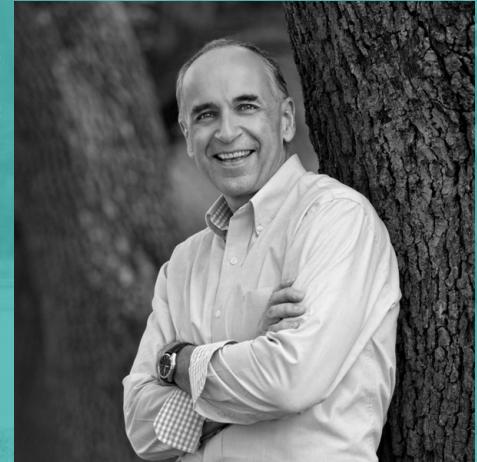


Our Webinar will begin shortly.
Thank you for attending.

New online professional development
offerings.

Check them out on our website
drsteveconstantino.com



Dr. Steve Constantino
 @drsconstantino



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THE EMOTIONAL REALITY OF LEARNING AT HOME: MEETING THE NEEDS OF STUDENTS AND THEIR FAMILIES

Adam L. Saenz, Ph. D., D. Min.
Psychologist, C.E.O.



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Why does this matter?

We'll start the discussion with an amazing athlete...



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Now, let's talk about that toxic
boss you may have had...



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My toxic boss story...





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This matters because the skills
and habits we impart to our
children carry into their
adulthood.



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"If you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far."

-Daniel Goleman, Ph.D.

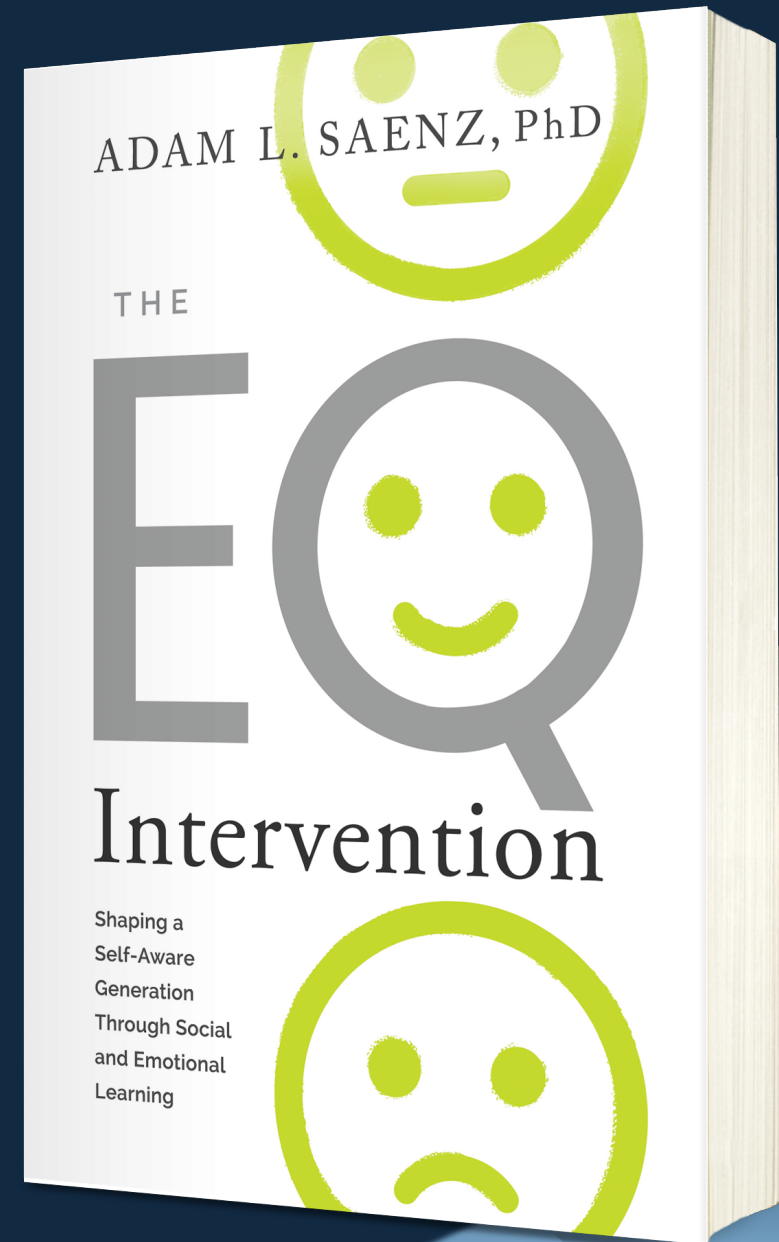
What does SEL
look like in a
classroom,
school,
community?





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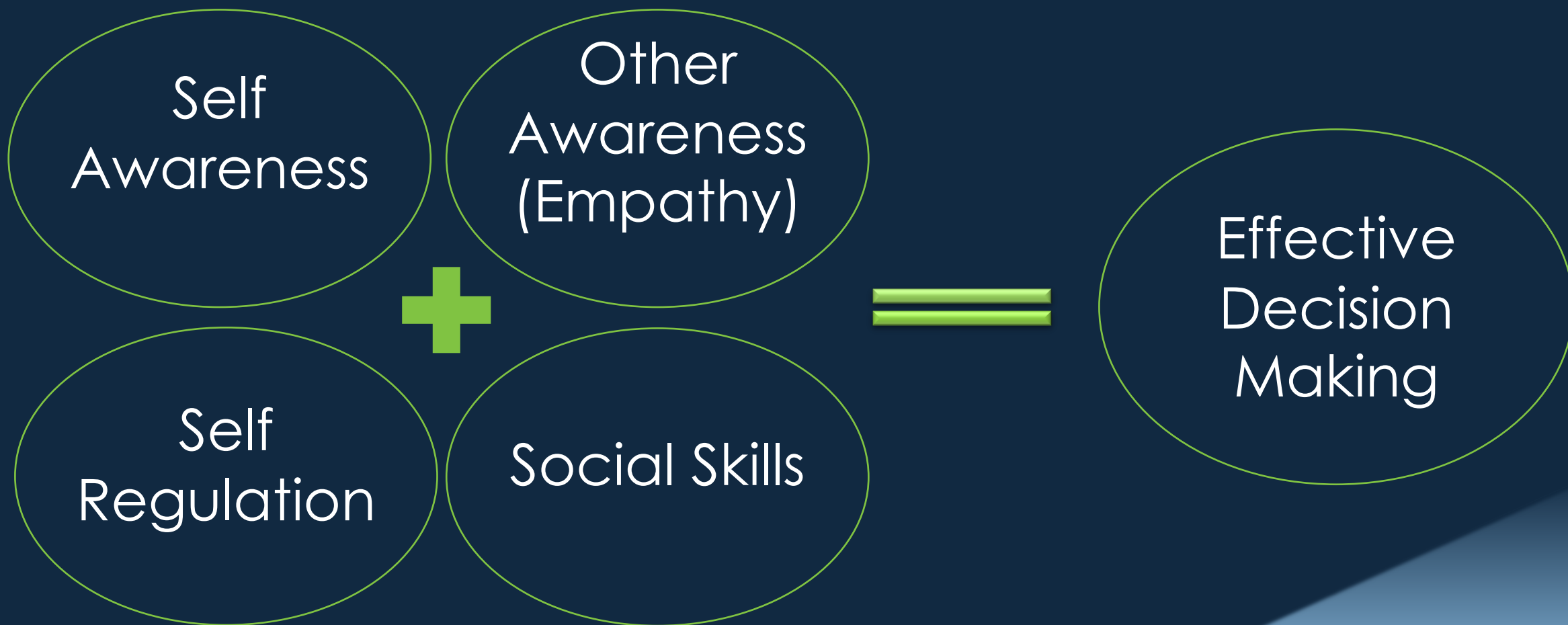
- *The Heart Smart Classroom*
 - The most effective SEL interventions begin with adult SEL.
 - As adults apply SEL strategies in their own lives, they become living interventions for every student.





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WHAT IS EMOTIONAL INTELLIGENCE?





FIVE WAYS WE CAN HANDLE EMOTIONS

- 1) **Ignore** emotion: In some way, act like it's not there.
- 2) **Inhibit** emotion: Restrict my students from experiencing challenging feelings.
- 3) **Invalidate** emotion: Tell my students they are wrong to feel how they feel
- 4) **Invite** emotion: Tell my students that all feelings are welcome.
- 5) **Instruct** emotion:



INSTRUCTING EMOTION

- How do we instruct emotion?



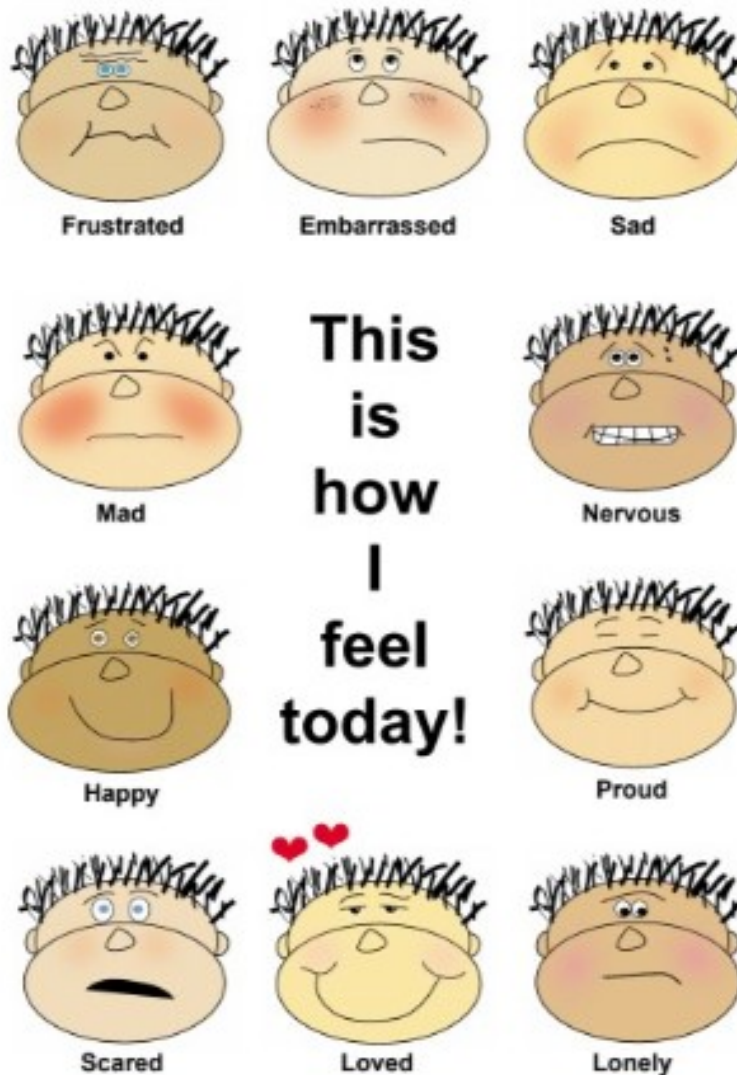
INSTRUCTING EMOTION

Step 1) Identify the feeling using a feeling chart and any other cues:

Say, "Adam, it looks like you're feeling angry. I see that your fists are clenched, and your eyebrows are squished. Your face looks like this one on the feeling chart."



INSTRUCTING EMOTION





INSTRUCTING EMOTION

Step 2) Validate the feeling:

Say, "It's okay to feel angry. Sometimes I feel angry when people ask me to do things I don't really want to do."



INSTRUCTING EMOTION

Step 3) Link the feeling with a behavior:

Say, "Adam, I know that you are angry. When you feel angry, you use your body to hurt others."



INSTRUCTING EMOTION

Step 4) Offer a substitute behavior:

Say, “Adam, it’s okay to be angry, but it’s not okay to (name the inappropriate behavior). Next time you feel angry, please take five deep breaths just like we do when we find our learning place.”



INSTRUCTING EMOTION

Step 5) Reward any proximation of the replacement behavior:

Say, *“Thank you for taking one deep breath. Keep going.”*



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Key Truths for Students to Know About Their Emotions

All emotions
are okay,
none are
“bad.”

There are
helpful and
hurtful ways
to handle our
emotions.



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