

Relaxation
strategies to
support
students and
adults during
stressful times



BSD Community Forum

Mental Health
and Well-Being
Supports for Each
and Every Student



January 13, 2021
General Session

The BSD counseling program, social-emotional curriculum developers, family engagement team and community mental health partners strive to inform, support and empower families to care for the mental health and well-being of their student.

Welcome to Our Session!

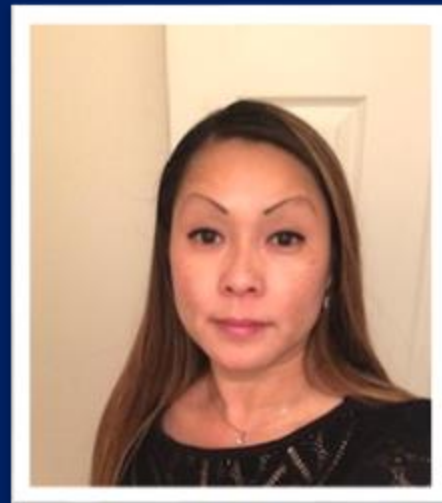
The Q &A is
open...please send in
your questions.



Bellevue School District

Mental Health and
Counseling Hotline

(425) 456-4445



Kerince Bowen,
Director of K-12
Counseling





Supporting Adult SEL: You Can't Give What You Don't Have

Panorama Education | Bellevue School District | January 13, 2021

Please do grab a notebook and a hydration source | Optional bonus if you are able to shift your physical space in increase coziness and warmth in a small way

Panorama Education



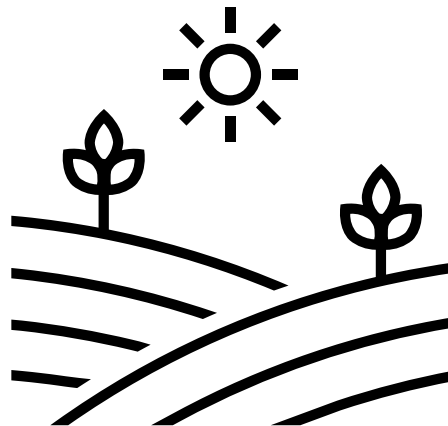
Our Mission: Help educators and caring adults leverage data and just-in-time resources to improve outcomes for students, families, and educators.

Our Team: Former educators, software developers, designers, researchers, and education professionals

Our Community: 1000+ school districts serving over 10 million students in the United States each year

Community Agreements

- Come as you are
- Learning is iterative
- Embrace the pause



Essential Questions



CONNECT & CREATE

What is the latest research on SEL and wellbeing? What is my vision for my well being and my community well being?



COLLABORATE & CUSTOMIZE

Which strategies can support my vision for well being? How can I customize these strategies to my unique context?



WHAT IS SOCIAL-EMOTIONAL LEARNING?

Social and emotional learning (SEL) is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

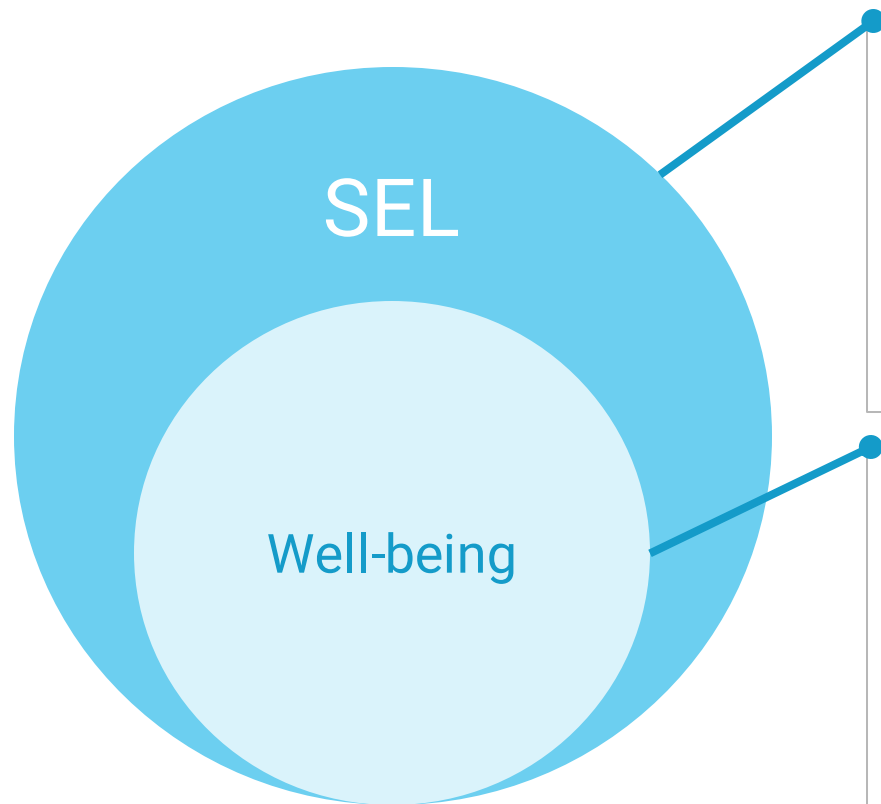
SEL advances educational equity and excellence through authentic school-family-community partnerships to establish learning environments and experiences that feature trusting and collaborative relationships, rigorous and meaningful curriculum and instruction, and ongoing evaluation. SEL can help address various forms of inequity and empower young people and adults to co-create thriving schools and contribute to safe, healthy, and just communities.



Reflect or jot down:

**What words or phrases
resonate with you?**

Well-being vs. SEL



- ✓ The process through which children and **adults** understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

[CASEL: What is SEL?](#)

- ✓ Feelings and emotional states
 - joy, anger, anxiety, etc.
- ✓ Fulfillment and life satisfaction
 - autonomy, mastery, purpose in life, personal growth

[CDC: Well-Being Concepts](#)

Panorama Research: SELs and ABCs



Social Emotional Learning and **Attendance**

DID YOU KNOW?

Highly engaged students are **57% less likely** to be **chronically absent** in school than students who report low engagement.



Social Emotional Learning and **Behavior**

DID YOU KNOW?

Students who report low Social Awareness are **2.5x more likely** to have one or more **behavior incidents** than students who report high Social Awareness.



Social Emotional Learning and **Coursework**

DID YOU KNOW?

Students who report high Self-Management are **75% less likely** to face **failing grades** than students who report low Self-Management.









What the research says about 'well-being'






- Research indicates that when schools support social and emotional well-being, students have **fewer disciplinary issues**, can **focus more on their school work**, and are better equipped to **develop strong communication skills**.
- High levels of well-being translate to **improved academic outcomes** and **better health later in life**.
- Settings that promote social and emotional well-being and resilience are **particularly important for students who face challenges at home or have a history or traumatic events (ACEs)**.

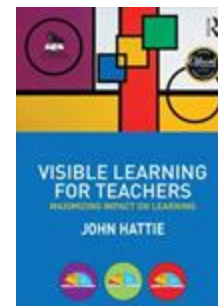


Supporting the Whole Community

School-Related Factors		Effect Size
Collective Teacher Efficacy		1.39
Teacher-Student Relationships		0.52
Parental Involvement		0.45
School Climate		0.43
Principals/School Leaders		0.37
Teacher Professional Development		0.37
Home Visiting		0.29
Teacher Subject Matter Knowledge		0.23

Key for rating

-  Potential to considerably accelerate student achievement
-  Potential to accelerate student achievement
-  Likely to have positive impact on student achievement



Supporting the Whole Community



- Parental engagement is positively associated with **SEL**: personal competence and efficacy for learning, perceptions of personal agency, perceptions of control over academic outcomes. - Kathleen V. Hoover-Dempsey, et. al.
- Parental engagement is linked to **student achievement and school success**: teacher reports of students' progress, student grades, lower rates of retention in grades, and higher graduation rates
- When parents are involved at school, **the performance of all the children at school**, not just their own, tends to improve. The more comprehensive and well planned the partnership between school and home, the higher the student achievement. - Henderson, A.T., and Nancy Berla
- Effects are broader and greater with a focus on **partnership and collaboration**. - Hong, Soo

Process Pause



Reflect or jot:

What is something new
you learned about SEL and
well being?

What questions do you
still have about SEL and
well being?

Energy Check-in

The Onward Workbook: Daily Activities to Cultivate Your Emotional Resilience and Thrive by Elena Aguilar.
Copyright © 2018 by Elena Aguilar



Dimension		Rate your agreement with the statement. 1=strongly disagree 5=strongly agree	Dimension total
Body	I sleep for at least eight hours and wake up feeling rested.		
	I eat a nutritious breakfast almost every day.		
	I exercise at least three times a week.		
	I take little breaks during the day to recharge, and/or I stop work to eat lunch.		
Emotions	I usually feel calm, patient, and content at work.		
	I have enough time with my family and friends, and when I'm with them I feel fully present.		
	I have enough time in my life for the activities that I love doing the most.		
	I regularly stop to appreciate what I have and to relish my accomplishments.		



Energy Check-in

The Onward Workbook: Daily Activities to Cultivate Your Emotional Resilience and Thrive by Elena Aguilar.
Copyright © 2018 by Elena Aguilar



Dimension		Rate your agreement with the statement. 1=strongly disagree 5=strongly agree	Dimension total
Mind	I am usually able to focus on the task in front of me, and I don't often get distracted.		
	My days usually go as planned, and I focus on valuable and high-leverage tasks.		
	I have regular time for reflection, planning, and creative thinking.		
	I rarely work in the evenings; I take almost the whole weekend off.		
Spirit	Most of my time at work is spent doing what I do best and enjoy the most.		
	The way I spend my time and energy reflects closely what is most important to me in my life.		
	My decisions at work are influenced by a strong, clear sense of my own purpose.		
	I feel that I'm making a positive difference in the world.		

Journal Reflection



Guide to Scores

- 68–80: You're doing great at managing your energies. You probably feel really good physically and emotionally.
- 54–67: You're doing okay at managing your energies. There are probably areas where you feel well and others where you know you need to make improvements.
- 31–53: You're struggling to manage your energies. You are approaching an energy crisis.
- 0–30: You're having a major energy crisis. Take action.

What did your energy check-in tell you about yourself?

Which dimension is your strongest? Why do you think that is?

Which dimension do you want to care for a little more? What would you gain from focusing on that area?

Pause for a Well-Deserved Break



Breathe in

Essential Questions



CONNECT & CREATE

What is the latest research on SEL and wellbeing? What is my vision for my wellbeing and my students' wellbeing?



COLLABORATE & CUSTOMIZE

Which strategies can support my vision for wellbeing? How can I customize these strategies to my unique context?

What is your vision for well-being?



WORDS
KIDS LOVE
TO HEAR

As you watch the video, reflect on

How might these words impact your wellbeing and/or your child's wellbeing?



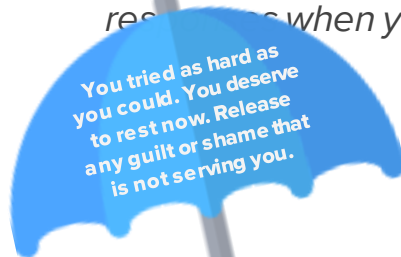
Strategy 1: Internal Weather Report

attune to your current emotional state | curate self-empathy to weather your weather



- ☞ Find a comfortable position. As you slowly breathe in and out, observe and start to identify your internal emotional weather report.
- ☞ Notice how it feels to observe the weather without trying to change or control the weather.

Bonus: Cultivate empathy for yourself by identifying empathetic responses when you feel difficult weather.



Strategy 2: The Meta-Moment

Goal: The Meta-Moment helps students and educators handle strong emotions so that they make better decisions for themselves and their community.



1 SENSE

Notice a change in your body or mind.

2 PAUSE

Wait to respond. Breathe to think more clearly.

3 SEE YOUR BEST SELF

Imagine your best self in the situation.

4 STRATEGIZE & ACT

Think of a strategy, and try it out.

这一刻的想法

1 感受

我感觉到身体和头脑的变化

2 停下来

等一下，呼吸，然后想一想。

3 想一想最好的自己

想象一下自己最好的样子。

4 想办法

想一个解决问题的办法。

EL META-MOMENTO

1 SENTIDO

Observa lo que sientes en tu cuerpo y en tu mente.

2 PAUSE

Respira y espera.

3 VER SU MEJOR YO

Imagina lo mejor que eres en la situación.

4 ESTRATEGIA Y ACTÚE

Piensa en una estrategia y actúala.



Strategy 3: Vitamin & Medicine Strategies

EMPOWERING ENGLISH LEARNERS FOR CLASSROOM SUCCESS: 6 Keys to Academic and Social-Emotional Growth
by Mawi Asgedom and Johanna Even, EdD



Check in with yourself right now. Do you feel like you would benefit from a vitamin or medicine?



Strategy 3: Vitamin & Medicine Strategies

EMPOWERING ENGLISH LEARNERS FOR CLASSROOM SUCCESS: 6 Keys to Academic and Social-Emotional Growth
by Mawi Asgedom and Johanna Even, EdD



Vitamin Strategies

- ☐ **Schedule** a regular talk or check in with a trusted friend, family member or caring adult
- ☐ **Identify** and **plan** for your most important morning or evening “vitamin” - exercise, healthy meals/snacks, a good night’s sleep
- ☐ **Congratulate** yourself regularly because you are showing up in the best way you can right now

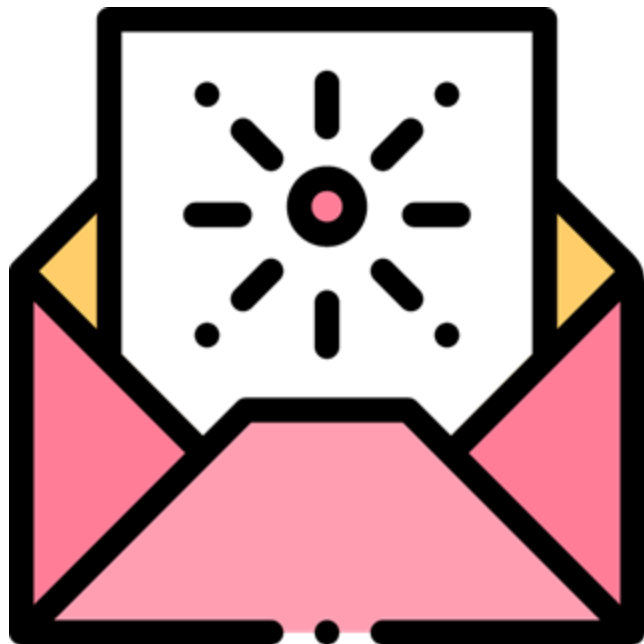




Medicine Strategies

- ☐ **Practice** deep breathing (like hot chocolate or [additional breathing techniques](#))
- ☐ **“Tense and Release”** all of your muscles at once then release the tension
- ☐ **Provide** language support through sentence frames like, “I am feeling...I need...”
- ☐ **Create** space and go on a mindful walk

Strategy 4: Cultivating Self-Compassion

cultivate compassion and empathy for yourself the same way you would for a friend



-  Identify something in your life that makes you ashamed or “not enough”. Pause. Breathe. Write your feelings down.
 -  Now what would a person who loves you say about this part of yourself? Write from their voice.
-

Recommendations and Options: Explore writing a [gratitude letter](#) or giving yourself a [self-compassion break](#). When cultivating compassion, can find a time and quiet space that reflects back how you want to feel?

PODCAST | The Science of Happiness



Strategy 5: Count Me Down



3 unique things about your family
2 challenges you're currently facing
1 goal or dream you have



Reflect on
your 3 - 2 - 1

What Option Would Best Serve You?



(1) Internal Weather Report

(2) The Meta-Moment

(3) Vitamin & Medicine Strategies

(4) Cultivating Self-Compassion

(5) Count Me Down



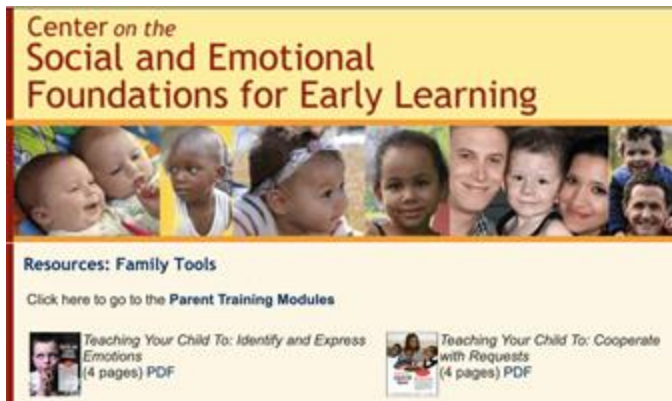
SEL Resources for Families



SEL for Families

Video available in Spanish and English

1. [Book list](#): Suggested for SEL for Families
2. [Blog](#): SEL Strategies for Parents by Edutopia
3. [Free Online Training](#) by the Center on the Social and Emotional Foundations for Early Learning in English and Spanish



Today's Links and Resources

- Today's Presentation
- [Open source Playbook link](#)
- [SEL](#) and [Wellbeing](#) Defined
- Research: [SEL + ABC Research](#) Wellbeing research ([Kaiser Permanente](#) | [Kerry](#)) [Visible Learning for Teachers](#)
- [Onward: Energy Check-in by Elena Aguilar](#)
- Strategies:
 - 1 → [Internal Weather Report](#)
 - 2 → [The Meta Moment](#)
 - 3 → [Vitamin & Medicine Strategies](#)
 - 4 → Self-Compassion ([Letter](#), [Break](#), or [Gratitude](#) - then explore "Move This World")
 - 5 → Count Me Down ([Open Playbook link](#) then explore "Move This World")
- Calming ([Youtube](#) or [Spotify](#) option) and Joyful Jams ([Spotify](#) option)



How might you leverage these resources in your community?

Closing Reflection

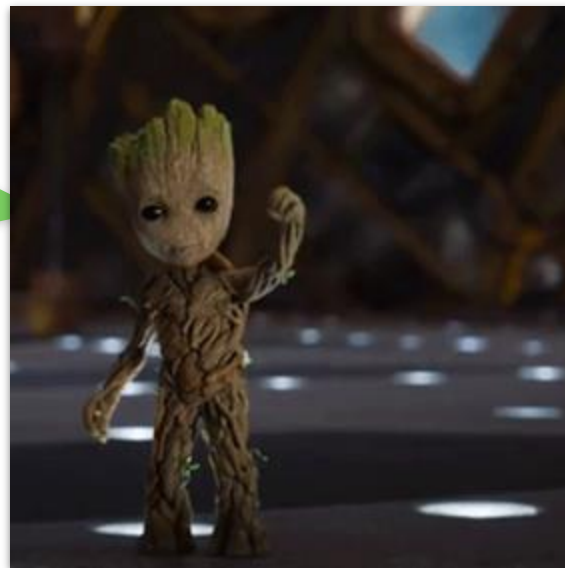
Reflect or jot:



1 strategy you can use for your own well-being



1 note of appreciation for yourself or a family member



share your experience: pan-ed.com/bsd113



OUR COMMUNITY MENTAL HEALTH SERIES CONTINUES...

COMING UP NEXT MONTH...

Wednesday, February 24, 2021

Supporting Student Resiliency

4:00 – 5:00 P.M. (General Session)

WE OFFER STUDENT COUNSELING AND PARENT SUPPORTS

The pandemic has taken a significant toll on mental health as students cope with stressors at home and uncertainty about the future. Now is the time for us to come together in partnership – educators, parents and families – to support our students. The Bellevue School District hopes to provide you with information and resources to manage your own stress and stay positive during this difficult time. If you or your student need more information, please find a resource guide at <https://bsd405.org/services/counseling/>.

