Coach Rudy's PD Resource Room

Website

School-Connect

Managing Emotions Video

Check In Video

Roots To Leaves Building an SEL Program

Be sure and check out virtual calming room at end of these slides

Please follow me on:

Welcome

Think Positive and Be Kind

There are so many starfish that need saving

Follow up resources
Click links on board

Anchor Point Support Strategy

Problem
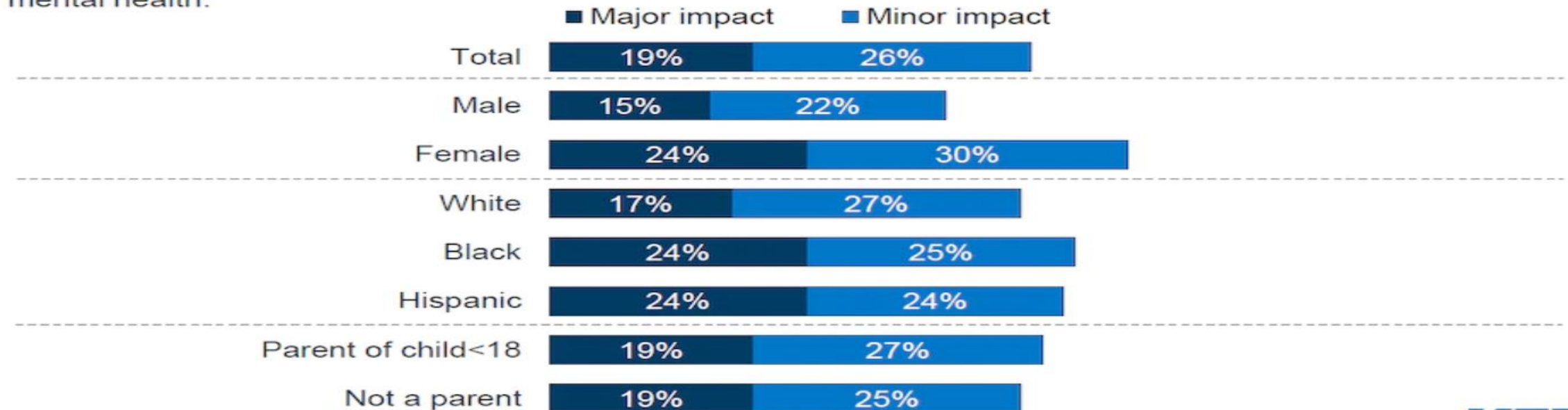Goal
Framework
Anchor Point Strategy

Mental Health Data

Recent Harris Poll says 7 out of 10 teens report having mental health struggles since COVID 19 (in addition to the poll below)

Figure 8

Significant Shares Say The Coronavirus Has Had A Negative Impact On Their Mental Health

Percent who say they feel that worry or stress related to coronavirus has had a negative impact on their mental health:

■ Major impact   ■ Minor impact

	Major impact	Minor impact
Total	19%	26%
Male	15%	22%
Female	24%	30%
White	17%	27%
Black	24%	25%
Hispanic	24%	24%
Parent of child<18	19%	27%
Not a parent	19%	25%

SOURCE: KFF Health Tracking Poll (conducted March 25-30, 2020). See topline for full question wording.

KFF
HENRY J KAISER
FAMILY FOUNDATION

Emotional Intelligence Competencies

THOUGHTS

Self-Awareness

Social Awareness

SELF

Responsible Decision Making

OTHERS

Self-Management

Relationship Skills

ACTIONS
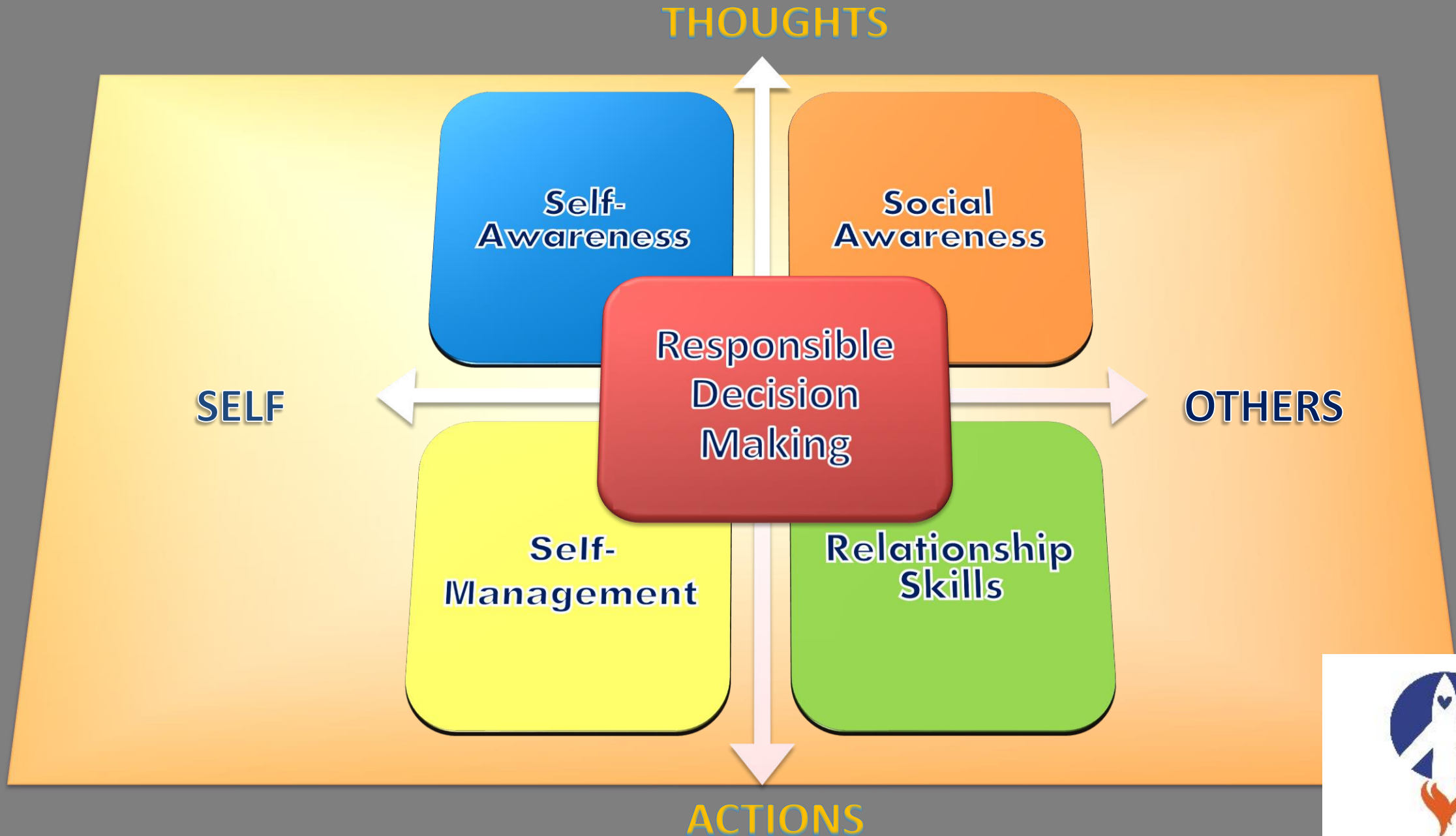
Mental Health RTI and Triage

* Response to Intervention / Integrated Service Delivery

Support, coherent narrative, training

Skills and a superhighway

Triage- Therapeutic care
Support- grow
Red flags & referrals
Speak the speak
Inform tier one

Tier 3

Intensive interventions and comprehensive evaluations

+1&2

Tier 2
Targeted SEL Supports

Targeted Interventions

+1

Anchor and check In

Tier 1
Universal SEL skill building

High-quality classroom instruction, screening and group interventions

Skill development
Red flags & referrals
Common language

There should be strong communication, effective collaboration and a coherent narrative through the MTSS/RTI levels.
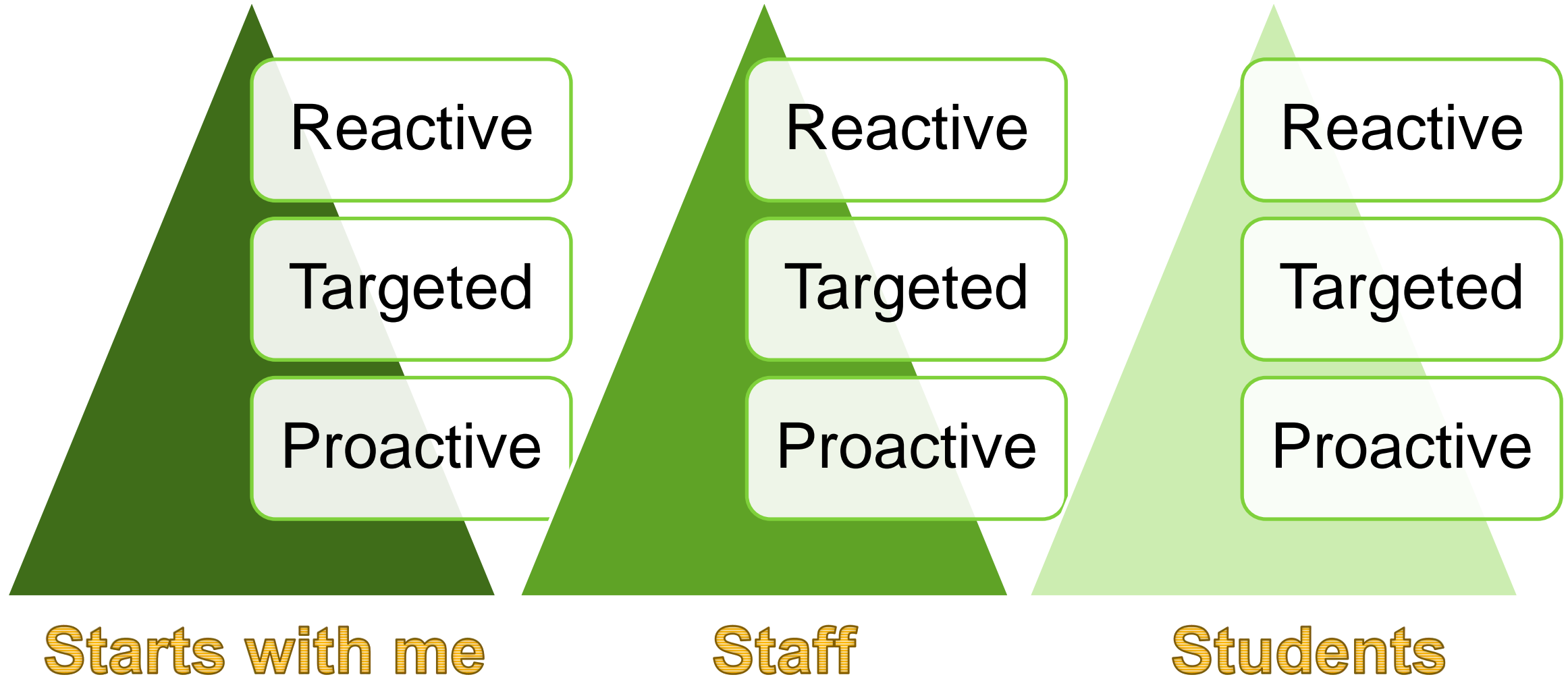
A wellness model not a sickness model

"We have to become a wellness model instead of a sickness model. We have to teach skills to all students so they have them before challenges escalate to crisis"

R. Keeth Matheny

Supports on each level / Gears of Support

Starts with me	Staff	Students
Reactive	Reactive	Reactive
Targeted	Targeted	Targeted
Proactive	Proactive	Proactive

THE MORE HEALTHY RELATIONSHIPS A CHILD HAS, THE MORE LIKELY THEY WILL RECOVER FROM TRAUMA AND THRIVE.

Bruce D Perry

How to Co-Regulate

Provide Warm, Responsive Relationship

Structure the Environment

Teach/Coach Self-Regulation Skills

Anchor Point Adult

With all the crazy things happening right now it is easy for a student to get lost or drift off. Creating a strong connection to a calm, caring educator is critical.

Each adult is assigned a group of students, that are their students. Whether they are remote, in person, or blended they need to have a meaningful check in on their students regularly.

They make note of student needs and connect them to resources.

They help students navigate assignments and the virtual classroom.

They monitor student access, health, safety, and mental health.

They create safety, trust, and connection. THE ANCHOR POINT ADULT

Phone Calls (easy and hard to beat)

Post Cards (mail moves mountains- donors choose- pizza delivery- drive, jog, bike by deposits- let's go for a walk)

Games & Interactive Kit (Skittles Colors- Netflix hangout, Scattergories, Bingo, Pictionary, code names)

Zoom Hang Outs – Apples to Apples, Pet Parade, Binge or Cringe,

Circles (shout outs, roses and thorns, appreciate-apology-aha, would you rather, campfire, most likely to etc….)

Scavenger hunts – Bitmoji Classrooms- "put a finger down" – all trendy ideas.

Put a finger down if during school closures:

You got a new pet

Watched all episodes of Tiger King

Stayed in bed until after 2pm more than 5 times

Had an awkward family event over zoom

Made a homemade mask

If your cell phone usage averaged over 8hrs

Had to use a toilet paper "alternative"

Completed a puzzle

If you now hate the word "unprecedented"

If you found yourself missing school

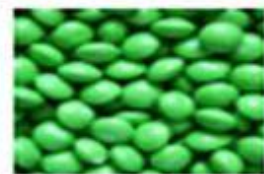# SKITTLES GETTING TO KNOW YOU

FOR EVERY		TELL US...
Red		*One thing that makes you HAPPY.*
Orange		*One thing that makes you SAD.*
Green		*One thing that makes you ANGRY.*
Yellow		*One thing that makes you EXCITED.*
Purple		*One thing that makes you AFRAID.*

Anchor Point Strategy

Week at a glance

- Every child Anchor Point Calm Caring Connected Educator
  - "Adopt" you students- these are your kids- much fewer students to check on but much deeper check in. (instead of checking on all 180- deeper check on <30)
- Check in Monday- Zoom-etc... (hybrid this could whichever in person day)
  - How are you doing? What do you need? (health, mental health, technology etc..)
  - Introduce the SEL lesson and add your authentic self and experience
- Asynchronous SEL Lesson
  - Online with research based virtual design
  - (School-Connect "EQ from Home or School" or other)
- Office Hours
  - Any questions or support? One on one chat- check in follow up.
- Check Out Friday
  - Collaborative discussion – with support materials-
  - What did you find important, what did you disagree with, what do you want to learn more about, how can you apply this SEL lesson in your life.

School-Connect's Digital Solution for SY 2020/21

"EQ from Home and School"

<u>36 S-C Digital Solution Modules</u> and every lesson includes:

Video Based Instruction designed for seamless transition from remote to hybrid to in person

Research/Evidence based lessons

Collaborative "check in's" & "check outs" strategy and prompts

Writable PDF's compatible with LMS and Google Classroom

Video Close Captioning in English and Spanish

Handouts also available in Spanish

Lessons facilitated by SEL Master Teacher and School-Connect Co-Author, R. Keeth Matheny.
To support users, S-C Digital Solution subscriptions include opportunities to attend scheduled training webinars with Keeth.

Introductory offer!

Only $500 per school up to 100 teachers for SY2020-21 subscription

https://school-connect.net/digital-solution

School-Connect®
Optimizing the High School Experience

Check In- by Coach Rudy

- **Find a talking piece or virtual**
- **Norms:**
  - **Open up and speak your truth**
  - **The speaker has our full and undivided attention and support**
  - **What is said in circle stays in the circle**
- **Everyone shares**
- **How are you feeling on a scale of 1-10 today, give me a feeling word (ie I am feeling about a five, I am somewhat <u>frustrated</u>).**
- **Tell me why you think you are feeling that way.**
- **Knock for support or "jazz hands" in virtual (facilitator help)**

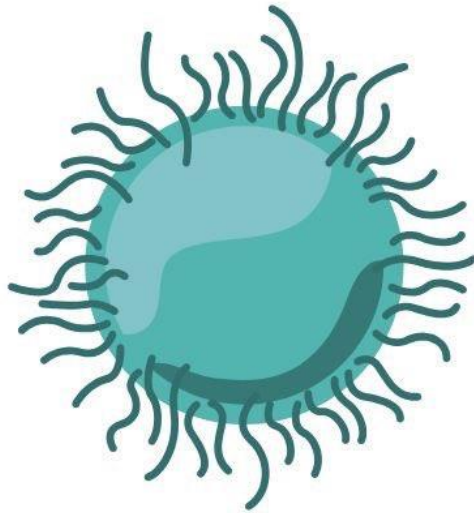## Why The Coronavirus Is Triggering Mental Health Issues:

Despair

Mindset switch from "living" to "survival"

Triggers feelings of hopelessness

Increased health anxiety

Decreased job security

Fear for loved ones lives

Promotes social withdrawal

Decreased financial security

Loneliness

Quarantine makes it more difficult to distract oneself from existing mental health issues

Coronavirus isn't just threatening our physical health, but our mental health too. Look after it. Please share to raise awareness.

THE DEPRESSION PROJECT

@RealDepressionProject

Model Self Care

A LEADER IS ONE WHO

KNOWS THE WAY, GOES THE WAY, AND SHOWS THE WAY.

JOHN C. MAXWELL

SUCCESS.com

You are the emotional thermostat!

TYPES OF SELF-CARE

PHYSICAL
Sleep
Stretching
Walking
Physical release
Healthy food
Yoga
Rest

EMOTIONAL
Stress managment
Emotional maturity
Forgiveness
Compassion
Kindness

SOCIAL
Boundaries
Support systems
Positive social media
Communication
Time together
Ask for help

SPIRITUAL
Time alone
Meditation
Yoga
Connection
Nature
Journaling
Sacred space

PERSONAL
Hobbies
Knowing yourself
Personal identity
Honoring your true self

SPACE
Safety
Healthy living environment
Security and stability
Organized space

FINANCIAL
Saving
Budgeting
Money management
Splurging
Paying bills

WORK
Time management
Work boundaries
Positive workplace
More learning
Break time

SOCIAL DISTANCING GREETINGS

WHOLEHearted SCHOOL COUNSELING

Wave
Spirit Fingers
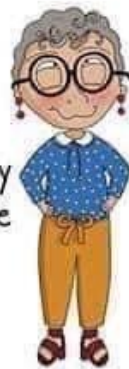Thumbs Up
Salute
Air Fist Bump
Peace
Air High Five
Namaste
Hand on Heart
Silly Face
Air Hug
Victory
Heart Fingers
Pinky Wave
Dab
a little Dance

Let's try some non verbal signals
(for virtual classes or seat signals in person)

These are based on ASL and a great way to signal some key messages on screen or from your seat without disrupting. It helps manage conversations and builds some awareness of ASL. It is also an inclusive practice for ASL users.

(D) Disagree

Agree

(T) Toilet

(B) Build on

When we "tend and befriend" (care for others) we actually buffer ourselves against stress. Caring for others is good medicine, it gets us "out of our head with anxieties" and floods our system with positive.

Please help us reach more!

Please contact me at...

R. Keeth Matheny

Emotional Intelligence Teacher/Speaker/Author

Austin, Texas

www.SELlaunchpad.com

SEL LAUNCHPAD

Find our more about School-Connect the research and evidence based SEL curriculum in over 2600 secondary schools.

https://school-connect.net/digital-solution

@coach_rudy
Tons of SEL content and best practices on my twitter feed

"Give me some fin!"

School-Connect®
Optimizing the High School Experience

PLEASE reach out and connect

Twitter @Coach_Rudy
Linkedin: R. Keeth Matheny
Email: coachrudy@me.com

zoom SETTINGS FOR TEACHERS 🍎

By @mullalyteach

Spend some time in your Zoom Settings before your first meeting to be sure it is <u>secure</u>:

- ❏ Use the WAITING ROOM feature
- ❏ Consider using a PASSWORD
- ❏ Turn off PRIVATE CHAT (group chat can be used, just not privately between students)
- ❏ Turn off SCREEN SHARING (you can always add it back once your norms are established)
- ❏ Turn ON the "remove uninvited participant" and/or "put participant on hold" (just in case)

MORE TIPS:

- ❏ Do NOT post your join link publicly
- ❏ If possible, have <u>another teacher</u> as a CO-HOST {to manage the waiting room, comments, muting etc.}
- ❏ LOCK your meeting once it has all of your students
- ❏ There are more settings to explore, such as chime upon entry, muting all, annotations, etc.
- ❏ Suggestion: Use Zoom for check-ins, games, social interaction (not for direct teaching)
- ❏ Have some "practice" Zooms with your friends & co-workers (game night, anyone?!) & try out the features to see what you like/don't like.
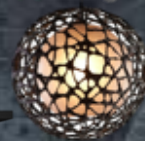
Virtual Calming Room

Hope these help you find calm

Just about anything you see, you can click on!
It will take you to an activity or a website.
For example: The plants all link to breathing activities.

MAKE YOUR *mental health* A PRIORITY

it's okay
to reach out for help

Please follow me on

SEL LAUNCHPAD