

A serene sunset scene over a body of water. The sky is a gradient of orange and yellow, with the sun low on the horizon. Three birds are captured in flight, their silhouettes against the bright sky. The water in the foreground is dark and textured with small waves.

Follow Up Resources

It's all about
finding the calm
in chaos.

Welcome

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:



Thank you teachers!

Follow up resources

Click links on board and / or Click on my bitmoji for back to school message

Think
Positive
and
Be!

There are
so many
starfish that
need saving

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

www.SELlaunchpad.com



**When little people
are overwhelmed
by big emotions,
it's
our
job
to share our
calm, not
to join their chaos.**



L. R. Knost

Put on your oxygen mask first.

A dysregulated adult can not teach emotional intelligence to a child!

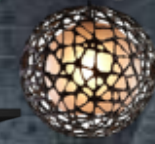
In fact, it is hard to teach anything.



**"It is enough
to be grateful
for the next breath."**

Br. David Steindl-Rast



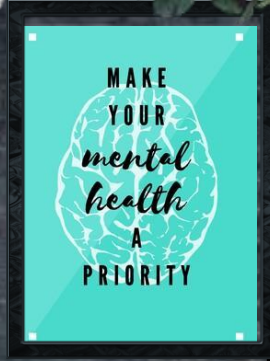


Please follow me on.

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.



Essential Questions

(Questions to guide our morning session)



- What is Social and Emotional Learning and why is it important?
 - (quick review)
- What does it mean to become emotionally hijacked?
- What do we do when we become hijacked and how can we prevent it?
- What are strategies we may use to find and share calm?
- Which strategies work best for me?



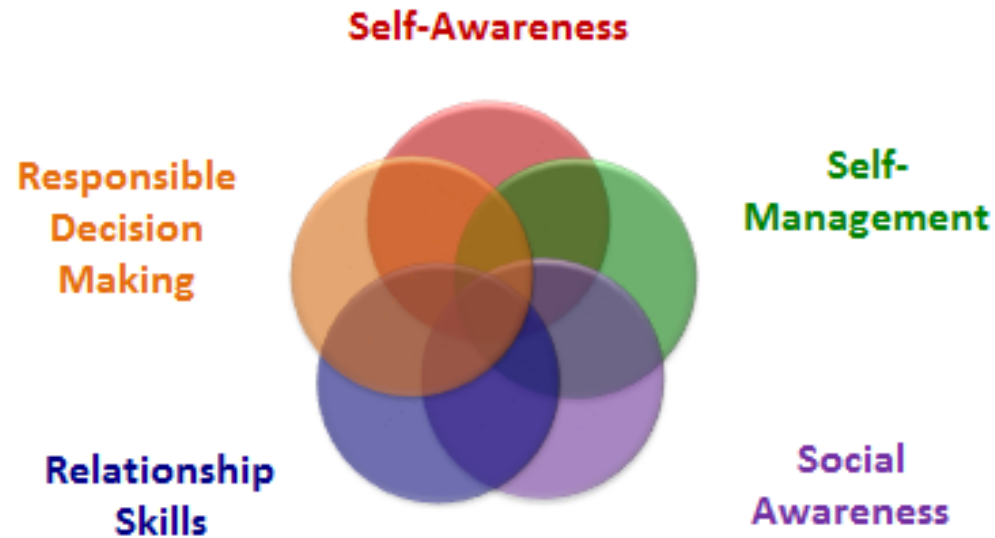
Three Levels

You
Family & Friends
Students

WHAT IS SEL/ EMOTIONAL INTELLIGENCE “EQ”?

The Five Competencies

CASEL has identified five core areas of social and emotional competence.



Not only are these skills for a happier and more successful life, these are also the skills employers want and many colleges are now evaluating these skills as part of selection process for admission. They are also quite helpful in challenging times.

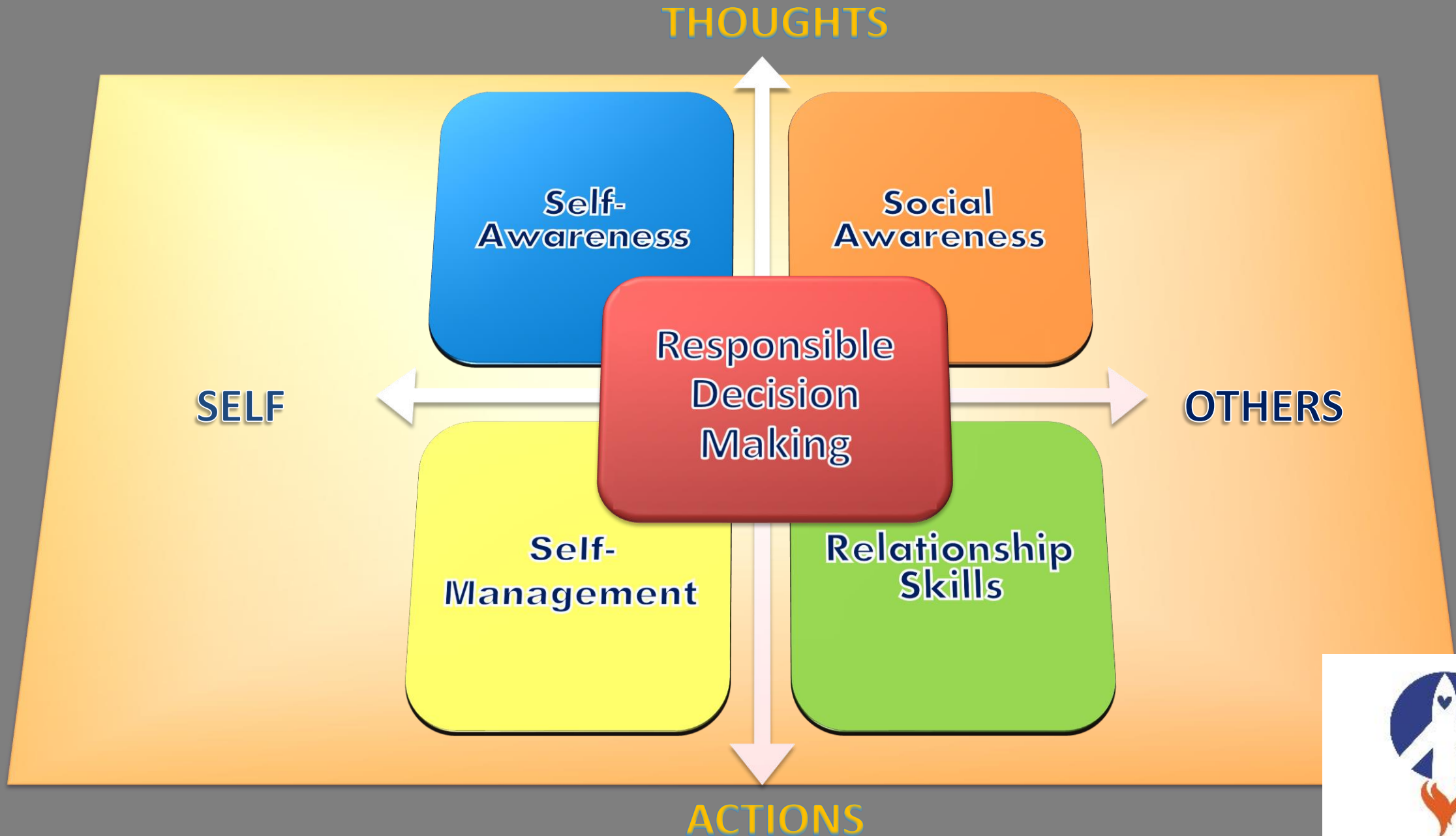


© CASEL 2012

SEL includes five core competencies that relate to core skills that will help students: **become more aware of their thoughts/ feelings**; **manage their emotions**; **communicate more effectively and resolve conflicts**; **make better choices** and generally improve in all five competencies of EQ.



Emotional Intelligence Competencies



Emotional Hijacking -- “Flipping Your Lid”

(In highly emotional situations — the limbic system can take over)



There is great power in stepping away.



When you are in Red Light, STOP!

Functional IQ

Dr. Bruce Perry

State Dependence of Cognition

Functional IQ	120-100	110-80	90-60	70-50
PRIMARY Secondary Brain Area	NEOCORTEX <i>Cortex</i>	CORTEX <i>Limbic</i>	LIMBIC <i>Diencephalon</i>	DIENCEPHALON <i>Brainstem</i>
Cognition	Abstract Reflective	Concrete Routine	Emotional Reactive	Reactive Reflexive
Mental State	CALM	ALERT	ALARM	FEAR

How to Co-Regulate

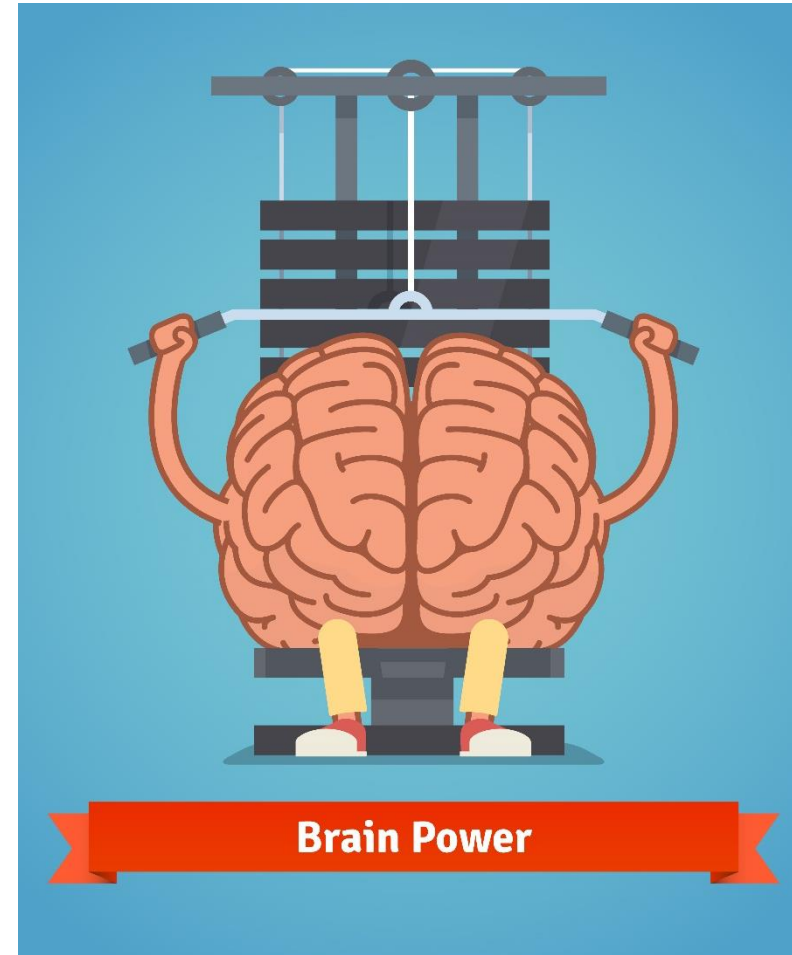


Brain Science Behind Mindfulness

(Why are mindfulness and meditation important?)

Research shows Mindfulness:*

- Helps strengthen brain functions and physical health.
- Improves emotional management and social skills.
- Reduces levels of anxiety, stress, anger, and sadness.
- Increases focus, attention span, and memorization skills.
- Improves sleep quality, creativity, and organization skills.



Graphic ©iStock.com/IconicBestiary

Why:
Proactive
Practice
Self Care
Functional IQ

The present moment is the only
moment available to us, and it is
the door to all moments.

Mindful Moment

How:
Calm.com
James Butler
Mindful Moment
(bitmoji calming room)





Mind Full, or Mindful?

Why The Coronavirus Is Triggering Mental Health Issues:

Despair

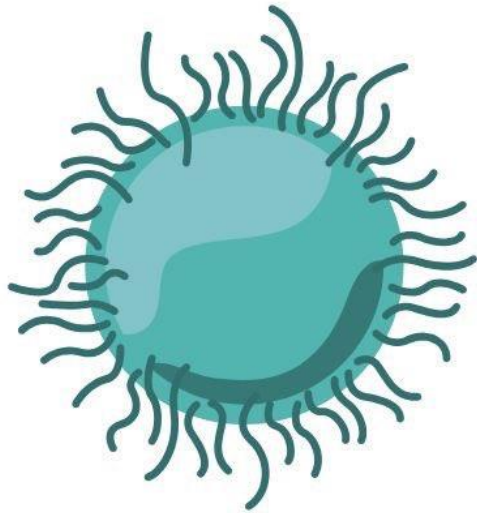
Mindset switch from "living" to "survival"

Triggers feelings of hopelessness

Increased health anxiety

Fear for loved ones lives

Decreased financial security



Decreased job security

Promotes social withdrawal

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.

@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!

Self-Care
Is YOUR Job
No One Else
Can Do It

QuantumSobriety.com



TYPES OF SELF-CARE



PHYSICAL
Sleep
Stretching
Walking
Physical release
Healthy food
Yoga
Rest



EMOTIONAL
Stress management
Emotional maturity
Forgiveness
Compassion
Kindness



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



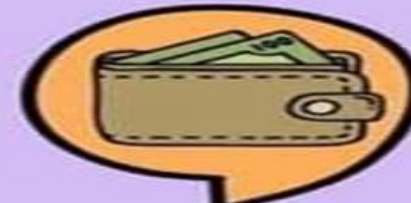
SPIRITUAL
Time alone
Meditation
Yoga
Connection
Nature
Journaling
Sacred space



PERSONAL
Hobbies
Knowing yourself
Personal identity
Honoring your true self



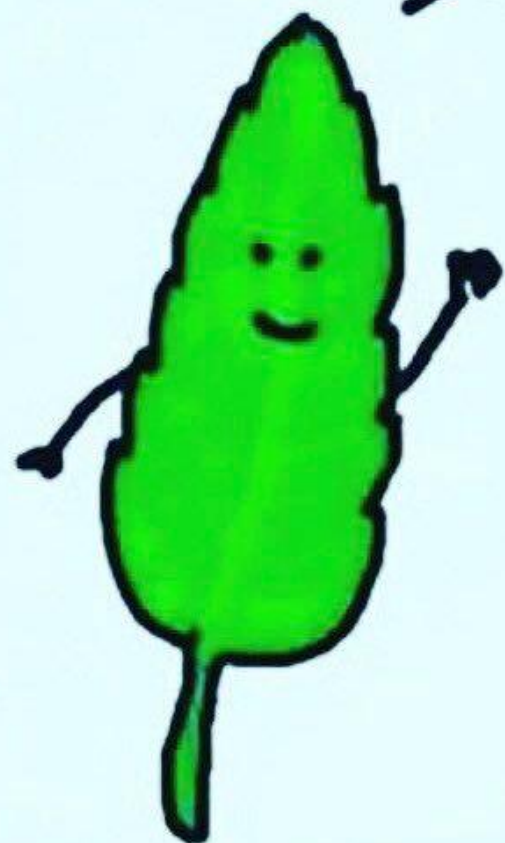
SPACE
Safety
Healthy living environment
Security and stability
Organized space



FINANCIAL
Saving
Budgeting
Money management
Splurging
Paying bills



WORK
Time management
Work boundaries
Positive workplace
More learning
Break time



-you can do it!
you've got
this!

encourage mint

Please help us reach more!

Please contact me at...

R. Keeth Matheny

Emotional Intelligence
Teacher/Speaker/Author
Austin, Texas

www.SELlaunchpad.com

SEL  **LAUNCHPAD**

**Thank you for supporting
students!**



@coach_rudy

"Give me some fin!"

PLEASE reach out and connect

Twitter @Coach_Rudy

Linkedin: R. Keeth Matheny

Email: coachrudy@me.com



SETTINGS FOR TEACHERS



By @mullalyteach

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

- ☐ 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 another teacher 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.

ExSELeT Things to



- CASEL
 - (collaborative for academic social and emotional learning)
 - www.casel.org
- School-Connect
 - (Research and evidence based curriculum used in the class-co-author- now in over 2000 secondary schools)
 - www.school-connect.net
- Confident Kids Confident Parents
 - <https://confidentparentsconfidentkids.org/>
- Social and Emotional Learning, Austin ISD
 - www.austinisd.org/academics/sel
- Teaching Tolerance ***
 - www.tolerance.org
- National Dropout Prevention Webinar Solutions
 - December 2015 Episode
- Eric Jensen (Teaching with Poverty in mind / Engagement)
- Aspen Institute SEAD
 - <http://nationathope.org/>
- SEL Launchpad (my website)
 - www.SELlaunchpad.com

Please follow me on [twitter @Coach_Rudy](#) for tons of exSELeT material