



Permission to Feel

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Parent/Counselor Coffee Hour Summer Series 2020 - July 21, 2020

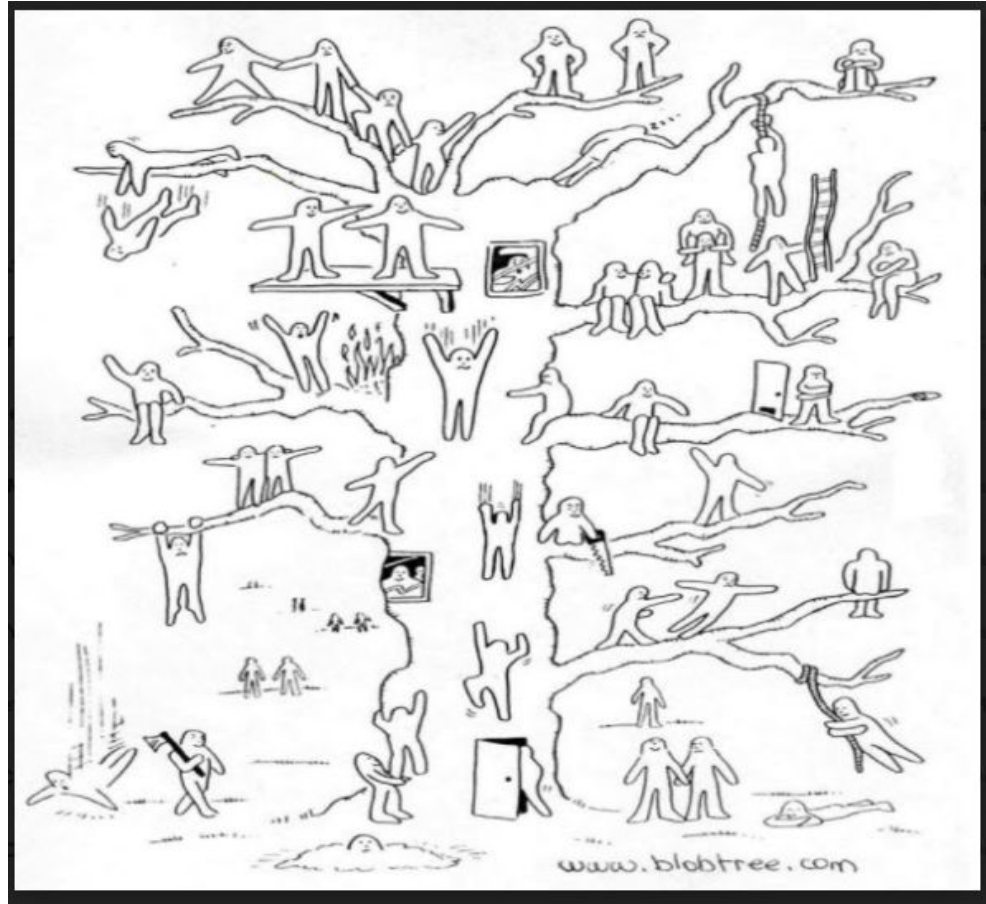


Goals of the Session

- Continued self-care and information
 - We have talked about covish, screen time, healthy activities, grief and loss, nurturing hope, grit, growth mindset
- Emotion regulation
- RULER
- Mood Meter
- At home charter project
- Resources

Check In

Choose a blob picture that describes how you have been feeling over the last week or today.





Permission to Feel

- Marc Brackett, Ph.D, Director, Yale Center for Emotional Intelligence, Professor: Yale Child Study Center
 - Book - *Permission to Feel: Unlocking the Power of Emotions to Help our Kids, Ourselves, and our Society Thrive*
 - [Book Club Videos](#)



Emotion Regulation

- [*How to Regulate Your Stir Crazy Emotions*](#)
- What is emotion regulation?
 - Being able to handle our emotions in helpful ways
 - Seems easy but often we use emotion regulation in unhealthy ways (overeating, overdrinking, overcleaning, overthinking...)
- The skill is in becoming more consistent with our strategies and paying attention to the ones that help us grow, have healthy relationships, and help us achieve our goals. (More challenging during a pandemic)



Emotion Regulation

- *How to Regulate Your Stir Crazy Emotions*
 - What do you do to manage the range of emotions you experience?
 - What new strategies can you try for regulating the range of emotions you are experiencing?
 - Do you have a “go to” strategy that works when you are at your toughest place?
 - Other connections to the article?



RULER

RULER is an acronym for the five skills of emotional intelligence:

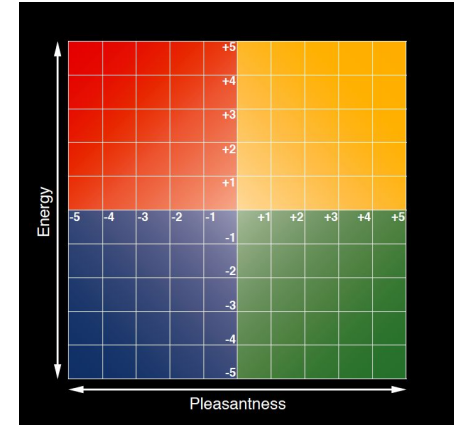
- Recognizing emotions in oneself and others
- Understanding the causes and consequences of emotions
- Labeling emotions with a nuanced vocabulary
- Expressing emotions in accordance with cultural norms and social context
- Regulating emotions with helpful strategies

Importance of in schools:

- Understanding the value of emotions, building skills of emotional intelligence, and creating and maintaining a positive school climate
- Uses **charter (agreements)**, **mood meter**, **meta moment** (process for responding)
blueprint (reflection)

Mood Meter?

<https://www.marcbrackett.com/the-colors-of-our-emotions/>



- Defines emotions as having two dimensions, pleasantness and energy.
- We can use the Mood Meter as a guide to be more scientific about our emotions and to ask questions related to each of the skills of emotional intelligence:

→ [Mood Meter App](#)

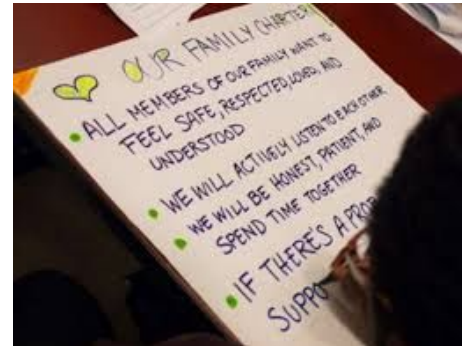
- ◆ A gift of self awareness for yourself, and for others.
- ◆ Based on decades of research from Yale.
- ◆ Tell your Mood Meter mobile app how you feel and build emotional intelligence that lasts a lifetime.

Building a Charter - How do we *want* to feel?

<https://www.marcbrackett.com/emotions-at-home-how-do-we-want-to-feel/>

- positive emotional climate
- everyone being seen and heard
- a way of reminding children that parents are human, too, with all the same emotional needs as anyone else.

How to Build the Charter (the written document detailing how everyone wants to feel in the home)





Other Tools

- Brené Brown Podcast with Marc Brackett as guest
<https://brenebrown.com/podcast/dr-marc-brackett-and-brene-on-permission-to-feel/>
- [Marc Brackett Blog](#)
- <https://www.marcbrackett.com/what-do-we-do-with-all-these-feelings/>



Questions / Comments / Thoughts

- RULER
- Mood Meter
- Charter
- Tools



Next and final session:

July 28:

- ★ Helping Parents Design a Recipe for a Successful Transition to School (virtual or live)
- ★ Parent Feedback Survey
- ★ Picture!