



Welcome to 'Harbucks' Virtual Coffee House

Wellness During the Time of
COVID-19
May 29, 2020



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Emerging



- **Information from the Experts:**
 - **Same storm/different boats**
 - **Social Emotional Learning**
 - **SEL at Harbor**
 - **A Meditation**



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Perspective: Same Storm/Different Boats



- Coping with the same “storm”
- But we are in “different boats”
- Look beneath the water line...
 - Some are “feeling fine”
 - Grateful for safety, family...
 - Some are “feeling tired”
 - What’s going on beneath “tired”
 - Wear and tear



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“I’m Feeling Fine”

- Grateful for safety at home
- Happy to have resources
- Family together
- Strained feeling but still okay



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“I’m Feeling Tired”

- Common refrain
- Feelings of sadness
- Feeling overwhelmed
- Waves of emotion
- Disruptions in self-regulation
- Suspension of normal/now “new normal”



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Addressing: “I’m Feeling Tired”

- **Acknowledge:**

- It’s healthy to have strong emotions right now
- It’s possible to feel guilty because you are safe
- You may feel tired because this has been going on for a long time
- You are not alone



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Addressing: “I’m Feeling Tired”

- **Take Action:**
 - **Create new routines**
 - **Create transition time**
 - **Make weekends feel different**
 - **Unplug: at least an hour on weekends**
 - **Make family plans together for the summer**
 - **Journaling/writing prompts**
 - **Dust off a hobby**
 - **Connect with loved ones**
 - **Go inward to replenish resilience**
 - **Exercise, sleep**



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What is Social Emotional Learning? (SEL)

- “The process of developing social/emotional competencies in children.”
- Supportive relationships → offer challenges, engagement and meaningful social emotional experiences.
- Supports the children becoming good citizens, students, workers.
- Reduces the likelihood of risky behaviors.
- Best if it runs from preschool through high school



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How We Build Social Emotional Skills

- Effective classroom instruction
- Student engagement in positive activities
- Parent and community involvement
- Ongoing evaluation
- Long-term support



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The Core SEL Competencies

- **From CASEL (The Collaborative for Academic, Social, and Emotional Learning)**
- **Five Competencies**
 - Self-awareness
 - Self-management
 - Social awareness
 - Relationship skills
 - Responsible decision-making



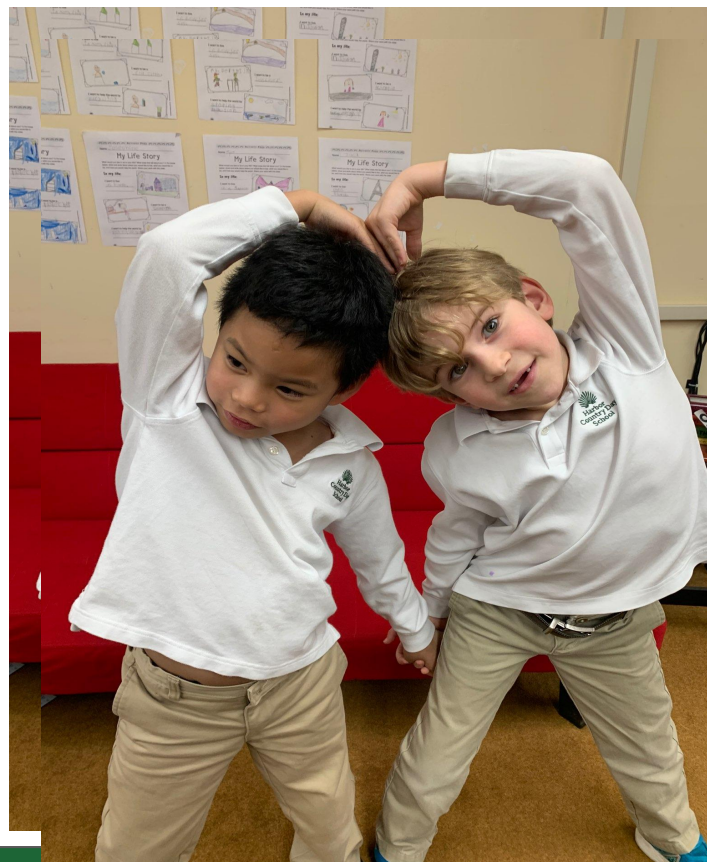
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Building SEL at Harbor

- Classroom activities
- Meditations
- Breathing
- Mindfulness
- Engagement with others



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SEL Brings out the Joy

- Cooperation
- Collaboration
- Problem-solving
- Gratitude



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Resources

- **Child Development/Mindful Parenting Books:**
 - **Parenting in the Present Moment**
 - **Everyday Blessings**
 - **The Whole-Brain Child**
 - **The Mindful Child**
 - **Brainstorm: The Power and Purpose of the Teenage Brain**



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Resources

- **Mindfulness for Teachers:**
 - **The Way of Mindful Education**
 - **Mindfulness for Teachers**
 - **The Invisible Classroom: Relationships, Neuroscience and Mindfulness in School**



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Resources

- **Teaching Mindfulness to Kids:**
 - **Sitting Still Like a Frog**
 - **Ready, Set, Breathe**
 - **Planting Seeds**
 - **Learning to Breathe curriculum**



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A Meditation



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**Wellness During the Time of
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Questions & Discussion**



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**THANK YOU
FOR JOINING US!**



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