



# ADVISORY #1

*SEL (social-emotional learning)*

September 19, 2022

# INTRODUCTION

**Advisories this year: taking care of ourselves and others**



# FOCUS 1: TAKING CARE OF OURSELVES

## VIA SELF-MANAGEMENT

- Learn to **care** and **settle** **our emotions** and **manage** **our stress**



# FOCUS 2: TAKING CARE OF EACH OTHER

## VIA SOCIAL-AWARENESS

- Grow in **empathy, curiosity, connection** with others



A stylized illustration of a human brain in shades of purple, pink, and yellow, set against a background of colorful splatters. The brain is rendered with bold black outlines and is positioned on the right side of the frame. A teal rectangular box is overlaid on the left and center, containing the text.

# 01

## Learning About Our Brains

Upstairs & Downstairs Brain

## UPSTAIRS BRAIN

Feeling calm & "Thinking"  
Skills activated--ready to  
engage, play, problem-  
solve



## DOWNSTAIRS BRAIN

Big Emotions & Self-Defense  
Skills activated--geared to  
fight/flight/freeze,  
meltdown, shutdown, or  
surrender

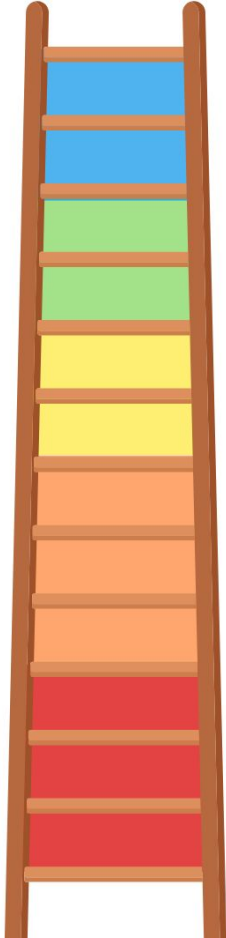


Triggers

Stressors/Trauma

# Zooming In on the Mood Ladder

## THE MOOD LADDER



### UPSTAIRS: CALM & READY



PEACEFUL  
ENGAGED  
CALM  
RELAXED



“I’m feeling good and ready to go.”

### MIDPOINT: STRESSED OUT



ANXIOUS  
OVERWHELMED  
OVERTHINKING  
AGITATED



“Ahhh! I’m feeling stressed and overwhelmed right now!!”

### DOWNSTAIRS: PANIC



FRANTIC  
OUT OF CONTROL  
SHUTDOWN  
MELTDOWN



“Woah!!! I am freaking out and need to shut down right now!”

# Stress Response in Teens

## Downstairs Brain: Fight/Flight/Freeze Response

### FIGHT

Yelling, Screaming,  
Using Mean Words

Hitting, Kicking, Biting,  
Throwing, Punching

Blaming, Deflecting  
Responsibility, Defensive

Demanding,  
Controlling

"Oppositional",  
"Defiant", "Noncompliant"

Moving Towards What  
Feels Threatening

Irritable, Angry,  
Furious, Offended  
Aggressive

### FLIGHT

Wanting to Escape,  
Running Away

Unfocused, Hard  
to Pay Attention

Fidgeting, Restlessness,  
Hyperactive

Preoccupied, Busy with  
Everything But the Thing

Procrastinating, Avoidant,  
Ignores the Situation

Moving Away From What  
Feel Threatening

Anxious, Panicked  
Scared, Worried,  
Overwhelmed

### FREEZE

Shutting Down,  
Mind Goes Blank

Urge to Hide,  
Isolates Self

Verbally Unresponsive,  
Says, "I don't know" a lot

Difficulty with  
Completing Tasks

Zoned Out,  
Daydreaming

Unable to Move,  
Feeling Stuck

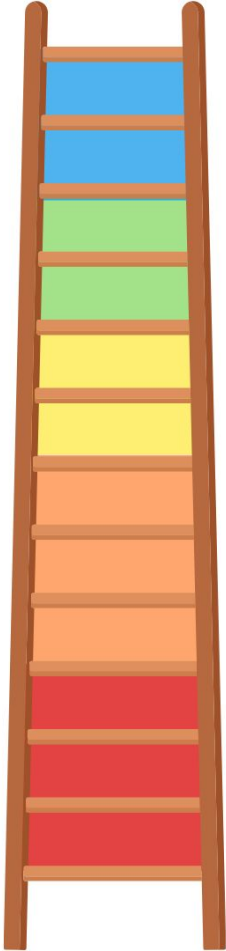
Depressed, Numb,  
Bored/Apathetic,  
Helpless





# Mood Ladder Check In

## THE MOOD LADDER



### UPSTAIRS: CALM & READY



PEACEFUL  
ENGAGED  
CALM  
RELAXED



### MIDPOINT: STRESSED OUT



ANXIOUS  
OVERWHELMED  
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AGITATED



### DOWNSTAIRS: PANIC



FRANTIC  
OUT OF CONTROL  
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MELTDOWN

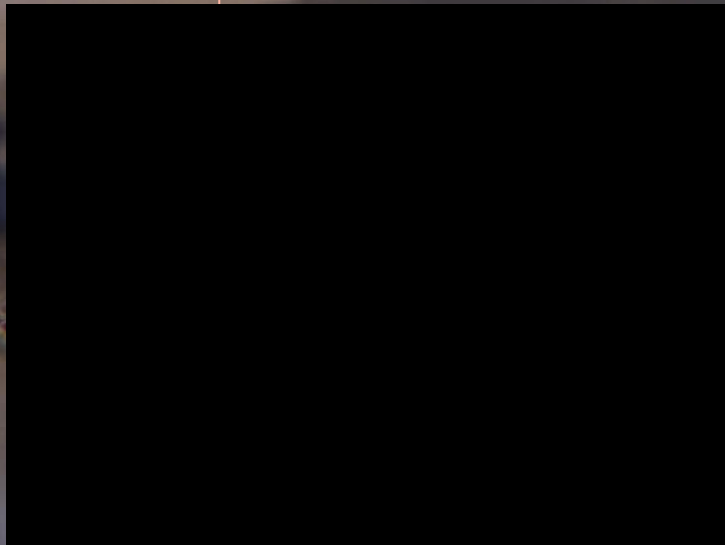


**Pick one (1) to share:**

In what situations do you often feel calm & ready?

In what situations do you feel panicked?

EXAMPLE



PIPER  
SHORT  
FILM



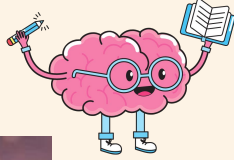
**PANIC!!**



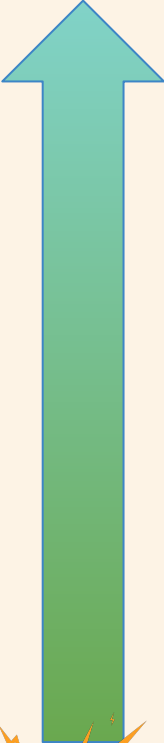
**Anxious, stressed...**  
*downstairs brain*



**Calm & Ready!!!**  
*upstairs brain*



**Things that supported Piper!**



A stylized illustration of a human brain in shades of purple and yellow, set against a background of colorful splatters in purple, yellow, and pink. The brain is rendered with bold black outlines and is positioned on the right side of the frame. A thin orange rectangular border is visible behind the teal text box.

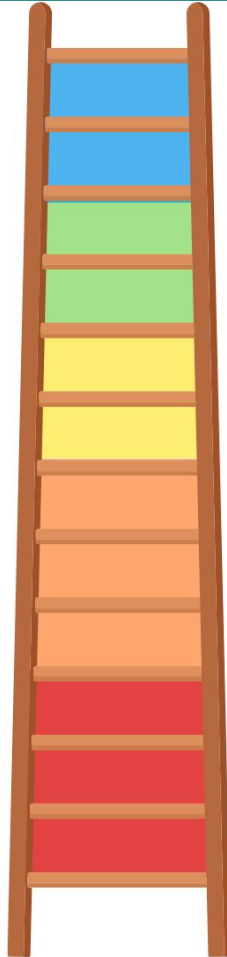
# 02

## Understanding Ourselves

Ways to move up the Mood Ladder & take  
care of ourselves

# How Can We Move Up The Ladder?

## THE MOOD LADDER



### UPSTAIRS: CALM & READY



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ENGAGED  
CALM  
RELAXED



### MIDPOINT: STRESSED OUT



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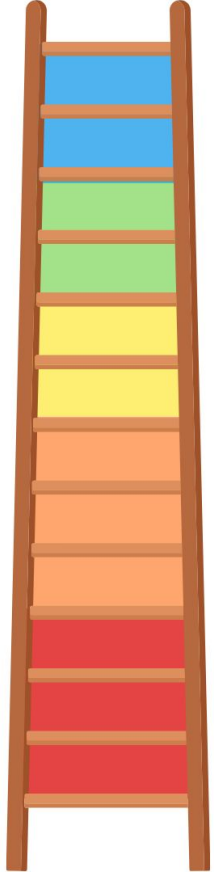
### DOWNSTAIRS: PANIC



FRANTIC  
OUT OF CONTROL  
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# How Can We Move Up The Ladder?



**Link to [Self-Care Menu!](#)**

*Explore ways of how you might take time for your body, mind & heart, or relationships.*

## Self-Care Menu

### Taking Care of Your Body

Deep Breathing



Take a Walk



Meditate



Sensory Activity & Play



Puzzling



Fidget Toys



Familiar Scents



Exercise



Relax in Nature



Gardening



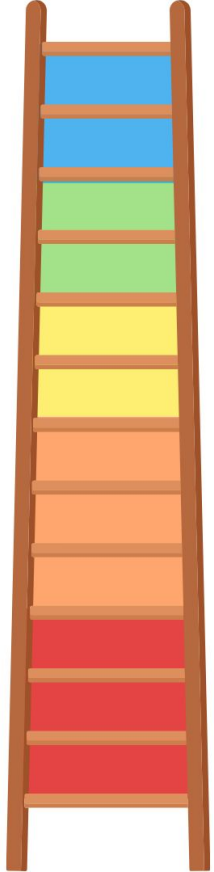
Eat/Drink



Bath



# How Can We Move Up The Ladder?



## Link to [Self-Care Menu!](#)

*Explore ways of how you might take time for your body, mind & heart, or relationships.*

What strategies/resources help you feel calm & ready? What do you want to keep doing?	What new strategies/resources do you want to try in helping you feel calm & ready?
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# Want to Learn More?

To find materials from today's advisory, access new resources, or learn more about your brain and well-being, follow the FUHSD advisory account on Instagram.

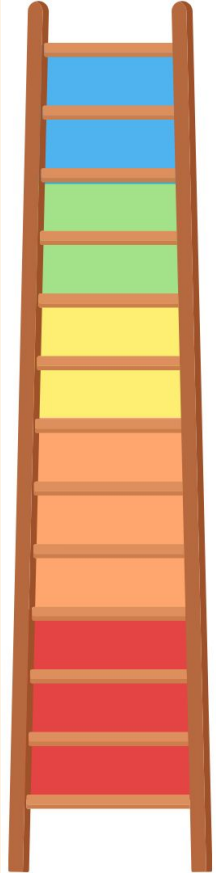


[@fuhsd.advisory](https://www.instagram.com/fuhsd.advisory)





# How Can We Move Up The Ladder?



## Link to [Self-Care Menu!](#)

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