

# EMOTIONS MATTER



For D34 Parents, Guardians & Caregivers

Sarah Gebhardt, PhD, NCSP  
September 27, 2023

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## Greetings!

A little about me...

- Licensed clinical and school psychologist;
- 12 years in District 34;
- Other training and work settings have included therapeutic schools, hospital clinics, and private practice;
- I live in Chicago with my partner, Fred, and we are expecting our baby daughter in a few short weeks!
- I love travel, reading, and trying out new recipes (particularly those with chocolate).



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# How do we connect?

## Like Me...

1. When you hear a statement that is true for you, stand up.
2. Look around to see who else is also standing to notice our connections.

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## Why...

Do emotions matter?

02

## How...

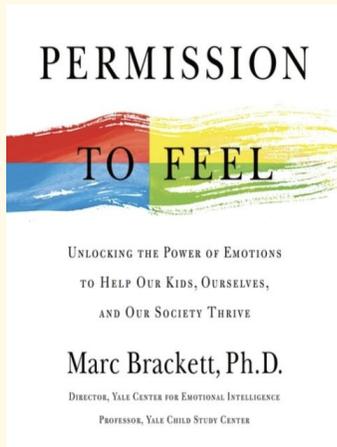
Do we support healthy emotional expression at school?

03

## What...

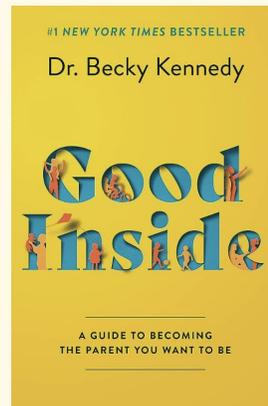
Can parents do so support emotional growth at home?

# A Couple of Key Resources...



**Permission to Feel**  
Marc Brackett, PhD

**Good Inside**  
Dr. Becky Kennedy



**Why...**  
Do emotions matter?



How do you  
feel?



How do you  
deal?

# Emotions are Information

"Emotions Are Signals to Approach (Not Avoid)"

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## Become an Emotion Scientist, Not a Judge

### ► An Emotion Scientist

- Is open, curious, and reflective
- Views *all* emotions as information
- Is in learner mode (investigates)
- Wants to get "granular"
- Has a "growth mindset"

### ► An Emotion Judge

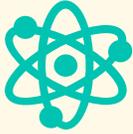
- Is critical, closed, and ignores emotion
- Views emotions as "error"
- Is in knower mode (assumes)
- Clumps emotions as good or bad
- Has a "fixed mindset"



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# Emotions Influence

Attention and  
Memory



Decision  
Making



Relationships



Health



Creativity



PERMISSION  
TO FEEL

DISCOVER THE POWER OF EMOTIONS  
TO HELP OUR KIDS, ORGANIZATIONS,  
AND OUR SOCIETY THRIVE  
Marc Brackett, Ph.D.  
DIRECTOR, THE CENTER FOR EMOTIONAL INTELLIGENCE  
PROFESSOR, YALE UNIVERSITY

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*“My message for everyone is the same: that if we can learn to identify, express, and harness our feelings, even the most challenging ones, we can use those emotions to help us create positive, satisfying lives.”*

MARC BRACKETT

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# Some Skills that Support Healthy Emotional Expression

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Recognize  
and  
Understand

2

Build Our  
Emotions  
Vocabulary

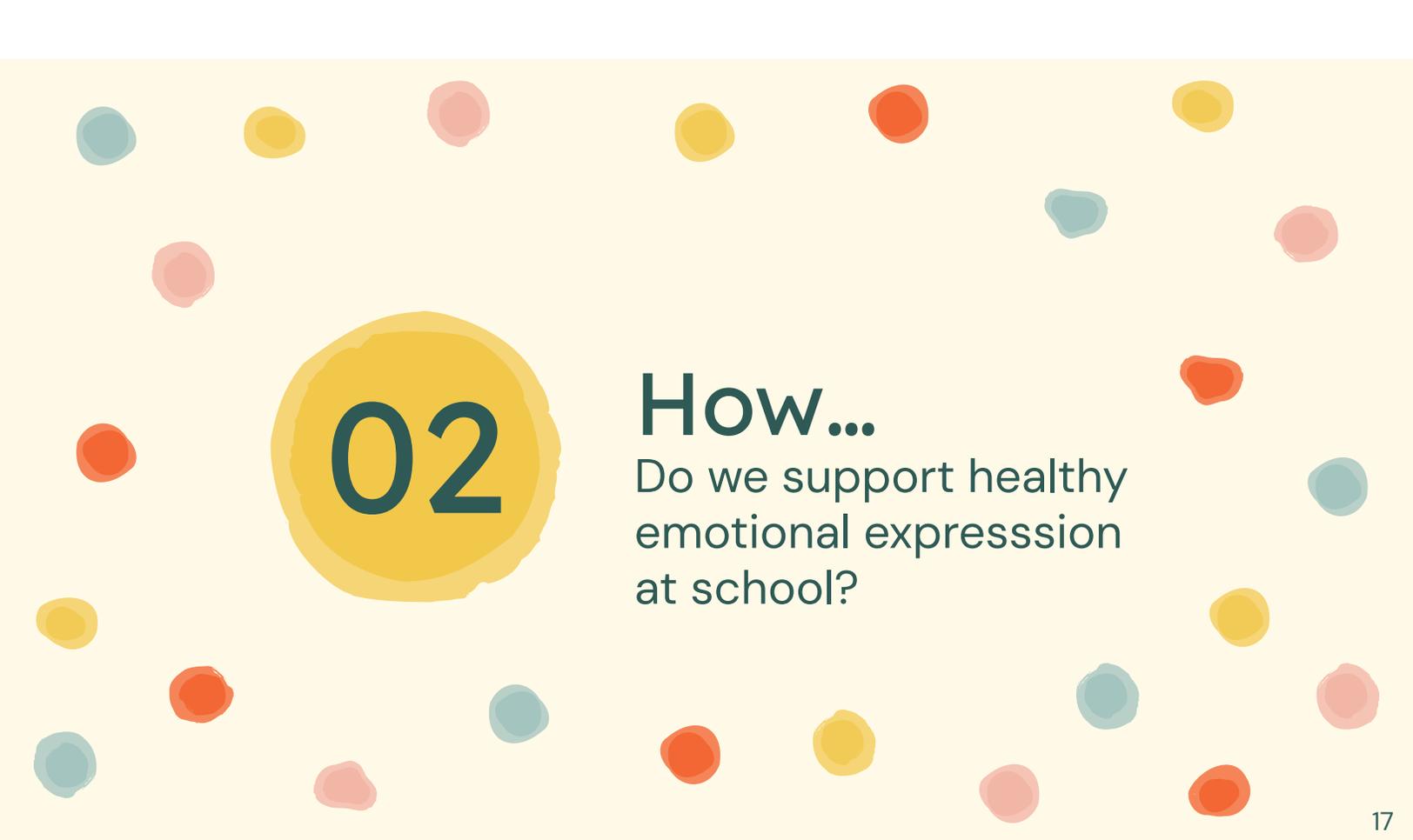
3

Name It and  
Regulate

## 1 Recognize and Understand







# 02

## How...

Do we support healthy emotional expression at school?



“Emotions matter, and they matter a great deal in school. Everyone needs emotional intelligence and opportunities to be brave and kind.”

Marc Brackett, Ph.D., Director, Yale Center for Emotional Intelligence

# D34 Curriculum Resources and Routines



- Second Step Units on Emotion Management
- Zones of Regulation
- SEL Check In's
- Soft Start



# Space Resources

- Classroom Calm Corners
- Movement Rooms
- Active Calming Centers
- Zen Den



# Human Resources

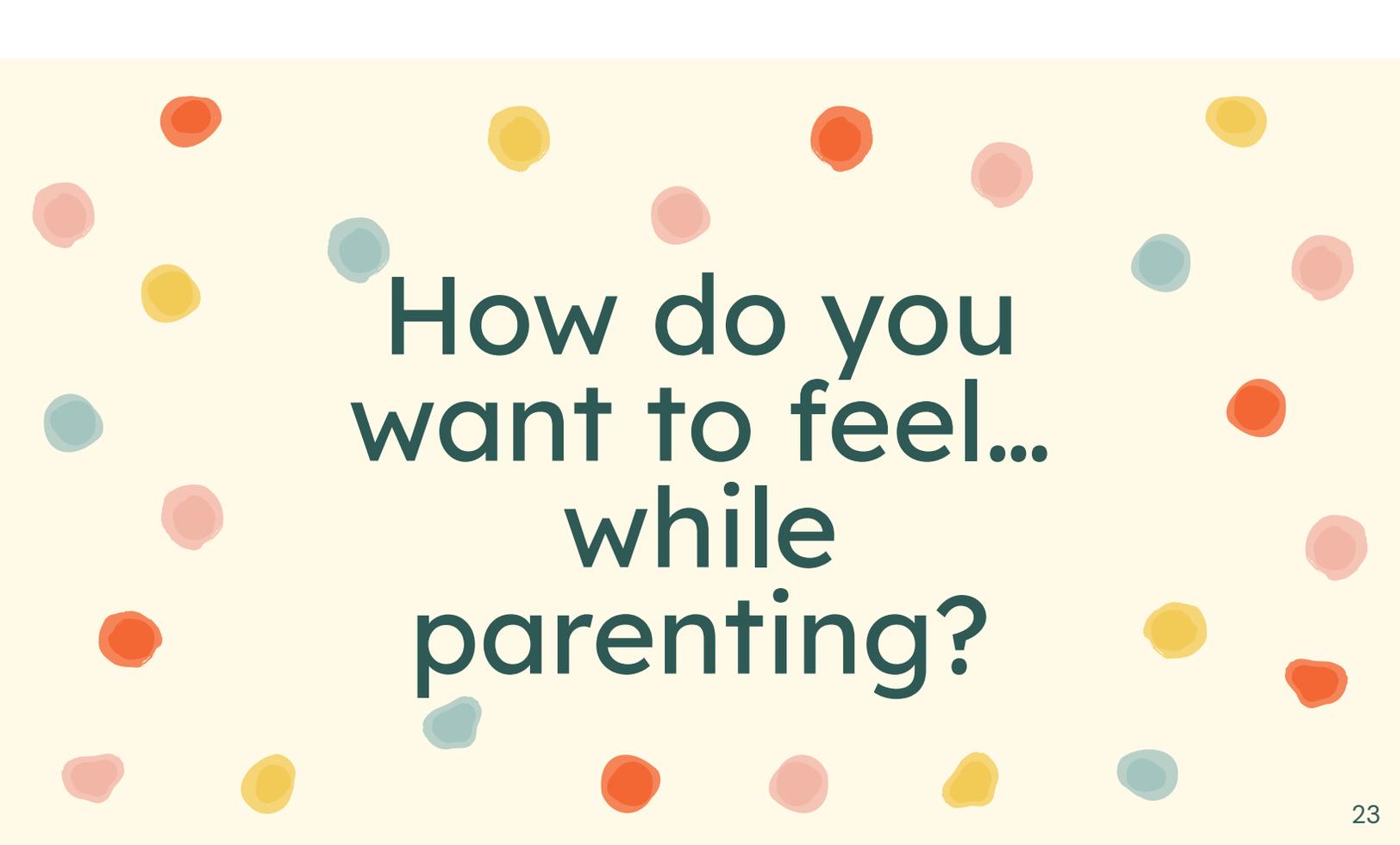
- Teachers!
- Administrators
- Social Workers
- Psychologists
- Support Staff
- ALOP
- SRO's



03

## What...

Can parents to do support emotional growth at home?



How do you  
want to feel..  
while  
parenting?

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Resilience >  
Happiness

NEW YORK TIMES BESTSELLER  
Dr. Becky Kennedy

**Good  
Inside**

A GUIDE TO BECOMING  
THE PARENT YOU WANT TO BE

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# Some Strategies That Support Healthy Emotional Parenting at Home

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Be an Emotions Scientist

2

Two Things Are True

3

Talk About It!

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## 1 Be an Emotions Scientist... At Home



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## "Two Things are True:

**Boundary**

iPad time is over and

**Validation**

it makes sense you feel upset about it.

Ending screen time is hard for me too."

**Empathy**

"TTAT" is an effective tool for kids of all ages.

### EXAMPLE WITH BABIES:

"Two things are true. Your bottle isn't ready yet and you really want it right now. I know sweetie...

Waiting is so hard."

### EXAMPLE WITH YOUNG KIDS:

"Two things are true. It's time for bed and you really wish you could stay up later. I remember always wanting to stay up too."

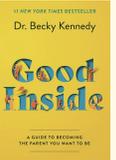
### EXAMPLE WITH TWEENS:

"Two things are true. You want your own Instagram account and I'm not comfortable with that yet. I know that's annoying, and I'd love to talk about other ways to give you more freedom."

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### EXAMPLE WITH TEENS:

"Two things are true. You want to go out with your friends and I'm not comfortable with the current plan. I know it stinks when parents say no; let's figure out something we can agree on."



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## 3 Talk About It!

Recent research found that, when parents try to hid their stress from their children, they can become less warm and engaged, inadvertently increasing feelings of stress in their children.

- *Waters, Kamilowicz, West, & Mendes, 2020*

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## Explaining Your Emotions To Your Child:

"Just like we talk about your big feelings...  
adults have big feelings too.

@drbeckyathome

**Sometimes I need a bit of time to myself  
to care for the feelings in my body.**

In these moments, I'm not leaving you,  
I'm not mad, and you didn't do anything wrong.

**I'm still your strong Papa  
who loves you so much."**

We can avoid inducing guilt or responsibility  
by owning our feelings and asserting our permanence.

*Dr. Becky*



# Any Questions?



# Thanks!



**Do you have any questions?**

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