



**FAMILY ACADEMY**

# Health and Wellness

THURS, DECEMBER 7 | 6-7:30 PM



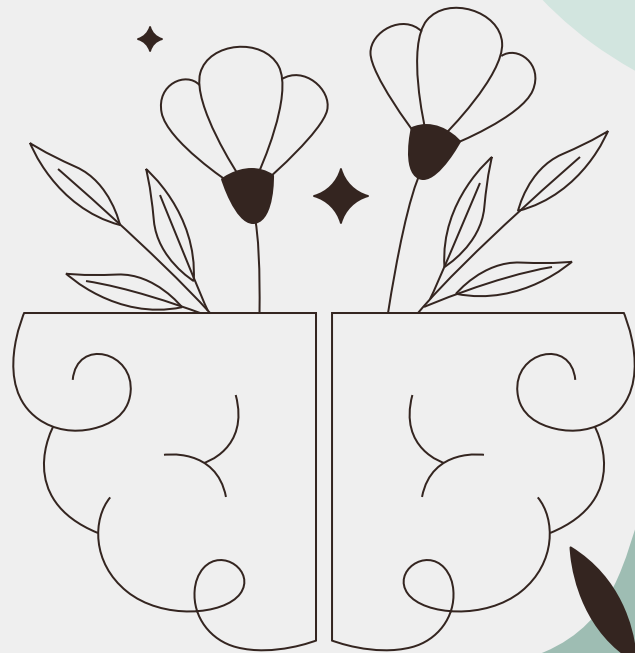
**FEDERAL WAY  
PUBLIC SCHOOLS**





# Native Plant Teachings to Support Wellness

Please take a sample of Douglas fir  
Tea as you come in!



# Land Acknowledgement



**We are on Puyallup & Muckleshoot land.**



***Puyallup Tribe***

Generous & Welcoming to ALL People



# Mindful Minute with Douglas fir Tea

- Close your eyes and take 3 slow breaths, *smelling* the tea.
- As you *taste* the tea, take a moment to reflect on a challenge you've overcome.  
*Focus on your strength*
- **What skills might adults need to adapt in stressful situations?**



# A Strong Connection: Mental Health of Children & Caregivers

- COVID-19 challenged parents/ caregivers to manage own health, children's health, work, finances and we are still recovering.
- Study found 1 in 14 children under 18 years old had a parent/ caregiver who reported poor mental health, which can impact the mental and physical health of the children
- **Mental well-being includes...**
  - 1) ability to regulate ourselves when having strong, negative emotions and
  - 2) resilience- being able to bounce back from rejection or setbacks and cope in healthy ways
- As parents/ caregivers, we are role models for our children's own mental health and wellness

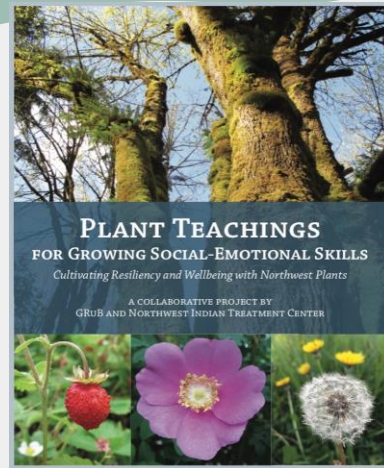
# Native Plant Teachings

*"We call plants the First People."  
- Bruce Miller ( Skokomish), Gifts of the First People*

Native plants have grown over hundreds or thousands of years in a particular area and are part of the balance of nature. Plants reconnect us with the natural world and ourselves.

Spending time in nature, being quiet and observing listening to plants bring our hears, bodies and minds into alignment.

As we spend time building relationships, we can connect to important teachings of who we are and how we can be happy, healthy and resilient.





# Douglas Fir: Introduction



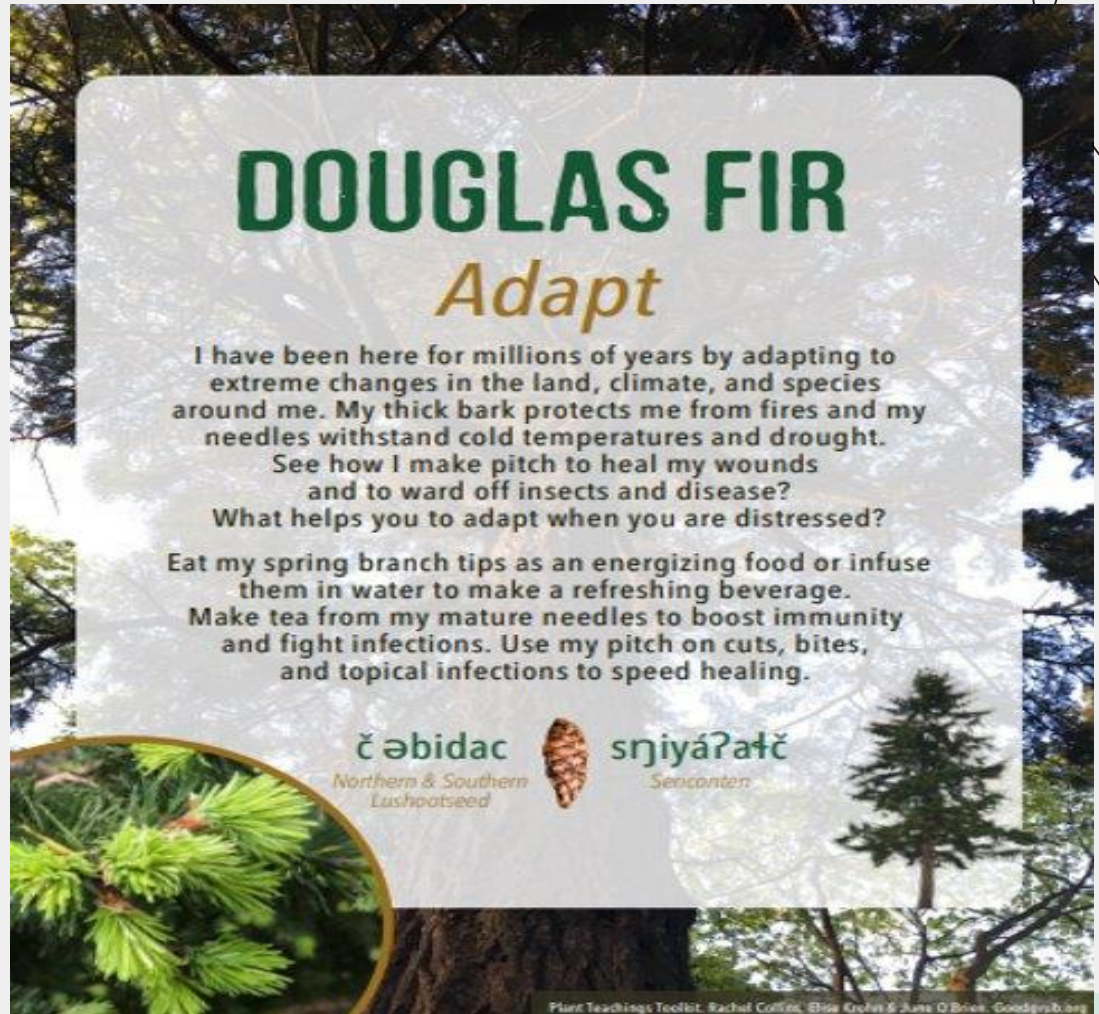
## Northwest Tree Communities

*Tend, Gather and Grow  
Curriculum*



**Group Discussion:**

**What helps you to  
adapt in challenging  
situations?**





# Emotional Intelligence Strategies:

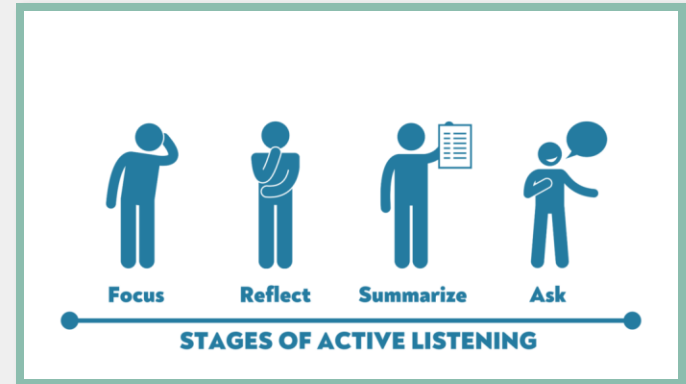
## *4 Step Guide*

### 1. Recognize and Validate Emotions:

- **Acknowledge Feelings:** Start by recognizing and acknowledging your child's emotions. Use phrases like, "I can see that you're feeling stressed," to validate their feelings.
- **Normalize Emotions:** Let them know that it's okay to feel stressed and that everyone experiences stress at times.

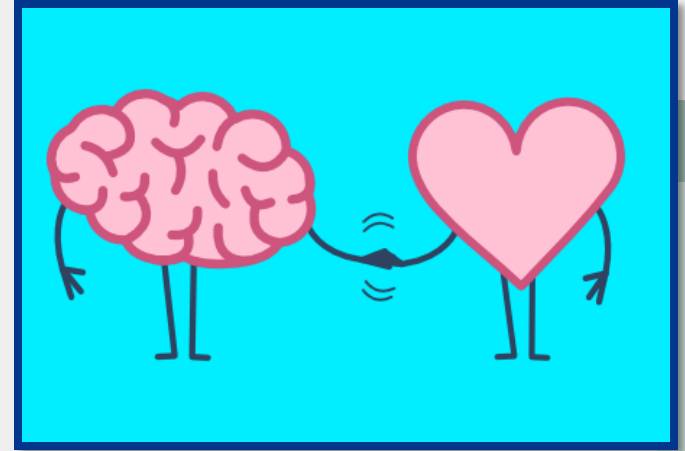
### 2. Active Listening:

- **Create a Safe Space:** Ensure your child feels comfortable expressing their feelings without judgment.
- **Reflective Listening:** Repeat back what your child is saying to show that you understand. For example, "It sounds like you're really overwhelmed right now."



# Building the Foundation Emotional Intelligence

It is crucial for parents to employ emotional intelligence when assisting their children because **it forms the bedrock of a healthy caregiver-child relationship**. By recognizing and validating a child's emotions, parents create a **secure environment where open communication and trust can flourish**. Emotional intelligence equips parents with the skills to effectively navigate challenging situations, teaching children valuable lessons in emotional regulation and problem-solving. This empathetic approach not only **fosters a child's emotional resilience but also promotes the development of essential social and interpersonal skills**.



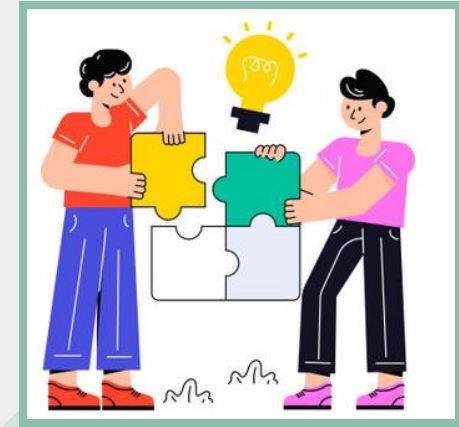
# Emotional Intelligence Strategies

## 3. Empathize:

- **Put Yourself in Their Shoes:** Show empathy by understanding their perspective. Say, "I can imagine that [situation] is really tough for you."
- **Share Your Own Experiences:** If appropriate, share times when you felt stressed and how you coped. This can make your child feel less alone.

## 4. Problem-Solving Together:

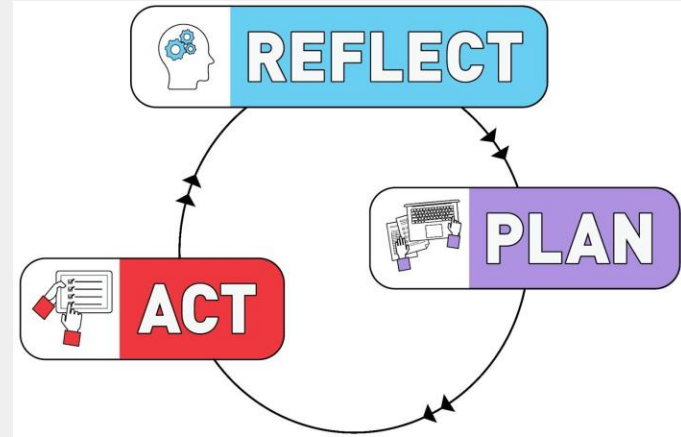
- **Encourage Expression:** Ask open-ended questions to understand the root of their stress. "What do you think is causing you to feel this way?"
- **Brainstorm Solutions:** Work together to generate potential solutions. This helps empower your child and teaches problem-solving skills.



# Closing Activity

## Choose one question:

- Which of the 4 strategies shared can you try at home in your family?
- What can plants teach me about being resilient in times of change?



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*Encuesta posterior al evento: ¡Ayúdenos a mejorar!*

*Sau buổi sự kiện: Hãy giúp chúng tôi cải thiện!*

*Опрос мнения по окончании мероприятия:  
Помогите нам учесть недочёты!*

*پست-نظرسنجی : رویداد به ما کمک می کند  
بهبود یابیم!*