

HEART

Helping Every child Achieve and Reach success Together
Capturing the HEART and #MovingtheMark!
July 13-17, 2020

MADISON COUNTY SCHOOLS

Find Your Pace

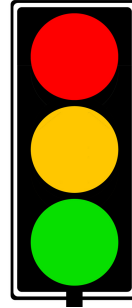
Although we may all experience the same event, responses will differ. It is part of our human nature. Our world is made up of people from different cultures, races, backgrounds, and all are uniquely created. These varied life experiences affect the way we respond emotionally. Sometimes our emotions may not make sense to others or even ourselves, and that's okay! Learning to respect others' feelings is key to having healthy relationships. Before we can respect others' feelings, we must be able to understand and respect our own emotions.

Understanding and identifying one's emotions is called emotional awareness, and research shows it is a skill that can help you succeed in life. When we can identify what we are feeling, we can talk about it more clearly and easily. It also helps us to better resolve or avoid conflict and move past complicated feelings. Likewise, when we respect what others are feeling, it guides our interactions with them.

As parents, we teach our children to respect each other's differences by paying attention to our responses. Our children learn from us, both appropriate and inappropriate, ways to express feelings and understand emotions. Paying attention to the way we talk or react to what we see in the world matters.

Although it is not always easy to understand or predict how someone else might feel, it is a skill that can be developed.

With practice, we will gain understanding; improved understanding leads to compassion. As Mary Davis said, "We can't heal the world today, but we can begin with a voice of compassion, a heart of love, and an act of kindness."



MOOD LIGHT

We are less tolerant of others and quicker to act on impulse when we are feeling down or tired. This simple tool can help family members better relate to each other by understanding current moods. Children check in with their feelings and energy levels on the traffic light.

Green Light: We are calm. The brain is balanced, focused, able to think, and respond mindfully.

Yellow Light: We are feeling more agitated, more emotional, and have high energy. This energy state might be helpful if we are about to run or compete. It is not helpful, if we are trying to complete a task or go to bed.

Red Light: Actions can be driven by emotional impulses with little conscious thought. Just like a stop light, we need to stop and ask for help; we need to calm our body and mind down before moving ahead.

Talk about how to prevent or reduce red feelings and how to promote, maintain, or enhance yellow and green feelings.

Ask questions:

- What is that emotion called?
- What caused you to feel that way?
- If pleasant, how can you stay there or move to a different light?
- How can I help you move to green?

RULER SKILLS TO SOLVE PROBLEMS

Use questions during disagreements and problem-solving to help your child understand how someone else might be feeling or thinking.

For example:

- How do I feel?
- How does the other person feel?
- What caused my feelings?
- What caused the other person's feelings?
- How did I express/regulate my feelings?
- How did the other person express/regulate their feelings?
- What could I have done to handle the situation better?



RECOGNIZING EMOTIONS
UNDERSTANDING EMOTIONS
LABELING EMOTIONS
EXPRESSING EMOTIONS
REGULATING EMOTIONS

Center for Emotional Intelligence

NAME IT TO TAME IT

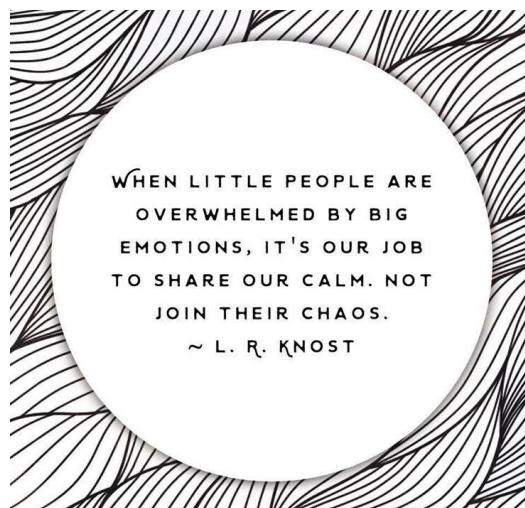
1 STOP Pause. How do you feel? How does your body feel? Take a moment to assess before reacting.	2 Name That Feeling The very act of labeling a feeling will help to release the grip it has on you.	3 Calm Down Breathe. Until your nervous system deactivates, it will be difficult to think clearly.
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Second Step, a program focused on Social Emotional Learning (SEL) teaches these strategies.

QUANTITY & QUALITY OF EMOTION WORDS MATTER!

Research reveals when young children hear words that label emotions or help to describe feelings, it improves their ability to be attentive to other people's emotions, show concern, be more helpful, and have a wider emotional vocabulary themselves.

LEARNING TO LISTEN



VALIDATING YOUR CHILD'S FEELINGS IS A POWERFUL WAY TO HELP THEM CALM DOWN. WHEN OUR CHILDREN ARE UPSET, IT IS HELPFUL TO RESPOND RATHER THAN REACT. IT IS IMPORTANT TO NOT MINIMIZE OR DISMISS THEIR FEELINGS BY SAYING THINGS SUCH AS, "YOU'RE OKAY" OR "BRUSH IT OFF" OR "CALM DOWN." USE STATEMENTS SUCH AS "THIS FEELS LIKE IT IS REALLY IMPORTANT TO YOU"; AND "I WANT TO MAKE SURE I UNDERSTAND WHAT YOU ARE SAYING," IN THESE MOMENTS OUR CHILDREN NEED US TO BE AN EMOTIONAL COACH. WE NEED TO REMEMBER WE SET AN EXAMPLE BY OUR REACTIONS TO PROBLEMS AND SETBACKS. RESPONDING WITH OPTIMISM AND CONFIDENCE TEACHES KIDS THAT PROBLEMS ARE TEMPORARY AND TOMORROW'S ANOTHER DAY.