

# GUIDING PREMISES



## **GUIDING PREMISE #1 - BEING TRAUMA INFORMED**

What are some ways to build positive experiences for students?

## **GUIDING PREMISE #2 - BEING RELATIONSHIP BASED**

what types of things indicate that you have a positive working relationship with the children, youth, or families that you work with?

## **GUIDING PREMISE #3 - SELF-CARE & SELF-AWARENESS**

What types of activities, approaches, & policies are in place in your organization that encourage the importance of self-care? What might you want to work on or implement?

Why do you think that self-awareness is an important aspect of working with children & families?

# GUIDING PREMISES



## **GUIDING PREMISE #4 - USING A STRENGTH BASED APPROACH**

What are some positives that you can find in a student, family, or community that you work with?

## **GUIDING PREMISE #5 - BEING CULTURALLY RESPONSIVE**

What things come to mind when you think about culture?

Why do you think it is important to notice & understand cultural issues when working with children / families?

## **GUIDING PREMISE #6 - EQUITABLE SERVICES**

What are some examples of equitable services in an educational setting?



# BIDS FOR ATTENTION

## WE HAVE 3 WAYS WE CAN RESPOND TO BIDS FOR CONNECTION:

- Turning Away
- Turning Against
- Turning Toward

## DISCUSS:

- 1) Why do you think that students make so many bids for connection?
- 2) Share some examples of a student making a “bid for connection” that you have seen or experienced recently.
- 3) We have all had moments where we have used the 3 responses (turning away, turning against, turning towards) in reaction to a bid for connection. What do each of these responses look like for you, personally? You can speak in broad terms or use specific examples.
- 4) Why do you think it is important to turn “towards” bids for connection?

“**The first thing that’s important to do when wanting to connect more with your loved one is to actively notice their bids.**”

-Dr. John Gottman

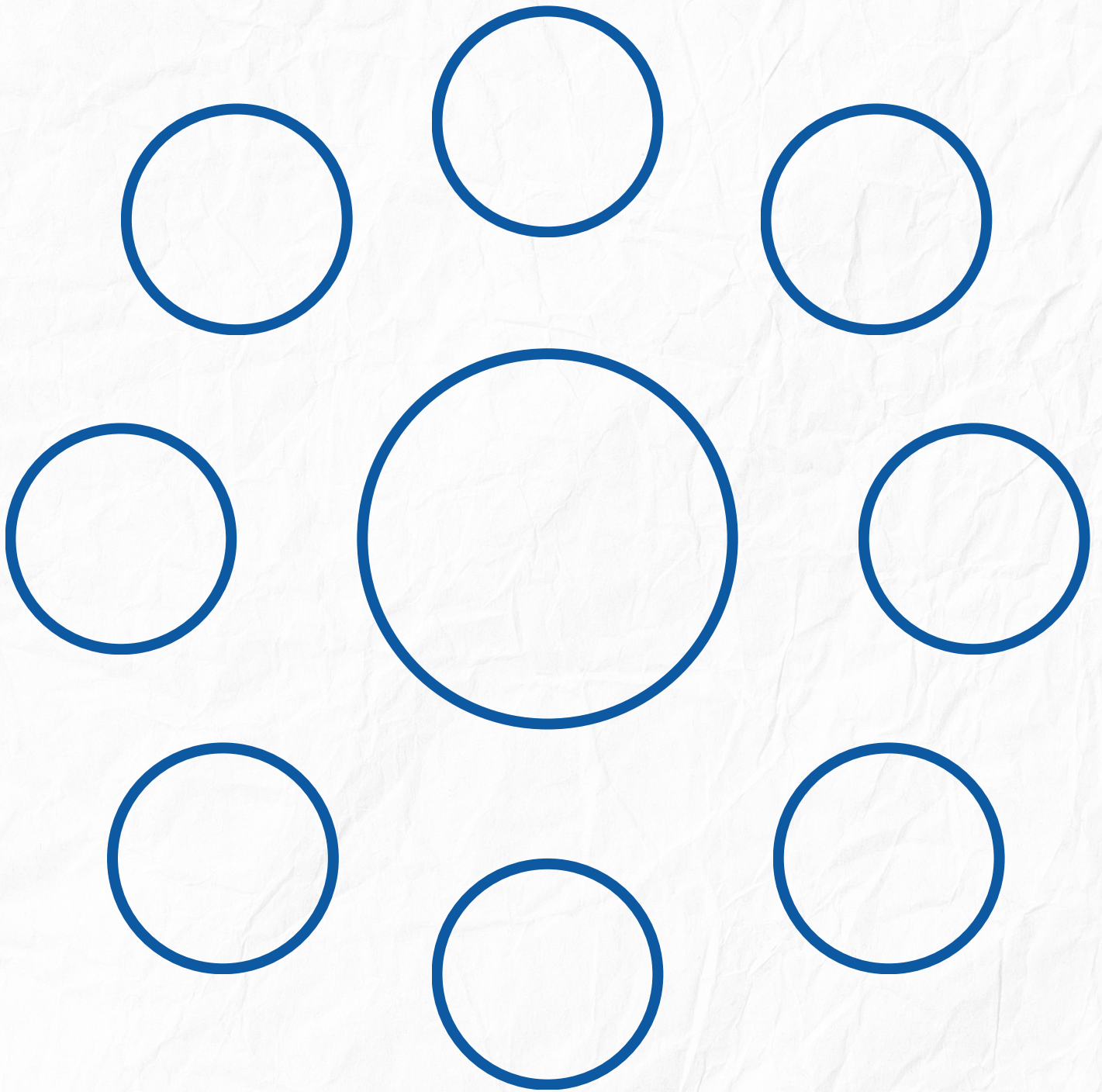







# COPING STRATEGIES

- Do a positive activity
- Play sports
- Think of something funny
- Take a quick walk
- Practice yoga
- Stand up and stretch
- Listen to music
- Take a time out
- Slowly count to ten
- Use positive self-talk
- Say something kind to yourself
- Talk to a friend
- Talk to an adult
- Close your eyes and relax
- Say, "I can do this" or another key phrase that will help you.
- Visualize your favorite place
- Think of something happy
- Think of a pet you love
- Think about someone you love
- Get enough sleep
- Eat a healthy snack
- Read a good book
- Set a goal
- Jog in place
- Write in a journal
- Notice 5 things you can see
- Paint with watercolors
- Use a relaxation app
- Watch a funny video
- Drink some tea
- Cook or bake
- Plan a fun trip
- Use an I-statement
- Identify your emotions
- Write in a journal
- Hum your favorite song
- Doodle on paper
- Draw a picture
- Color a coloring page
- Clean something
- Meditate
- Use a stress ball
- Dance
- Write a letter
- Look at pictures you've taken
- Make a gratitude list
- List your positive qualities
- Random acts of kindness
- Give someone a hug
- Put a puzzle together
- Do something you love
- Build something
- Play with clay
- Hug a stuffed animal
- Rip paper into pieces
- Play an instrument
- Watch a good movie
- Take pictures
- Garden
- Write a list
- Express your feelings to someone
- Write down your thoughts
- Identify a positive thought
- Make your day's schedule
- List 10 positives about you
- Ask yourself, "What do I need right now?"
- Tell someone you are thankful for them
- Keep a positive attitude
- Schedule time for yourself
- Blow bubbles
- Write a positive note
- Chew gum
- Paint your nails
- Write a story
- Blog
- Read a joke book
- Write a poem
- Drink cold water
- Draw cartoons
- Read a magazine
- Write a thank you note
- Count to 100
- Make a list for the future
- Read inspirational quotes
- Compliment yourself
- Visualize a stop sign
- Laugh
- Smile in the mirror
- Smile at others
- Do schoolwork
- Look at animal pictures
- Hyperfocus on an object
- Pet an animal
- Make a list of choices
- Ask an adult for help
- Organize something
- Play a card game
- Listen to nature sounds
- Sit and relax all your muscles
- Ask for a break
- Any kind of Exercise
- Work on a favorite hobby
- Get out into nature



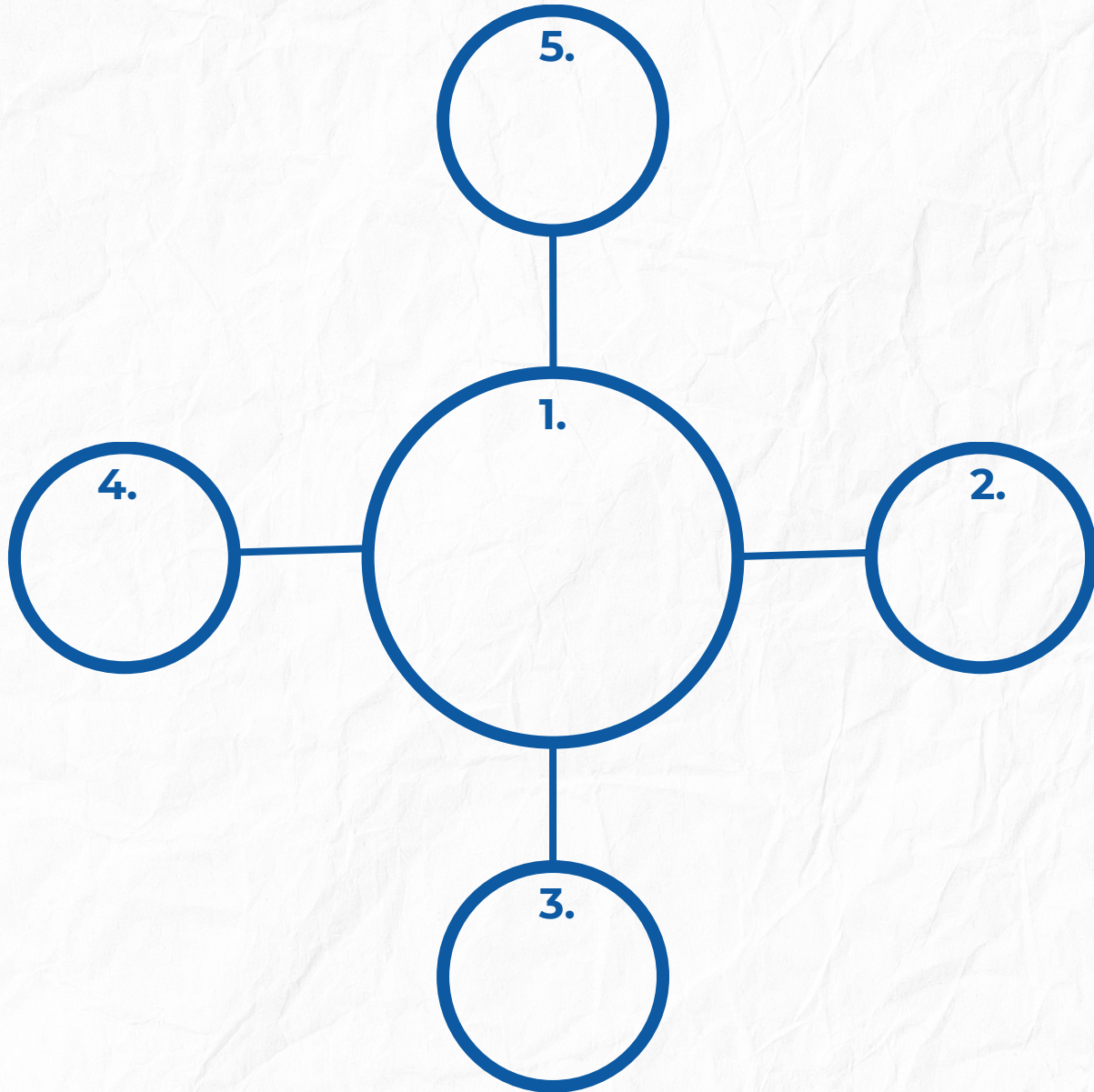
# SOCIAL ECOMAP



-  STRONG
-  ENERGY
-  RECIPROCAL
-  WEAK
-  STRENUOUS

Start off with your name in the middle circle. Write down names of those that have a relationship with you in your life in the surrounding circles.  
(Family, friends, co-workers, coaches, etc.) Determine the strength or energy of the relationships using the key.

# FACETS OF IDENTITY



**#1:** Write down a word or phrase that your family might use to describe you. (examples: the “second mom”, the straight ‘A’ student, the responsible one, the black sheep, etc.)

**#2:** Write down a word or phrase that your friends might use to describe you. (examples: The partier, the center of attention, the problem-solver, the listener, etc.)

**#3:** Write down a word or phrase that your coworkers might use to describe you. (examples: The “boss”, a leader, the last to leave, the creative one, the insecure one, etc.)

**#4:** Write down a word or phrase that your society might use to describe you.



# FIND YOUR COMMON

## QUESTIONS & PROMPTS TO FIND SOME COMMON GROUND:

1. Share three things on your bucket list.
2. What characteristic do you most like about yourself?
3. If you could go anywhere in the world on vacation, where would you go?
4. What is your most embarrassing moment?
5. What is your proudest moment?
6. Are you a morning person or a night person?
7. What always makes you laugh?
8. What do you think is the most important quality in a friend?
9. What is your favorite season?
10. What do you think the secret to a good life is?
11. What is your favorite kind of music?
12. Describe your perfect day off.
13. What do you listen to in the car?
14. What is one of your hobbies?
15. Describe a goal you have for yourself.
16. What is a food you really dislike?
17. What do you usually have for breakfast?
18. What is your most memorable birthday?
19. What is your favorite flower?
20. Describe the last book you read.

# TOXIC POSITIVITY

**You will get over it soon.**

You've survived hardships before and I believe in you.

**Just be positive**

I know it's difficult right now and things can easily go wrong. Let's think about what can go right.

**Positive vibes only.**

All energy is natural. Learn to accept both bad and good vibes.

**Stop being negative all the time.**

It's okay if you are feeling negative right now. It doesn't have to define you.

**Think happy thoughts.**

It's alright if you aren't positive and happy right now. Feel your emotions and let it pass naturally. My best wishes are always with you.

**Never quit. Never give up. Ever!**

Giving up is alright. Sometimes it's necessary that we give up. Focus on what you want to accomplish.

**Just stop being sad!**

I know how terrible it feels right now. Would you like to do something that you might enjoy?

**Always look for the positive.**

It's okay if everything seems disappointing right now. We can sort things out and find a way to get through this later.

**Failure is never an option.**

Success tastes sweeter only after a failure. It helps us learn and grow.

**It will all turn out fine.**

I know this is hard. I am here with you.

**I did it. So you can do it too.**

It's ok if you're struggling. We are all different and deal with problems in our own way.

**It could be much worse.**

This is really sad. I can understand what you're feeling right now.



# RAISING POSITIVITY

**WRITE DOWN 3 SPECIFIC, DISTINCT THINGS YOU ARE GRATEFUL FOR:**

- 1.
- 2.
- 3.

**WRITE DOWN A BRIEF EXPLANATION OF 3 THINGS THAT WENT WELL DURING THE DAY & WHY THOSE HAPPENED:**

- 1.
- 2.
- 3.

**WRITE DOWN 1 POSITIVE EXPERIENCE IN THE LAST 24 HOURS IN DETAIL:**

- 1.



# CONCRETE SUPPORTS

## EXPLANATION IN PARENT / CHILD FRIENDLY LANGUAGE:

## EVERY DAY ACTIONS:





# KNOWLEDGE OF DEVELOPMENT

## **EXPLANATION IN PARENT / CHILD FRIENDLY LANGUAGE:**

## **EVERY DAY ACTIONS:**



# RELATIONSHIP SKILLS BUILDING

**THINK OF SOMEONE YOU'RE CURRENTLY WORKING WITH.  
IT COULD BE A STUDENT, A COLLEAGUE, A PARENT, ETC.**

What relationship skills does that person need?

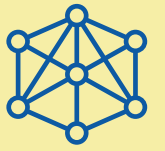
What gets in the way of learning them?

Where & When might you teach those skills?

How will you teach those skills?

What other opportunities do they have to learn these skills?





# SOCIAL CONNECTIONS

**EXPLANATION IN PARENT / CHILD FRIENDLY LANGUAGE:**

**EVERY DAY ACTIONS:**



# RESILIENCE

## **EXPLANATION IN PARENT / CHILD FRIENDLY LANGUAGE:**

## **EVERY DAY ACTIONS:**





# COGNITIVE & SOCIAL- EMOTIONAL COMPETENCE

## **EXPLANATION IN PARENT / CHILD FRIENDLY LANGUAGE:**

## **EVERY DAY ACTIONS:**



**CONCRETE SUPPORTS  
IN TIMES OF NEED**

**Strategies:**

- Link families / students to services & opportunities
- Observe & respond to early warning signs of at-risk behaviors
- Teach self-advocacy

**Everyday Actions:**

- Respond immediately when students are in crisis.
- Provide information & connections to services in the community.
- Help families & students to develop skills & tools to identify their needs & connect to supports
- Positively reinforce students when they ask for help

**Results:**

- Strengthened students, families, schools, & communities



**KNOWLEDGE OF  
CHILD DEVELOPMENT**

**Strategies:**

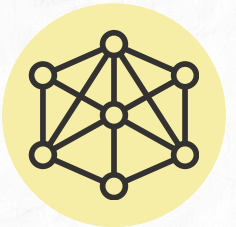
- Strengthen knowledge of child development
- Implement trauma-informed policies & approaches

**Everyday Actions:**

- Model developmentally appropriate interactions with children
- Provide professional learning & resources on child development
- Facilitate opportunities for staff to explore trauma-sensitive practices
- Scrutinize policies & practices from a developmentally appropriate lens
- Utilize a strength-based perspective with students

**Results:**

- Optimal Child Development



**SOCIAL CONNECTIONS**

**Strategies:**

- Facilitate connections, friendships, & mutual support for students with adults & peers

**Everyday Actions:**

- Help students value, build, sustain & use social connections with both adults & peers
- Ask for student perspectives & ideas for creating an inclusive environment & feelings of safety
- Facilitate opportunities for parents to connect around parenting & other issues
- Promote engagement & participation in community activities

**Results:**

- improved academic outcomes, better mental health, & a more cohesive community



**PARENTAL  
RESILIENCE**

**Strategies:**

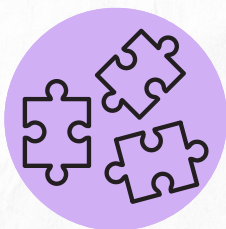
- Encourage a growth mindset in students & staff
- Help view challenges as opportunities

**Everyday Actions:**

- Demonstrate in multiple ways that students are valued
- Find ways to honor each student's identity, culture, & abilities
- Provide students opportunities to raise their positivity
- Teach that abilities can be developed through dedication & hard work
- Help parents understand how to buffer their child during stressful times

**Results:**

- An environment where students thrive academically, socially, & emotionally



**COGNITIVE & SOCIAL  
EMOTIONAL  
COMPETENCE**

**Strategies:**

- Facilitate development of coping skills & self-care
- Teach effective communication skills

**Everyday Actions:**

- Help students identify & understand emotions
- Implement activities to build social skills & emotion regulation skills into classroom instruction
- Help children develop a positive cultural identity & interact appropriately in a diverse society
- Respond proactively when a student needs support with social emotional development

**Results:**

- Mitigate the effects of trauma, increase academic success