

Emotional Well-Being for Families

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Positive School Culture Support Supervisor



POSITIVE SCHOOL CULTURE SUPPORT

PROACTIVE. RESPONSIVE. EFFECTIVE.

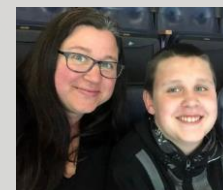
CCSD Special Education Parent Mentors

Providing ongoing workshops, guidance and resources to families of students with disabilities while helping them navigate Special Education.



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Antoinette Nichols

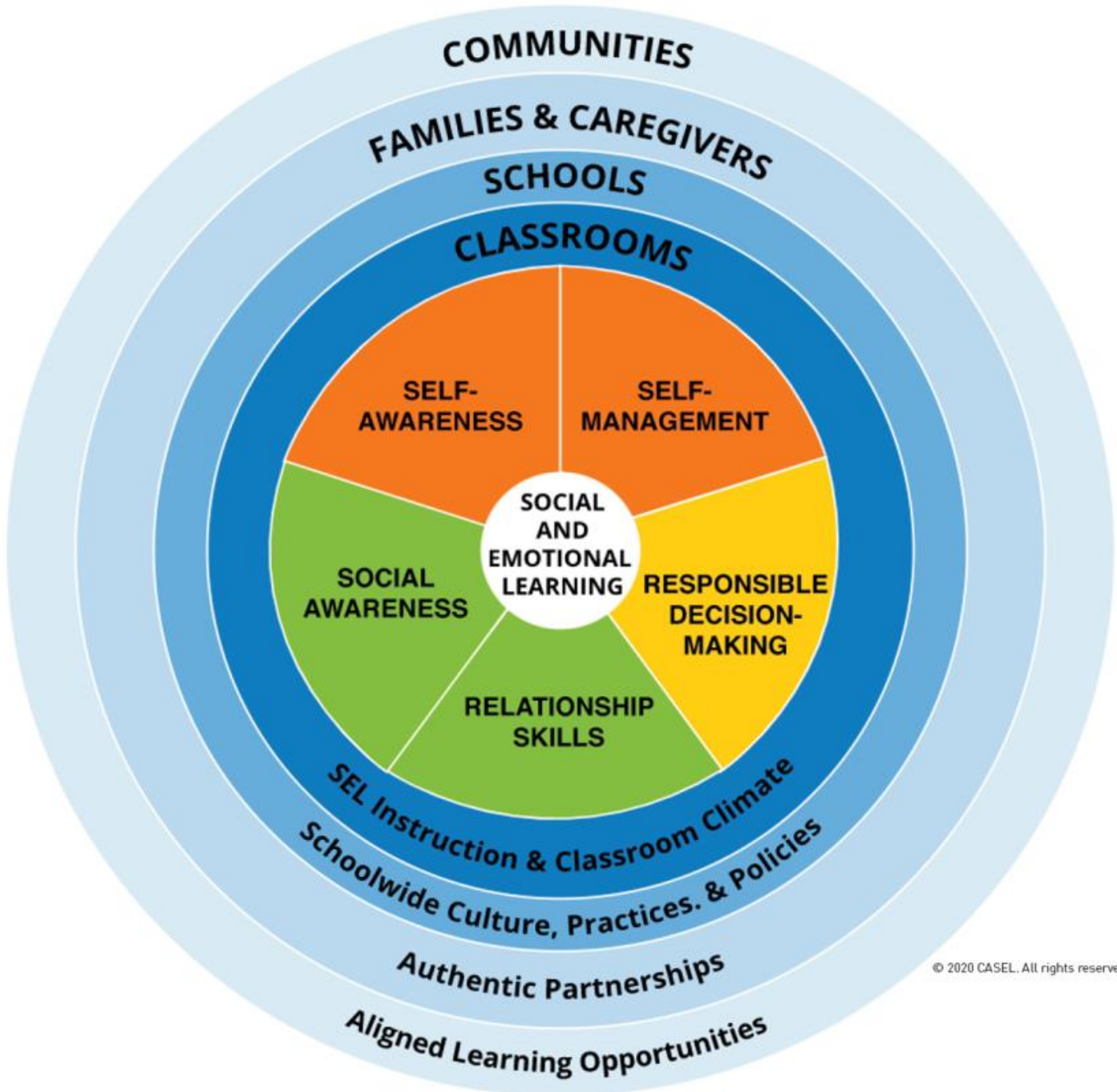
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Website: <https://www.cobbk12.org/page/38585/special-education-parent-mentors>

Facebook: Cobb Special Education Parent Mentors

Twitter/Instagram: @CobbSpedMentors

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Making the Connection

Academic performance increase of 11 percentile points

Improved attitude about self, others and school

Reduced behavior issues

Reduces middle and high school disengagement

College and career readiness

Life skills needed for adulthood

Top 10 skills

in 2020

1. Complex Problem Solving
2. Critical Thinking
3. Creativity
4. People Management
5. Coordinating with Others
6. Emotional Intelligence
7. Judgment and Decision Making
8. Service Orientation
9. Negotiation
10. Cognitive Flexibility

in 2015

1. Complex Problem Solving
2. Coordinating with Others
3. People Management
4. Critical Thinking
5. Negotiation
6. Quality Control
7. Service Orientation
8. Judgment and Decision Making
9. Active Listening
10. Creativity



Self-Awareness



- Understanding emotions and developing an emotional vocabulary
- Understanding the connection between thoughts, feelings and actions
- Developing an accurate self-perception
- Understanding areas of strength and areas for growth
- Developing a growth mindset
- Building confidence

ANGER ICEBERG

When we are
angry

ANGRY

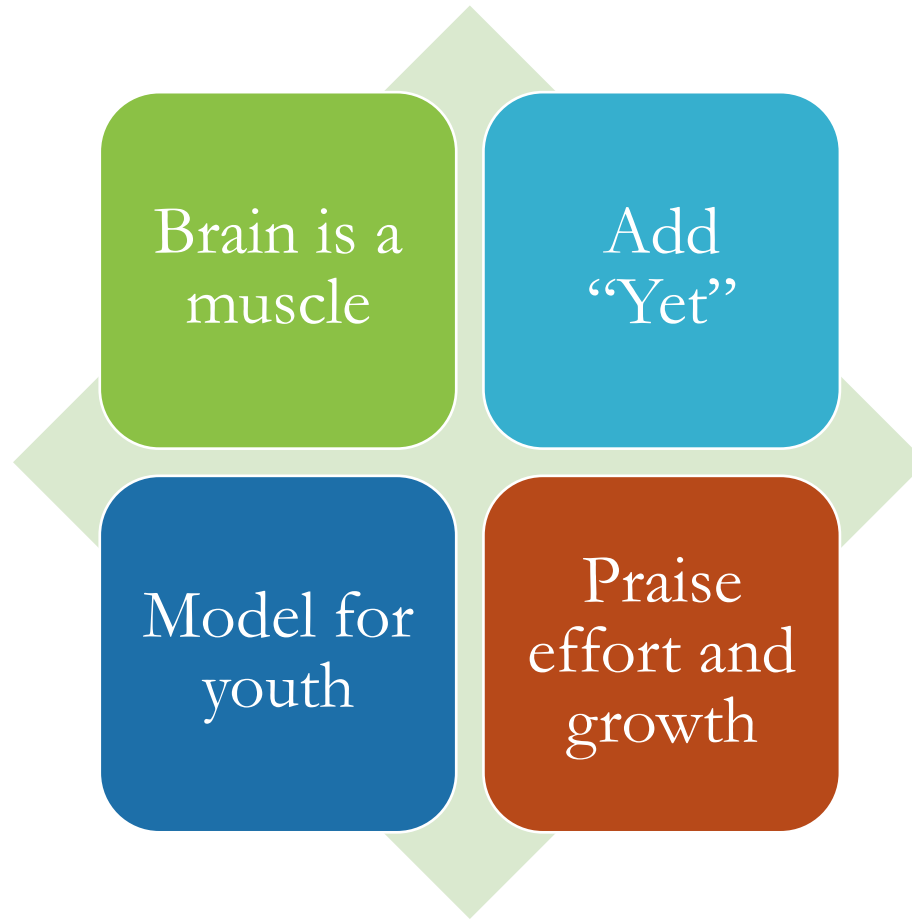
Emotions
under the
surface.

Worried Annoyed Hurt
Sad FRUSTRATED
OFFENDED ANXIOUS Alone
Guilt Grief DISRESPECTED SHAME
Insecure Uncomfortable HELPLESS
REGRET
Trapped TRICKED DISAPPOINTED
Pressured Other feelings

Most of the emotions are hidden.

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Growth Mindset



Self-Management

- How does stress feel for me and what can I do?
- Being in control of emotions
- Learning to calm yourself
- Being organized and setting goals
- Learning how to self-motivate



Managing stress together

Watch a
funny movie

Throw a
football

Pick a fun
project

Play video
games

Go for a
walk

Bake
cookies

Goal setting example:

<https://www.whatihavelearnedteaching.com>

What I Have Learned
© 2020

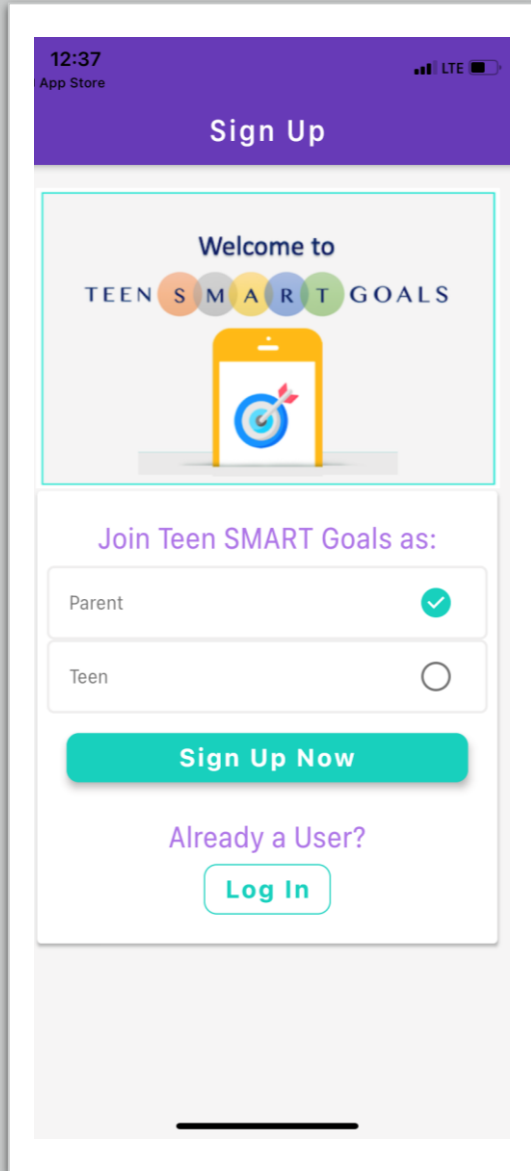
My **SMART GOAL**

I want to _____

by _____

so I will _____

_____ to meet my goal.



Goal Setting:

There's an app for that!

Social Awareness



- Understanding those different from us
- Empathy – how would I feel?
- Learning social cues
- How do I fit into the bigger picture?
- Being respectful
- Showing kindness

What is Empathy Video



Relationship Skills



- Being a friend
- Communicating with peers
- Working well in pairs and small groups
- Working through conflict
- Learning to compromise

Sound
Familiar?

How was your day?

Fine

What did you do today?

Nothing

What did you learn today?

I don't remember

Conversation starters



What was one thing you did today to show you were a good friend?



What was the funniest thing that happened today?



What is one thing that made you happy today?



Was there anything that made you feel frustrated today?

Responsible Decision Making



- Thinking through the issue
- Considering all options
- Problem solving
- Reflecting on the decision made
- How did it affect myself and others?
- Developing morals and values

Supporting Decision Making

Wait to rescue

Ask open ended questions

Share lessons learned
(positive and negative)

SELF-CARE IS IMPORTANT



Take short breaks throughout the day (music, deep breaths, walk, stretch, etc.)



Connect with positive people



Limit exposure to negativity/traumatic events (take a break from social media)



It's ok to say no



Write down your to-do list



Positive outlets/hobbies (reading, art, sports, etc.)



Sleep, diet, exercise and drink lots of water

SELF-CARE IS IMPORTANT



Try not to compare yourself to others



Look for opportunities to laugh



Be kind to yourself



Practice gratitude



Monitor feelings of self doubt



Reach out for help when needed

Cobb's Virtual Calming Center

CCSD / School Counseling

Virtual Calming Center

Click to add text

Breathing, Relaxation and Staying Present

Exercise

Support: Hotlines/Textlines

Animal Webcams

Apps for Staying Calm & Connected

Nature Sounds and Music

Visual Relaxation

Puzzles/Games

Color/Creative

Crisis Resources

National Suicide Prevention Lifeline
<https://suicidepreventionlifeline.org/>
1-800-273-8255

Georgia Crisis and Access Line
(GCAL) 1-800-715-4225
My GCAL app - text/chat services
for youth

Crisis Text Line
<https://www.crisistextline.org/>
Text HOME to 741741 to connect
with a Crisis Counselor

[Safe Schools Alert](#) – anonymously
report concern online, by phone, text
or email

Youth can set up support network on
app and can send alert when they are
not ok. <https://www.notokapp.com/>



CRISIS TEXT LINE |

 **Cobb SHIELD**

notok



**POSITIVE SCHOOL
CULTURE SUPPORT**

Questions?

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