**Resilience   
Don’t Rock the Boat**

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| --- |
| **OBJECTIVES** |
| **Educators will . . .**   * Understand the relationship between emotions and learning * Explore the power of co-regulating emotions to build resiliency in students, and in the process, tune up emotional self-awareness * Consider how to effectively implement resiliency-building tools and strategies in your schools or district |

**AGENDA**

Welcome & Opening

Rowing in Tandem

* Integrated social, emotional and cognitive learning

Going Over

* Responding to emotions and stress

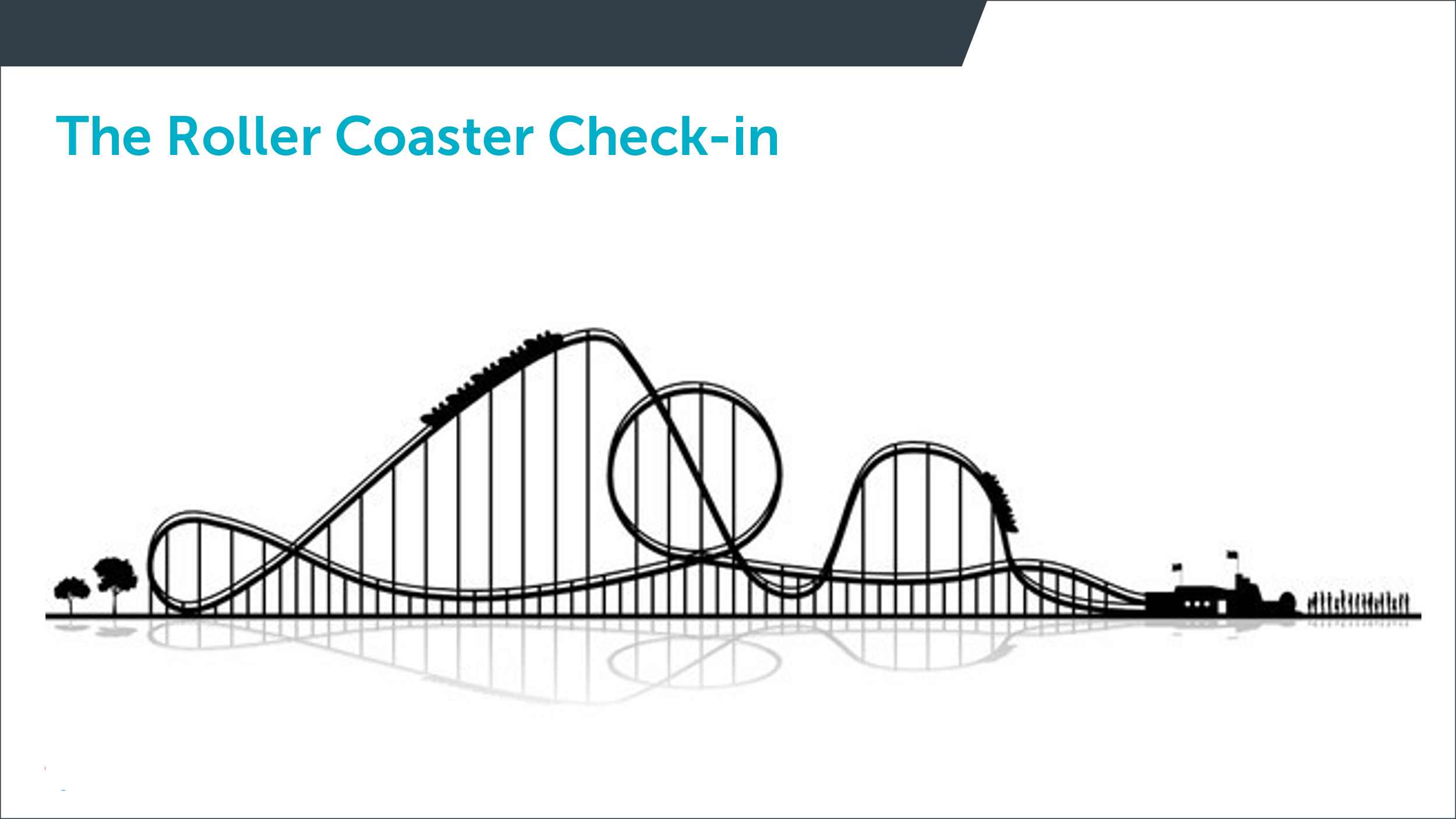
Checking the Weather

* Well-Being Index

Ready to Put In

**Link to** [Participant Materials Folder](https://drive.google.com/drive/folders/12IQh1JwF0SODr0YxmcXz4DGAkCo0H9q9?usp=sharing)

**Opening**

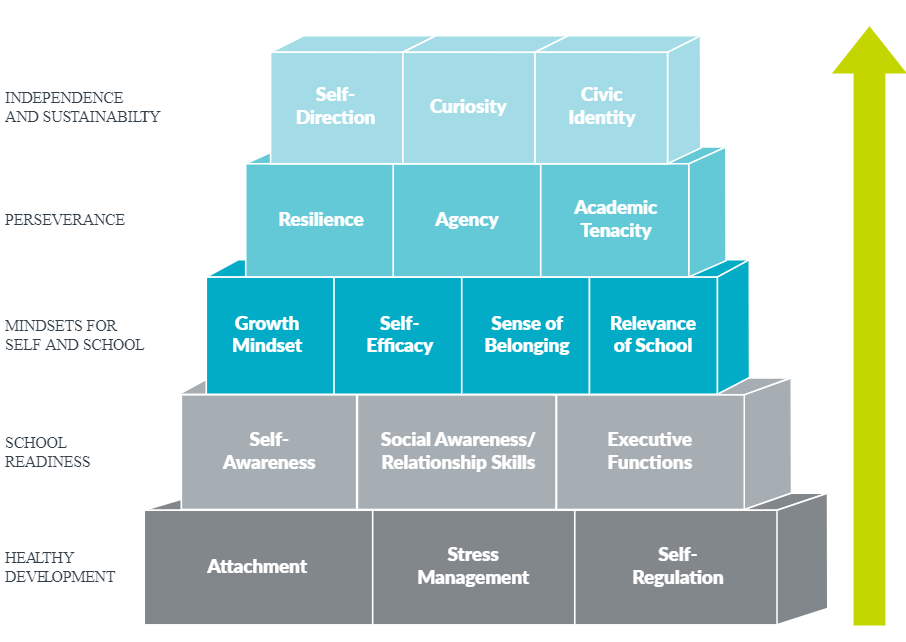


**Whole Group Discussion:**

* What might be some trends in the way we’re feeling as a group?
* What might we need to manage as a group this afternoon based on some of those trends in our feeling?
* How might you use a check-in like this with students or staff?

Rowing in Tandem

Integrated social, emotional and cognitive learning

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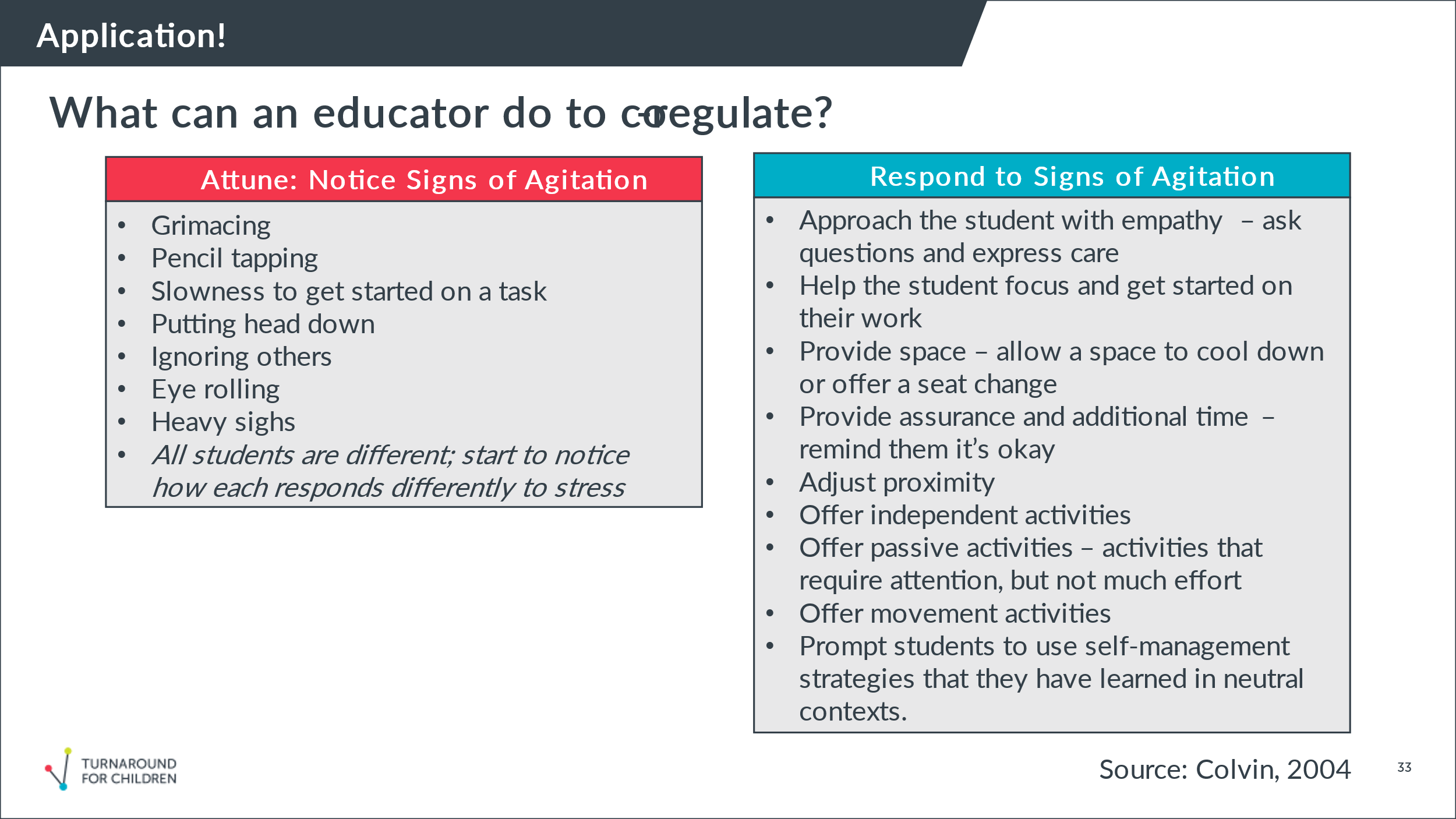
**[Immordino-Yang Video Link](https://www.youtube.com/watch?v=DEeo350WQrs)**

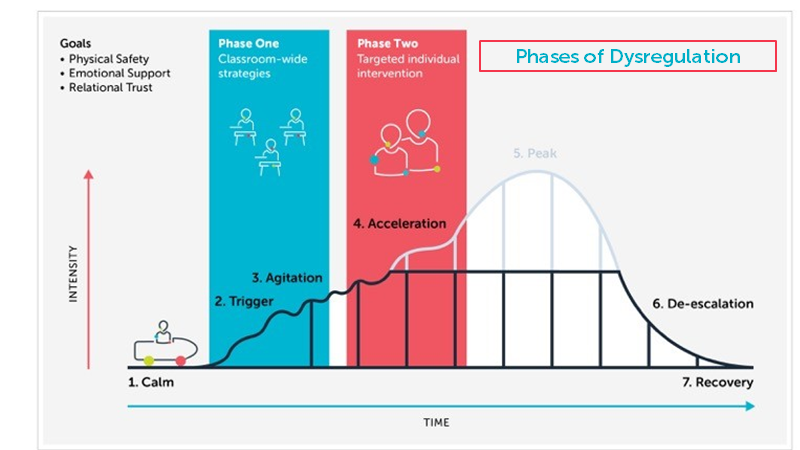
**Small Group Discussion:**

* What sparks your interest?
* How does this information run counter to traditional educational practices and structures?
* What are the implications for you, your school or your district?

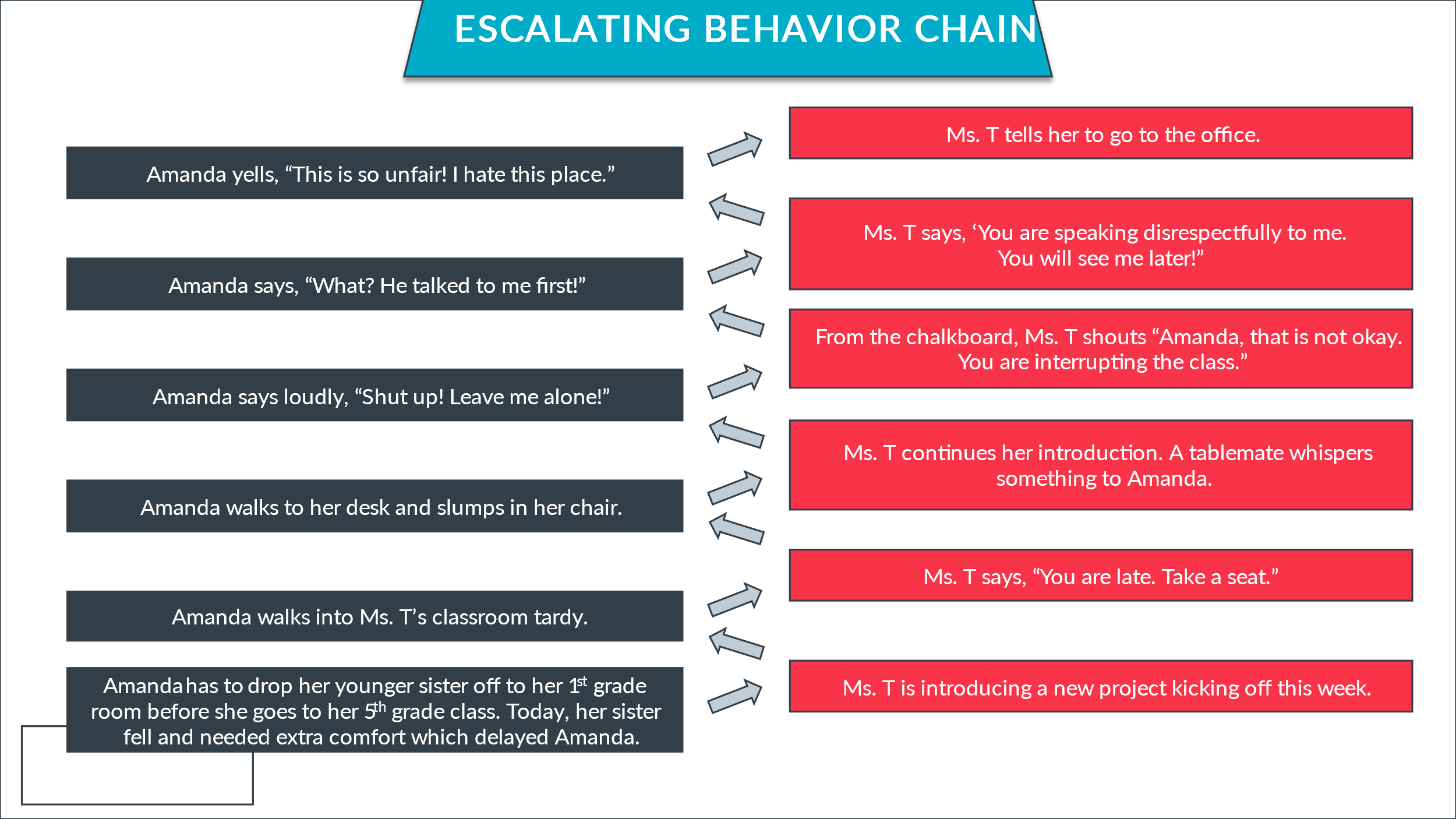
**Going Over**

Responding to Emotions + Stress





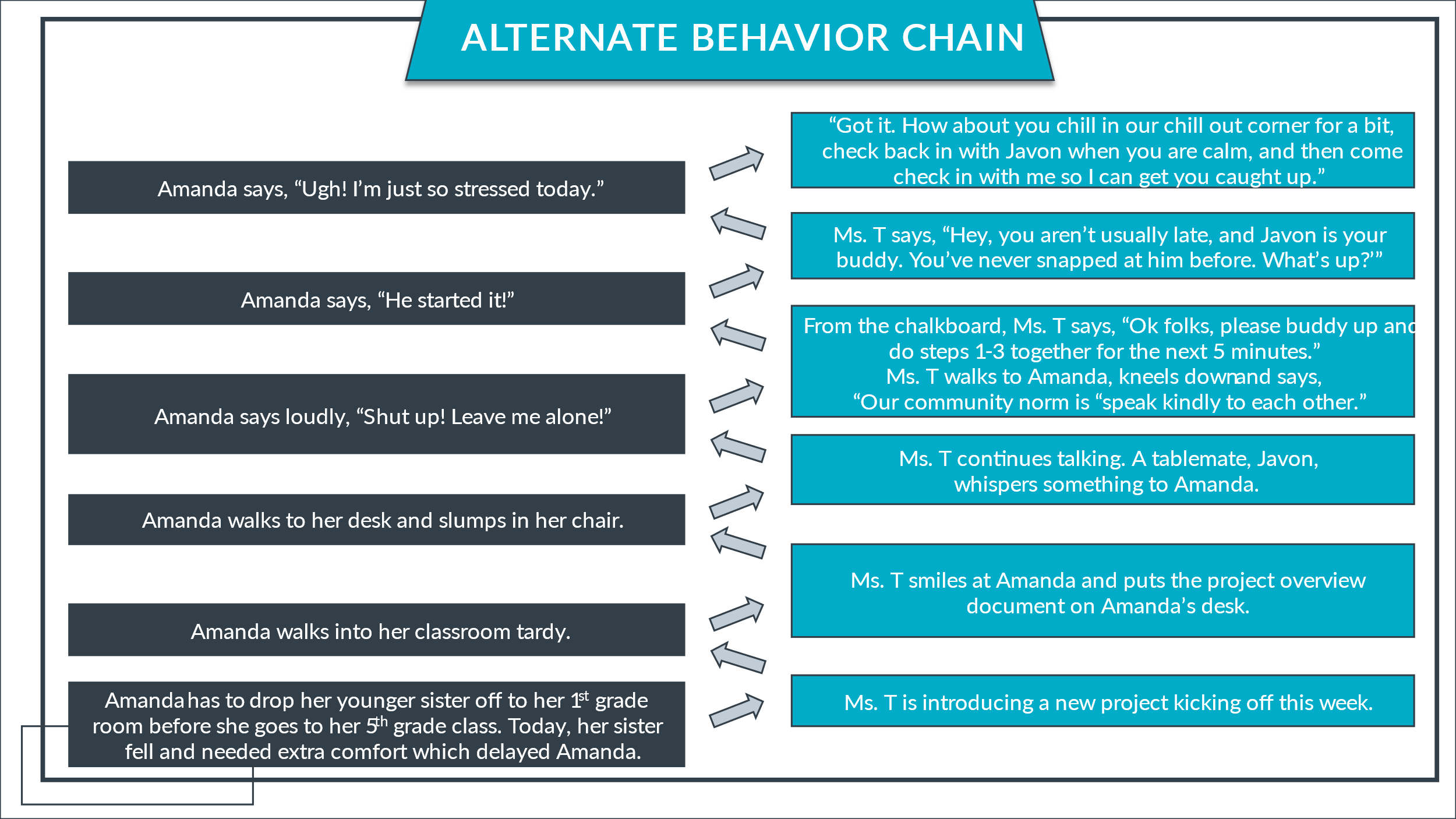
**Behavior Chain**



**Reflect:**

What pushed this teacher’s buttons?

What pushed this student’s buttons?

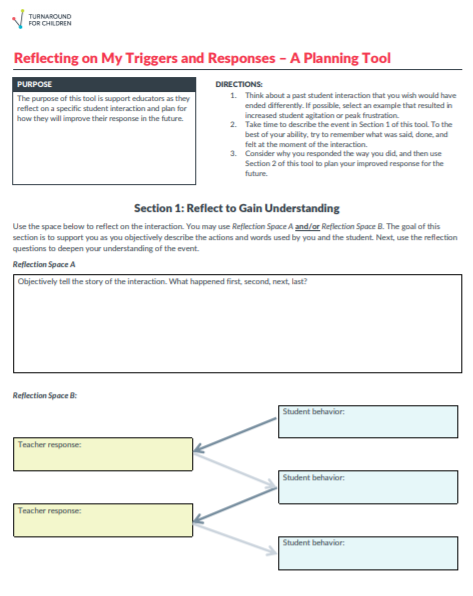


**Reflect:**

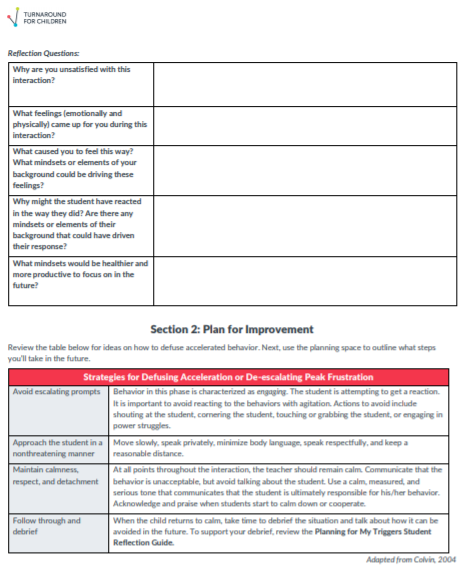
What is one important difference between this pathway and the last?

What is another way that the teacher could have de-escalated the situation?

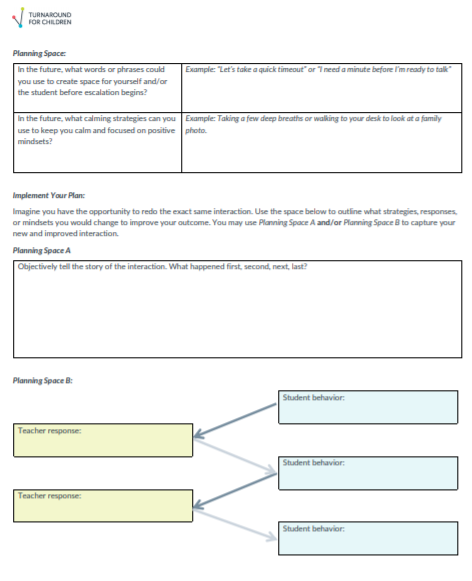
**TOOL: Reflecting on My Triggers and Responses**

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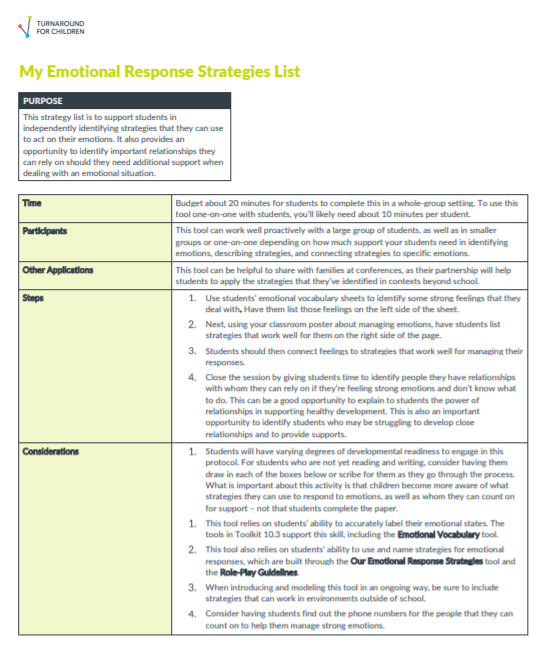
**TOOL (CONT): Reflecting on My Triggers and Responses**

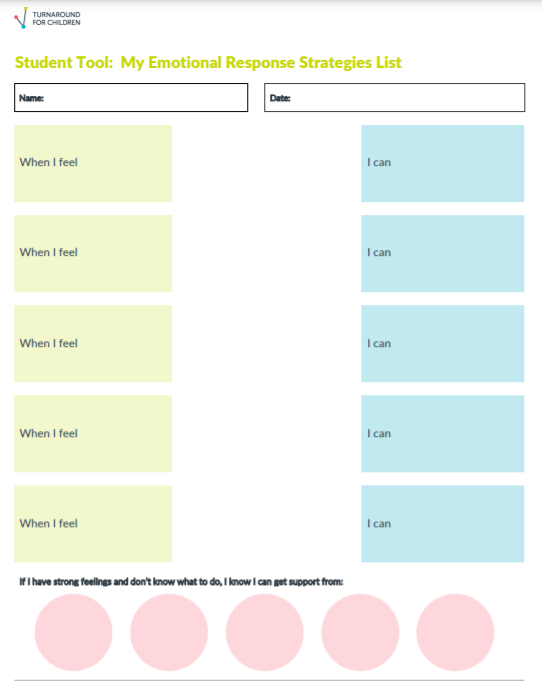
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**TOOL (CONT): Reflecting on My Triggers and Responses**

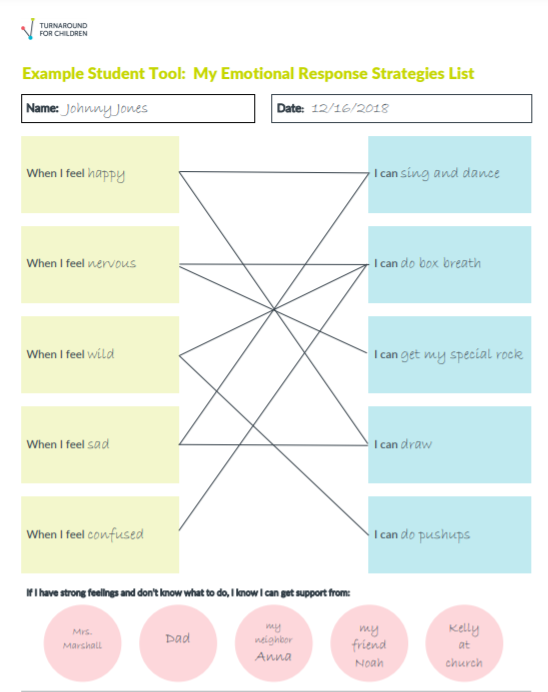
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**TOOL: My Emotional Response Strategies List**

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**TOOL (CONT.): My Emotional Response Strategies List**

**TOOL (CONT.): My Emotional Response Strategies List**

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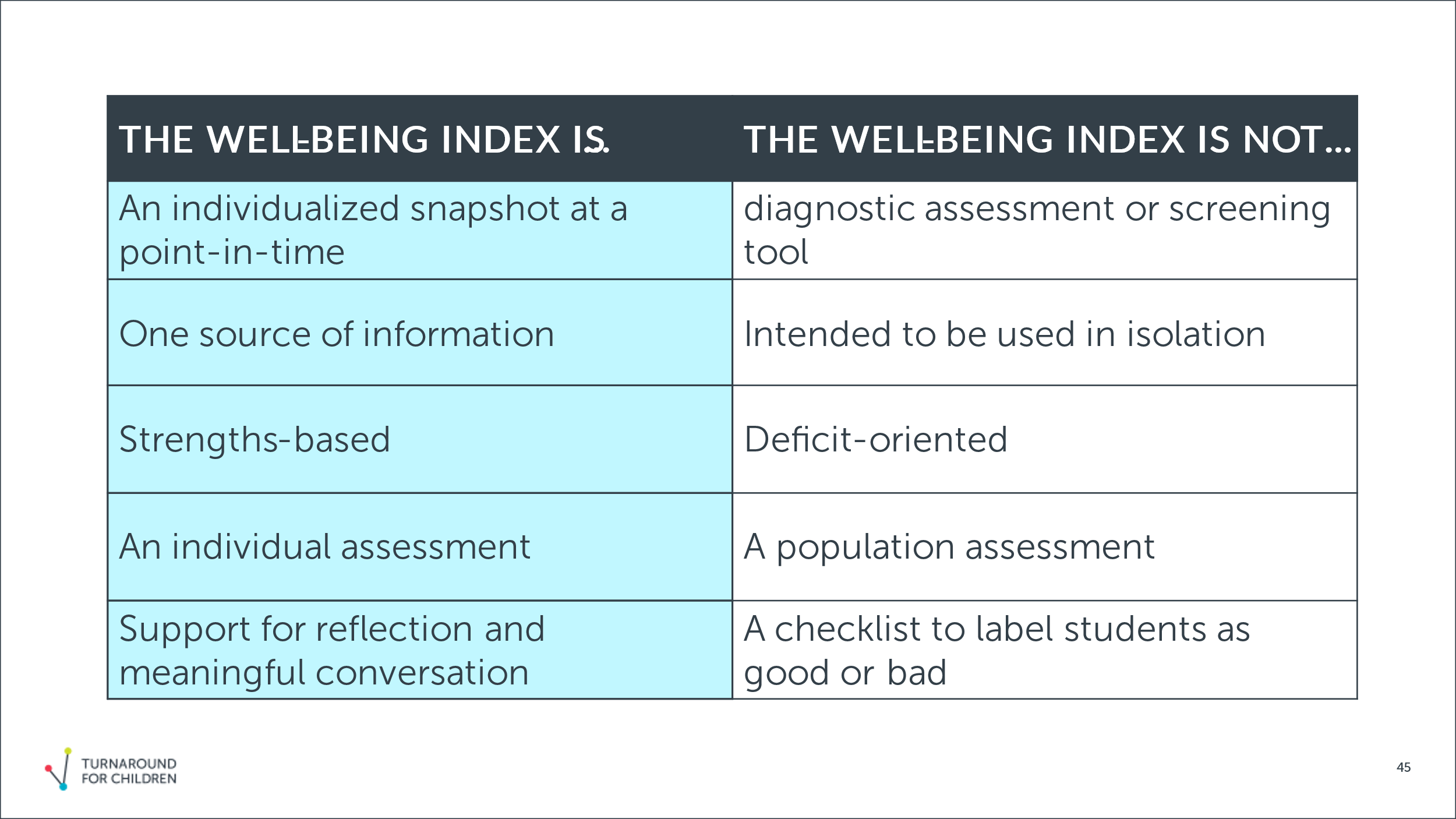
**Small Group Discussion:**

* + What is one of your triggers?
  + How do you react when you are triggered by that?
  + How might you proactively prepare yourself to respond instead?
  + How might these tools help you and your students?

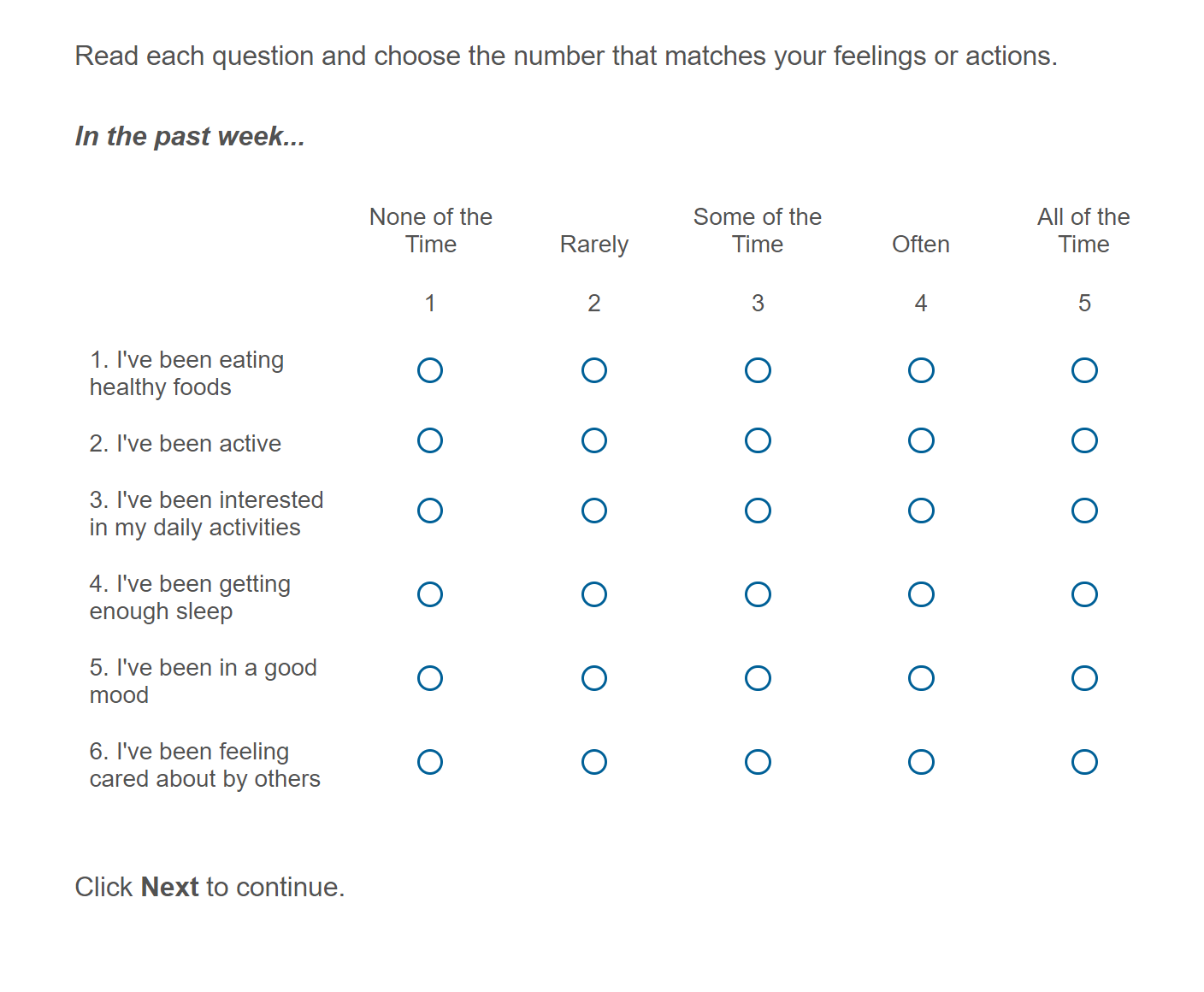
**Checking the Weather**

**Well-Being Index**

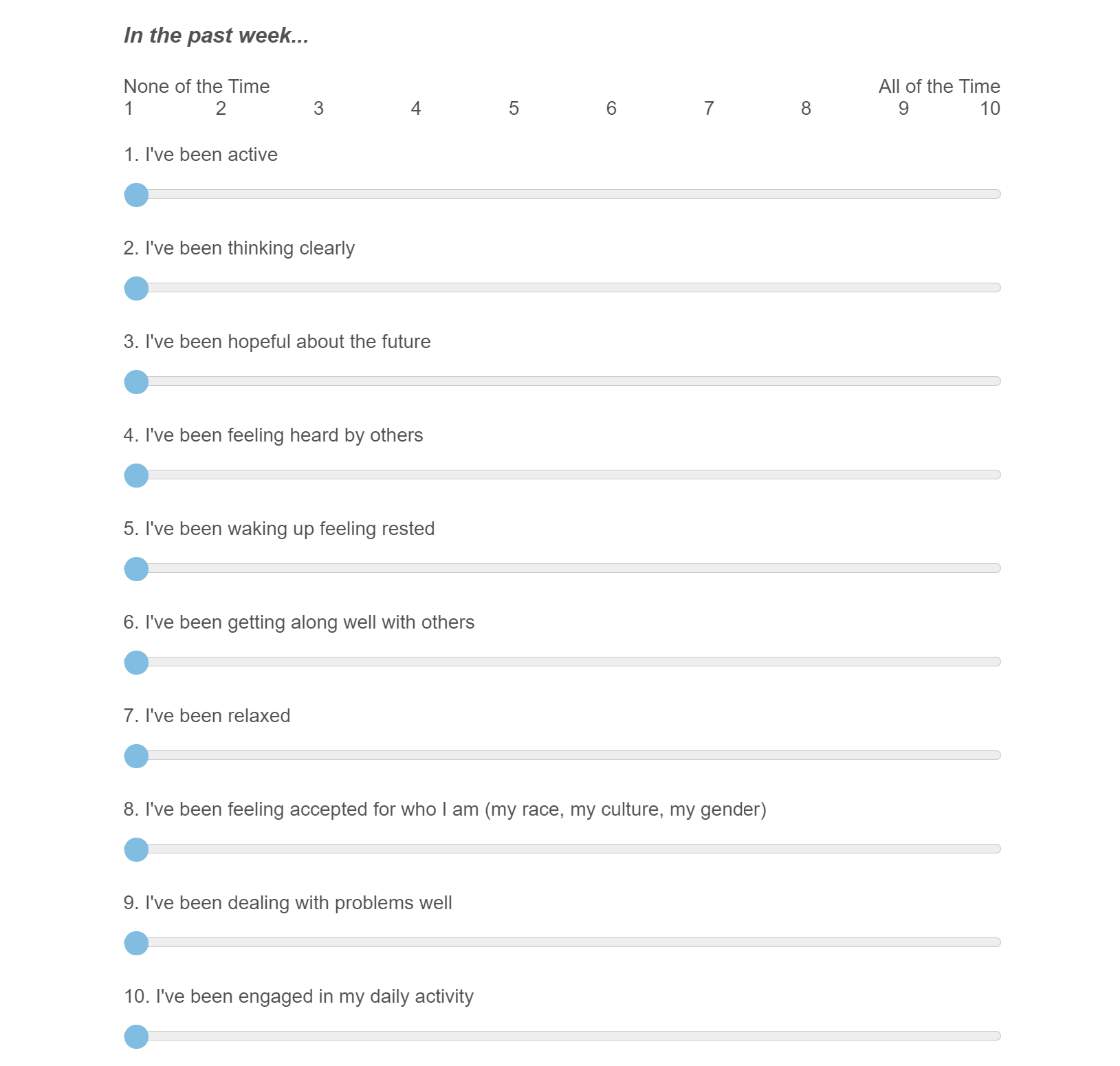
Link to the [Well-Being Index](https://turnaroundusa.org/toolbox/measurement/well-beingindex/)



Elementary Index



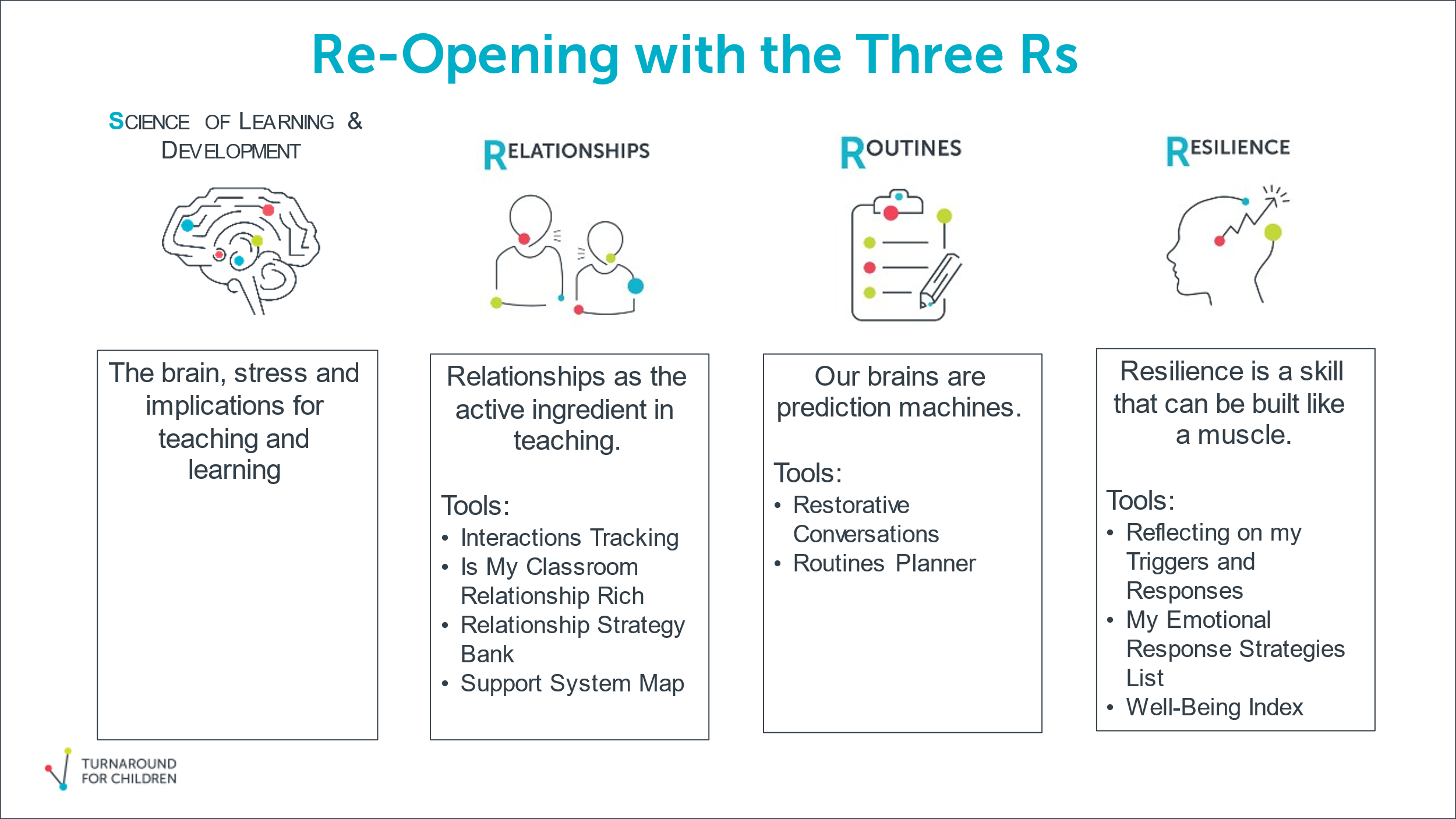
Secondary Index



**Role Alike Discussions:**

* How can this tool support students’ resilience?
* How might you use it in your role?
* What questions do you have?

**Ready to Put in**





Thank you for completing the Exit Ticket - <https://bit.ly/TFCExit_SY21_Training>

**Additional Resources:**

* [Toolbox](https://turnaroundusa.org/toolbox/)
* [Well-Being Index](https://turnaroundusa.org/well-being-index/)
* [Crisis Action Pack](https://turnaroundusa.org/tiered-supports-crisis-action-pack/)