

Transforming Classrooms: Building Emotional Resilience

Week 6 of 6



Welcome back!

Workshop created by The SILA Skills Group

NOTE:

1. The content of this workshop is directed *solely* to the skill development of the teachers and is *in no way intended* to represent appropriate training to teach the skills to students within or outside the classroom setting.
2. SILA and SILA facilitators are not therapists. This workshop is in no way intended to supplement or replace any personal and/or professional therapy.
3. This workshop is in no way intended to supplement or replace any school safety procedures and protocols. Participants are expected to follow and prioritize their school's procedures and protocols.



Mindfulness Practice



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What's been going on?



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What to expect - Week 6



Review

More Exercises

Group Q & A

Wrap up

WELL DONE
and...

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Let's review:



Relationship Mindfulness

Observe, Describe, Participate
One-mindfully, Non-judgmentally, Effectively

States of Mind (Wise, Emotion, Rational)



Basic Assumptions

There is no one or any absolute truth
Benign interpretation
Everyone is doing the best they can at this moment
Keep trying, try differently

Transactional Model We can influence outcomes.



Validation and *Cheerleading

(Being present, Accurate Reflection, Mind Reading, Past history or Biology, Normalizing, Radical Genuineness)

Self Validation and Invalidation

Emotion Regulation Skills

Self Soothe Using 5 senses

Self Care - PLEASE (Physical Illness, Eating Habits, Avoid Mood Altering Substances, Balanced Sleep, Exercise)

Check the Facts and Problem Solving

SCREW it! (Solve, Change, Radically accept, Entertain (staying stuck & miserable), Worsen it)

Mindfulness of Current Emotions and the Wave skill

Opposite Action (must want to change & do it all the way!)

Accumulating Pleasant Activities - short term and long term with intention

Distress Tolerance Skills (8-10 intensity of emotion)

STOP - Stop Take a step back, Observe, Proceed

TIP - Temperature, Intense Exercise, Paced

Breathing/ Paired muscle relaxation

Half Smile Willing Hands - Mona Lisa smile, palms up, fingers gently extended

Radical Acceptance - When there is no solution to the problem and it's causing extreme suffering. 100% acceptance of reality as it is. Full and complete.

Hungry, Hormones, Hydration

Why

Am

I

Talking

Angry

Loss, Lonely

Tired

Stressed, Sick, Substances, Screenshot



***Do you want to be right or
do you want to be effective?***

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Share your Practice

2. Practice Emotion Regulation Skills. Notice how you were feeling before your practice. How did you feel afterward?

Chose 2 to share with the group.

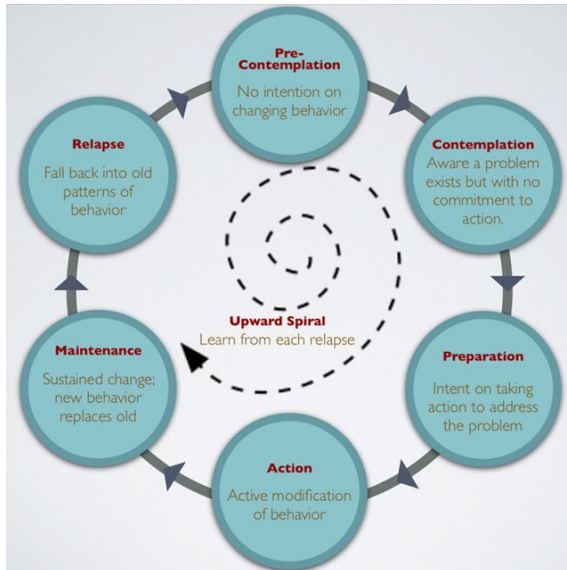
3. Identify 1 pleasant activity or event you would like to add in your life. List 3 steps you will take to make this happen.

What will it take? What will get in the way?



Mindfulness Practice

Cycle of Change



Adapted: The Cycle of Change by Prochaska & DiClemente, 1983

- What stage are you at?
- What stage is the other person at?
- Meet them where they're at rather than drag them to you.
- It's a hopeful model.

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When skills are not working....

DISCIPLINE

1. Mindfulness - review what you have been doing:

- Are you using the skill correctly?
 - No** - review the skill, apply correctly
 - Yes** - is it the right skill(s) for the situation, is there a better skill or combination of skills?
- Is it the right time? For you? For them?
 - Consider** HALTS, Wise Mind, Cycle of Change
 - No** - wait for the right time for all
- If yes to all and you can't solve the problem - **SCREW it!** It's your choice.
 - Change your relationship to the problem
 - Radically accept the current situation
 - Entertain stuck and miserable
 - Make things worse

2. Step away, take a break, come back later

... you still have to manage the class.

SCHOOLCOUNCILS

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Laughter Yoga



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Watch this at: <https://youtu.be/4p4dZ0afvk>
By: Laughter Yoga | Liliانا DeLeo | TECxMontrealWomen (2017, Jan 27) .
Laughter Yoga [Video file].

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Mindfulness Exercises Review



1. I'm OK
2. Stone on a Lake
3. Body Scan
4. Mindful Stretching
5. Acceptance by the Chair
6. Mindfulness of Pleasant Activity
7. 5 Things
8. Paced Breathing
9. Paired Muscle Relaxation
10. Mindful Balancing
11. Mindful Wagging (HTW)

These were some exercises, some practices, to help you be mindful.
Find and try others to fill your own toolbox!

Just Be Here Now

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Questions and Clarifications?



Let's share our *Transformations*:

- learnings
- observations
- thoughts
- takeaways
- others?

*Learning +
Change =
Transformation*



Transforming Classrooms



Change is underway.

Students ***THRIVE*** with ***CONNECTION.***

Teachers, renewed ***HOPE***

- **SILA Skills**

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Workshop Evaluation

<https://bit.ly/SILAFinal-survey>
(CASE SENSITIVE)



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How can you continue strengthening your skills?

PRACTICE REVIEW PRACTICE REVIEW PRACTICE!



Continue to meet as a group

Practice skills with co-workers who have taken the course

Add this to your team agenda:

What skills did you use? How did they help? What skills could you have used instead to change outcomes? How have the skills changed your own well being and your teaching practice?

Bring the skills to your school; request coaching session for your team via: info@silaskills.org

Take the course again: <https://www.SILAskills.org/>

Attend monthly “Skills in Action” - real-time coaching and refresher sessions emailed to you or sign up for our next session today! [Registration link](#)

Check out our blog: *Living Skillfully* <https://www.silaskills.org/blog-1>

Become a facilitator

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Skills In Action registration open:

FREE: Skills in Action - virtual Real-time Coaching and Refresher session (open to all past participants)



Each month you will receive an email invitation to register for a Skills In Action session, register for any/all that appear.

*A Zoom link will be included in your confirmation email after you register. Be sure to check spam folder and accept emails from us.

This Coaching/refresher session is intended to provide an opportunity for past participants of Transforming Classrooms workshops to receive coaching on:

- scenarios where skills:
 - didn't quite work
 - how and what skills could have been used in specific situations
- refresher on specific skills of interest to you
- share how you have used skills to transform your relationships with clients and co-workers and/or personal life

Click this button to

[Register Here](#)



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Are you ready to don
your superhero cape?



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Thank you!



Keep in touch:

- let us know how it's going,
- send us a testimonial

 info@SILAskills.org

www.SILAskills.org

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References



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