

Welcome

Think
Positive
and
Be Kind



Coach Rudy's PD Resource Room



Website



School-
Connect



Managing Emotions
Video



Check In
Video



Roots To Leaves
Building an SEL
Program

**Be sure and check out
virtual calming room
at end of these slides**

Please follow me on: 

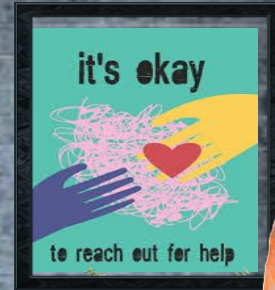
There are
so many
starfish that
need saving

Follow up resources

Click links on board



Virtual Calming Room
 Hope these help you find calm
 Just about anything you see, you can click on!
 It will take you to an activity or a website.
 For example: The plants all link to breathing activities.



Please follow me on



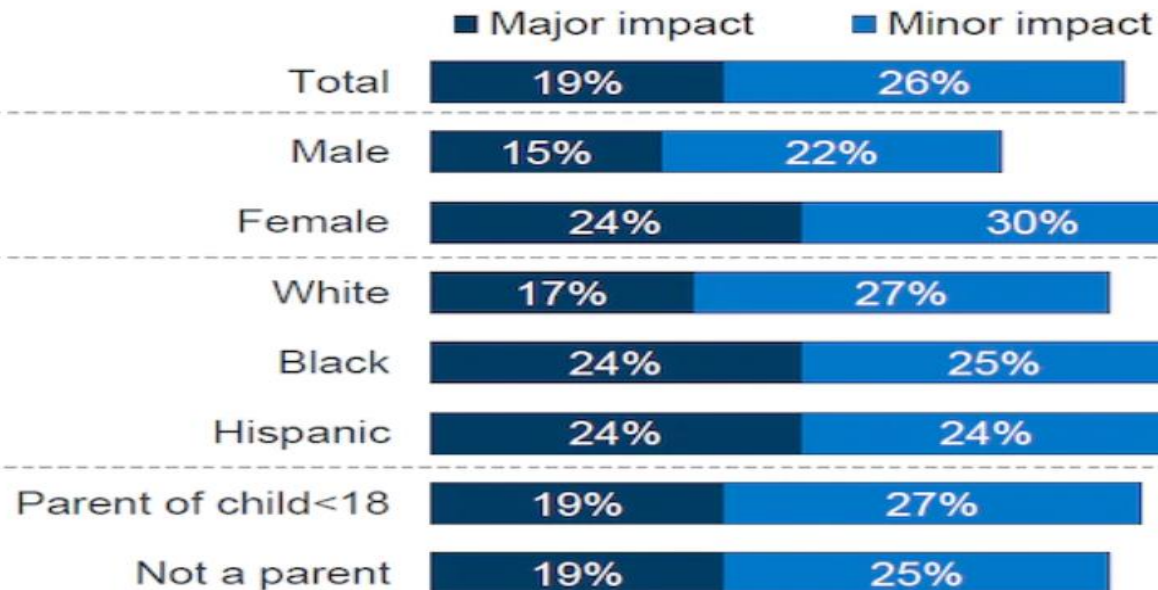
Mental Health Data

Recent Harris Poll says 7 out of 10 teens report having mental health struggles since COVID 19 (in addition to the poll below)

Figure 8

Significant Shares Say The Coronavirus Has Had A Negative Impact On Their Mental Health

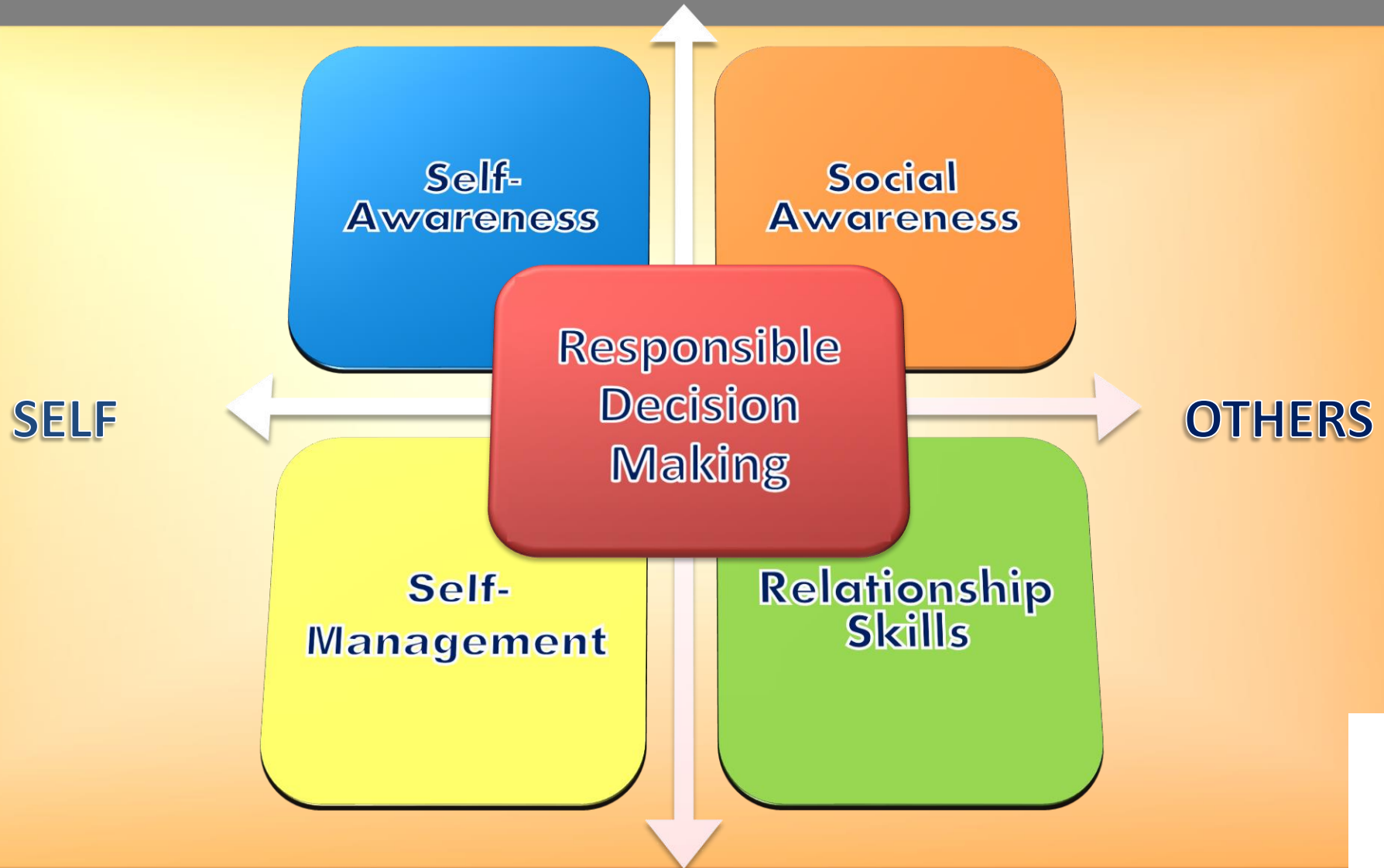
Percent who say they feel that worry or stress related to coronavirus has had a negative impact on their mental health:



SOURCE: KFF Health Tracking Poll (conducted March 25-30, 2020). See topline for full question wording.

Emotional Intelligence Competencies

THOUGHTS



ACTIONS



**THE MORE HEALTHY RELATIONSHIPS A
CHILD HAS, THE MORE LIKELY THEY WILL
RECOVER FROM TRAUMA AND THRIVE.**

Bruce D Perry





Anchor Point Adult

With all the crazy things happening right now it is easy for a student to get lost or drift off. Creating a strong connection to a calm, caring educator is critical.

Each adult is assigned a group of students, that are their students. Whether they are remote, in person, or blended they need to have a meaningful check in on their students regularly. They make note of student needs and connect them to resources. They help students navigate assignments and the virtual classroom. They monitor student access, health, safety, and mental health. They create safety, trust, and connection. THE ANCHOR POINT ADULT



Building relationships remotely

Phone Calls (easy and hard to beat)

Post Cards (mail moves mountains- donors choose- pizza delivery- drive, jog, bike by deposits- let's go for a walk)

Games & Interactive Kit (Skittles Colors- Netflix hangout, Scattergories, Bingo, Pictionary, code names)

Zoom Hang Outs – Apples to Apples, Pet Parade, Binge or Cringe,

Circles (shout outs, roses and thorns, appreciate-apology-aha, would you rather, campfire, most likely to etc....)

Scavenger hunts – Bitmoji Classrooms- “put a finger down” – all trendy ideas.

SKITTLES GETTING TO KNOW YOU

FOR every

TELL US...

Red



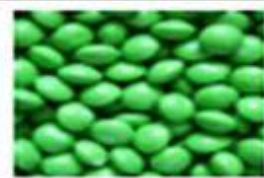
*One thing that makes you
HAPPY.*

Orange



*One thing that makes you **SAD.***

Green



*One thing that makes you
ANGRY.*

Yellow



*One thing that makes you
EXCITED.*

Purple



*One thing that makes you
AFRAID.*



Wave



Spirit Fingers



Thumbs Up



Salute



Peace



Air Fist Bump



Air High Five



Namaste

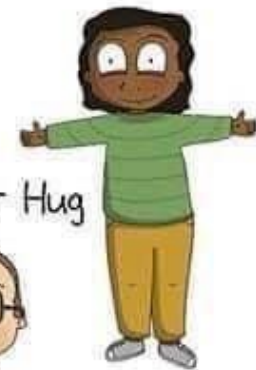


Hand on Heart

SOCIAL DISTANCING GREETINGS



Silly Face



Air Hug



Victory



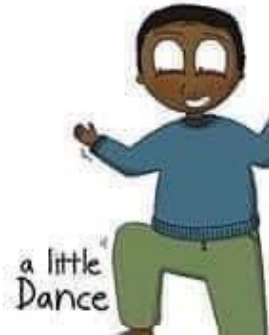
Heart Fingers



Pinky Wave



Dab



a little Dance

How to Co-Regulate



Put a finger down if during school closures:

You got a new pet

Watched all episodes of Tiger King

Stayed in bed until after 2pm more than 5 times

Had an awkward family event over zoom

Made a homemade mask

If your cell phone usage averaged over 8hrs

Had to use a toilet paper “alternative”

Completed a puzzle

If you now hate the word “unprecedented”

If you found yourself missing school





Anchor Point Strategy

Week at a glance

- Every child Anchor Point Calm Caring Connected Educator
 - “Adopt” your students- these are your kids- much fewer students to check on but much deeper check in. (instead of checking on all 180- deeper check on <30)
- Check in Monday- Zoom-etc... (hybrid this could whichever in person day)
 - How are you doing? What do you need? (health, mental health, technology etc..)
 - Introduce the SEL lesson and add your authentic self and experience
- Asynchronous SEL Lesson
 - Online with research based virtual design
 - (School-Connect “EQ from Home or School” or other)
- Office Hours
 - Any questions or support? One on one chat- check in follow up.
- Check Out Friday
 - Collaborative discussion – with support materials-
 - What did you find important, what did you disagree with, what do you want to learn more about, how can you apply this SEL lesson in your life.

Check In-

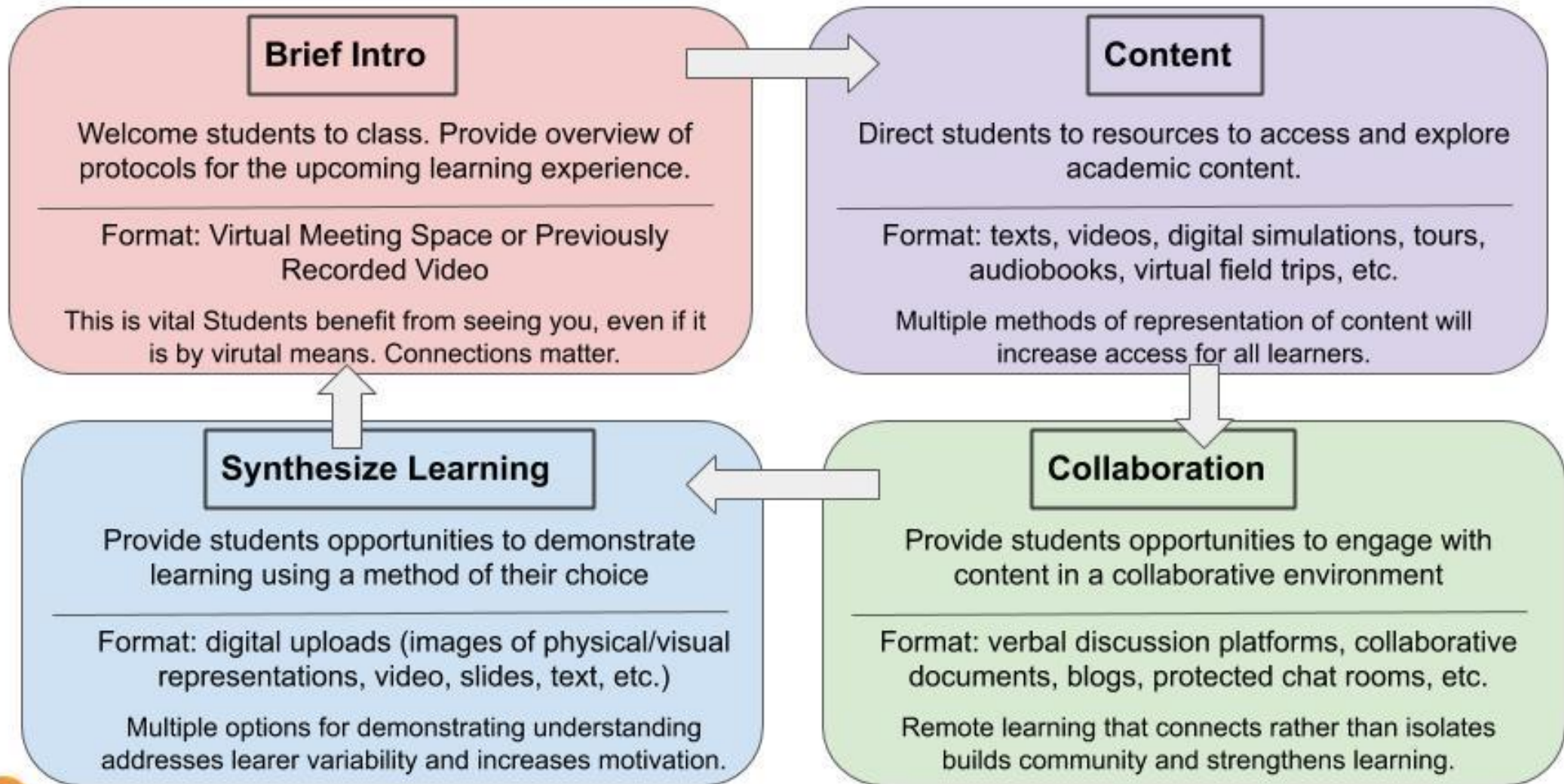
by Coach Rudy

Click image for
“how to host a check in”
video



- Find a talking piece or virtual
- Norms:
 - Open up and speak your truth
 - The speaker has our full and undivided attention and support
 - What is said in circle stays in the circle
- Everyone shares
- How are you feeling on a scale of 1-10 today, give me a feeling word (ie I am feeling about a five, I am somewhat frustrated).
- Tell me why you think you are feeling that way.
- Knock for support or “jazz hands” in virtual (facilitator help)

Remote Learning Lesson Design



School-Connect's Digital Solution for SY 2020/21

"EQ from Home and School"

36 S-C Digital Solution Modules and every lesson includes:

Video Based Instruction designed for seamless transition from remote to hybrid to in person

Research/Evidence based lessons

Collaborative "check in's" & "check outs" strategy and prompts

Writable PDF's compatible with LMS and Google Classroom

Video Close Captioning in English and Spanish

Handouts also available in Spanish



Lessons facilitated by SEL Master Teacher and School-Connect Co-Author, R. Keeth Matheny.

To support users, S-C Digital Solution subscriptions include opportunities to attend scheduled training webinars with Keeth.

EQ @ Home or School

School-Connect's NEW Digital Solution

[Click HERE to learn more!](#)



Current, relevant,
proactive, and research
based SEL and mental
health supports for
students in a time of
real need.

<https://school-connect.net/digital-solution>



School-Connect's NEW EQ from Home or School

DRAFT

DS1: Returning to Learning with Trauma-Informed Supports

DS1.1: Getting to Know You

DS1.2: Checking in with Ourselves and Others

DS1.3: Moving from Surviving to Thriving

DS2: Creating a Supportive Learning Environment

DS2.1: Agreeing on Common Goals

DS2.2: Tuning In To Others

DS2.3: Practicing Active Listening

DS2.4: Utilizing Collaboration Skills

DS3: Studying Effectively Remotely and/or On Campus

DS3.1: Managing time

DS3.2: Focusing and Prioritizing

DS3.3: Studying Smart

DS3.4: Preparing for Tests

DS4: Managing Stress Amidst COVID and in the Future

DS4.1: Understanding the Cause and Effects of Stress

DS4.2: Gaining Mastery Over Stressors

DS4.3: Analyzing Emotional Management Strategies

DS4.4: Applying Emotional Management Strategies

DS4.5: Incorporating Mindfulness

DS5: Bouncing Back from Challenges

DS5.1: Bouncing Rather Than Breaking

DS5.2: Understanding Grief and Loss

DS5.3: Recognizing Healthy and Unhealthy Levels of Emotions

DS5.4: Tending and Befriending

DS6: Building an Empathetic and Inclusive Community

DS6.1: Understanding Empathy for Others

DS6.2: Appreciating Diversity

DS6.3: Preparing for Courageous Conversations

DS6.4: Tapping into Problem-Solving Skills

DS6.5: Apologizing and Forgiving

DS7: Navigating Relationships in tight quarters

DS7.1: Understanding Group Dynamics

DS7.2: Making Relationship Deposits

DS7.3: Building a Family Social Contract

DS7.4: Solving Problems and Boosting Relationships

DS7.5: Using Your Resiliency Skills

DS8: Making Plans for Your Future

DS8.1: Envisioning Your Future

DS8.4: Setting and Achieving Life Goals

DS8.5: Taking Full Responsibility

DS8.6: Staying the Course and Choosing Wisely

EQ @ Home or School

School-Connect's NEW Digital Solution

[Click HERE to learn more!](#)



Let's explore



Shelter in place learning:

- More focus on SEL
- More virtual support
- More student choice & games
- More collaboration
- Less Synchronous and More Asynchronous
- More flexibility and understanding
- Less busy work & repetition
- Less grading more feedback

Tips:

- Teach virtual procedures
- Create a virtual social contract





You make the difference!

Please help us reach more!

Please contact me at...

R. Keeth Matheny

Emotional Intelligence
Teacher/Speaker/Author
Austin, Texas

www.SELlaunchpad.com



@coach_rudy

www.school-connect.net

"Give me some fin!"

 **School-Connect**
Optimizing the High School Experience

PLEASE reach out and connect

Twitter @Coach_Rudy

Linkedin: R. Keeth Matheny

Email: coachrudy@me.com

ExSELEnt Things to



- CASEL
 - (collaborative for academic social and emotional learning)
 - www.casel.org
- School-Connect
 - (Research and evidence based curriculum used in the class-co-author- now in over 2000 secondary schools)
 - www.school-connect.net
- Confident Kids Confident Parents
 - <https://confidentparentsconfidentkids.org/>
- Social and Emotional Learning, Austin ISD
 - www.austinisd.org/academics/sel
- Teaching Tolerance ***
 - www.tolerance.org
- National Dropout Prevention Webinar Solutions
 - December 2015 Episode
- Eric Jensen (Teaching with Poverty in mind / Engagement)
- Aspen Institute SEAD
 - <http://nationathope.org/>
- SEL Launchpad (my website)
 - www.SELlaunchpad.com

Please follow me on [twitter @Coach_Rudy](#) for tons of exSELEnt material