

Onward & Upward

Connecting Youth to a **Brighter** Tomorrow



Brought to you by MindPeace • Edition #2

*Special Note: After hearing stories of **delivery issues** for this month's edition of Onward & Upward, we're resending this month's e-newsletter to ensure everyone has access to these important resources.*

- Your friends at MindPeace

Bounce Back Better!

Frustrated teachers.

Discouraged administrators.

Distracted, fearful, and anxious classmates.

And the student in question - left embarrassed, overwhelmed, and defeated.

These are the all-too-often outcomes when intensive student behaviors disrupt classroom learning. In these situations, no one wins.

That's why this edition of Onward and Upward is focused on strategies to more effectively support students when they "flip their lids" (as Dr. Dan Siegel taught us). We can't avoid every meltdown, but together we can learn how to **Bounce Back Better!**

Get started by visiting our new **Bounce Back Better Student De-escalation Quick Reference Guide** for all ages with resources to equip you and your team in navigating your next student crisis like a pro.

ProTip: Read this like a menu, selecting resources and strategies that work best for your community. Remember: The goal is progress, not perfection.

For Your Students

Elementary School

Proactively sharing these resources with students before their emotions get BIG will serve as resilience touch points and offer shared language before things escalate...



1. Big Feelings

This 3:41 minute **video** entitled, "**Just Breathe**" by *Mindful Schools* destigmatizes strong emotions and offers students practical tips.

Here's a '**Just Breathe**' **Activity Guide** by *MindPeace* to accompany the video.

2. Big Behaviors

Learning to pause before reacting when triggered can be tough for young students.

This 2-minute "**Self Control**" **video** by *Beech Acres Parenting Center* (a *MindPeace* Network partner!) reinforces this skill in a fun, interactive way.

3. Feeling Thermometer

Courtesy of the *Wisconsin Office of Children's Mental Health*, this **tool** can help students assess the intensity of their feelings.

4. 'Calming My Body & Brain' Activity & Self-Reflection Guide

MindPeace's new '**Calming My Body and Brain**' **Activity and Student Reflection Guide** offers curated resources for helping students soften their brains and bodies so they can return to the classroom learning.

Middle School

Peers can be effective messengers, as can pairing laughter with learning. Leverage these resources to equip your students with social-emotional language and strategies.



1. This **video**, **Understanding Feelings - Middle School** (5:20 minutes) by *Child Mind Institute* provides students the chance to learn from peers in a non-threatening way.

There are (4) additional videos in this **series** which cover: relaxation skills, understanding thoughts, managing intense emotions, and mindfulness.

Additional Resources:

2. Educator Implementation Guide

This **Educator Implementation Guide** by *Child Mind Institute* is a companion resource to their Middle School Series.

3. Get Them Moving!

Looking for an energized way to expand your students' emotional literacy skills? Why not try **Emotional Charades**?

This **video** by *Teach Social Skills* offers a simple exercise to get students laughing while learning.

High School

1. *Child Mind Institute* also offers targeted High School resources as part of their **Healthy Minds/ Thriving Kids series**. The series includes 5 videos and an **Educator Implementation Guide**, as well as parenting/ caregiver skill sheets (see sample below to right). Start with this **video** on **Understanding Feelings - High School**.



2. Beyond Behaviors:

Mental health crises may not always look like acting out. Often struggles can be hidden, silent, and internal.

This **worksheet**, **What to do when you feel numb—or don't feel anything at all** from *Mental Health America* can help students identify stressors and coping strategies.

3. Mastering Your Emotions: Dispel These 10 Myths About Emotions -

Dr. Tracey Marks

In this **video**, Dr. Tracey Marks debunks myths that keep us stuck in unhealthy patterns.

To support the message, we created this **Pre-Lesson Kahoot Quiz**.

For Your Families

Simply copy and paste this sample message into your school's e-newsletter:

Tired of getting into power struggles with your child or teen?

Try Collaborative Problem Solving® (CPS)! Earlier this month, our partners at **MindPeace** hosted Dr. J Stuart Ablon for a conversation entitled, *Flipping the Script on Challenging Student Behavior*.

In this virtual offering, Dr. Ablon discussed the evidence-based approach of Collaborative Problem Solving® - shown to decrease conflict, improve relationships, and equip kids and parents alike with critical skills in the areas of flexibility, frustration tolerance, and problem-solving.

To learn more about Collaborative Problem Solving®, **watch** or **listen** to Mel Robbin's podcast with Dr. Ablon entitled, **Harvard Psychologist Shares 6 Words That Will Change Your Family** where he shares the tenets of CPS.

For Your School Team

1. An Often Overlooked Resource:

Limited on staff support during a student behavioral crisis? The answer may be right under your nose!



Have you considered **integrating occupational therapy techniques** into your student wellness system of support? You'll likely find that many of the techniques used in occupational therapy are invaluable in helping students in the midst of a behavioral crisis to de-escalate.

Here are some new resources from *MindPeace* to help:

Occupational Therapy for Tier 1 Interventions

Sensory Integration for De-escalation

2. An Evidence-Based Tool: Collaborative Problem Solving® (CPS)

CPS is another powerful tool for effectively addressing disruptive student behaviors. If you haven't yet watched Dr. Ablon's virtual talk on CPS from earlier this month, use the passcode: **8S\$!Au9#** to access the **recording** and share it with your team!

For YOU!

On days when you're putting out student behavioral crisis fires, investing in your own self-care is a non-negotiable.

Take just 56-seconds to watch this **video** from *Feed their Needs* to learn simple tips for **How to Turn off Your Teacher Brain** and make it your new end-of-workday routine.

Btw - These tips don't just work for teachers!

"Give yourself time to rest, recharge, and return stronger tomorrow."

- Michele at Feed their Needs

MindPeace Network News

Share these important **resources** with your teachers, staff and families...



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