

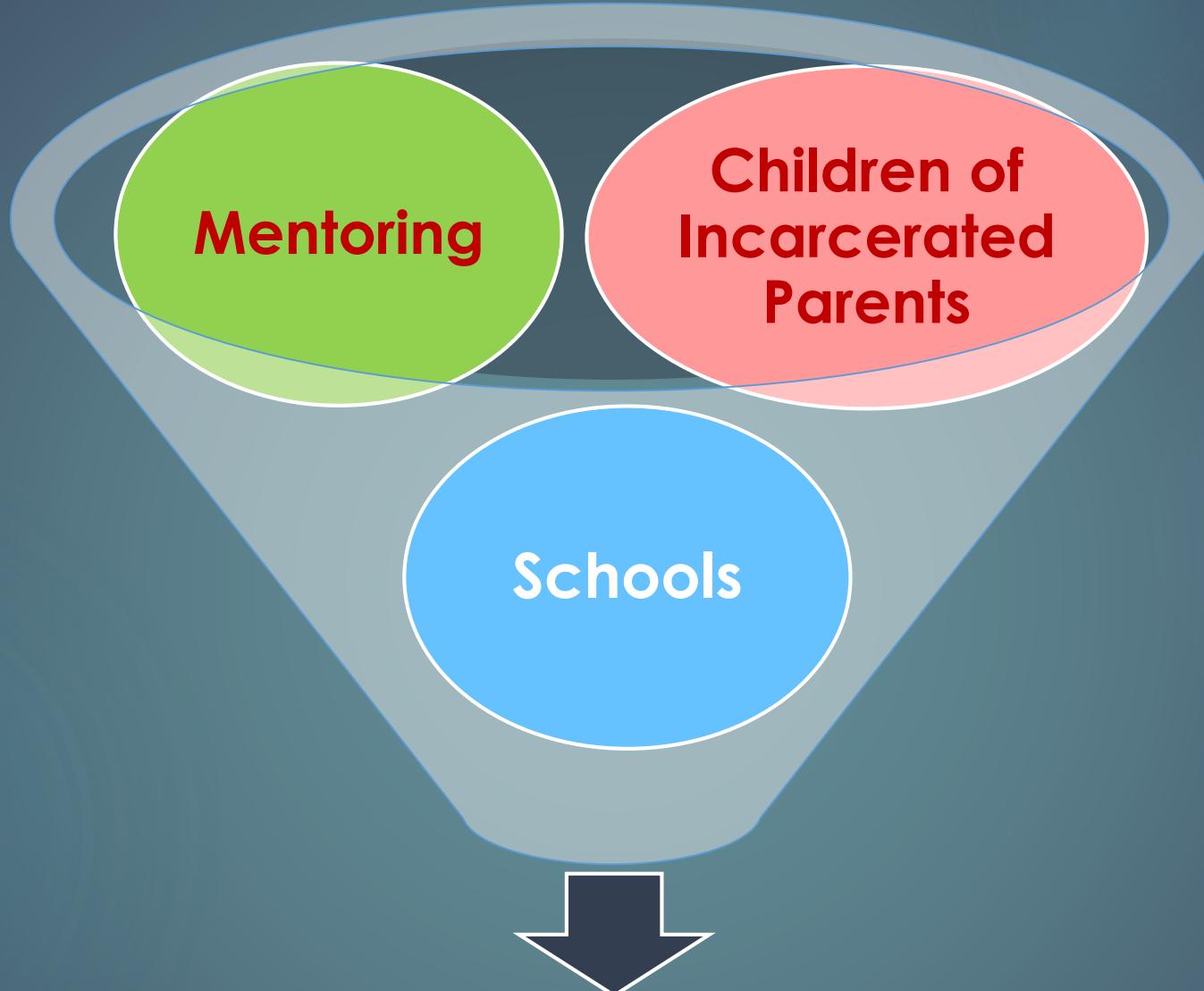
Emotion Regulation and Building Resilience



Seedling Foundation Mentor Training
October 27, 2017

Today's agenda

- ▶ **Reviewing the Seedling Model- how we believe we are making a difference**
- ▶ **The benefits of Emotion Regulation**
- ▶ **Clues that tell us when children have it, and when they don't**
- ▶ **How Mentors can help**



2005: Where We Started

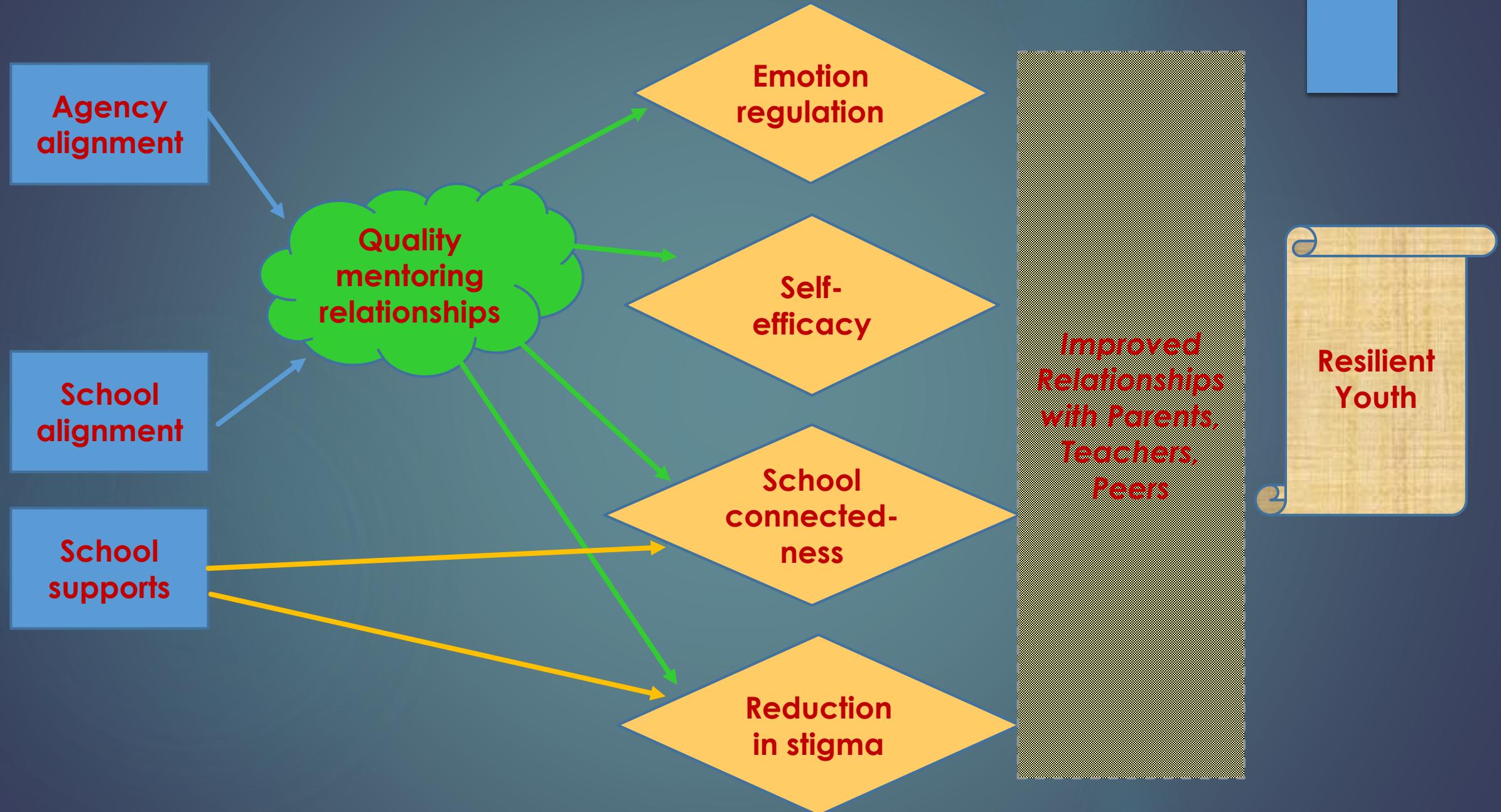
Agency
alignment

School
alignment

School
supports

Quality
mentoring
relationships

Resilient
Youth



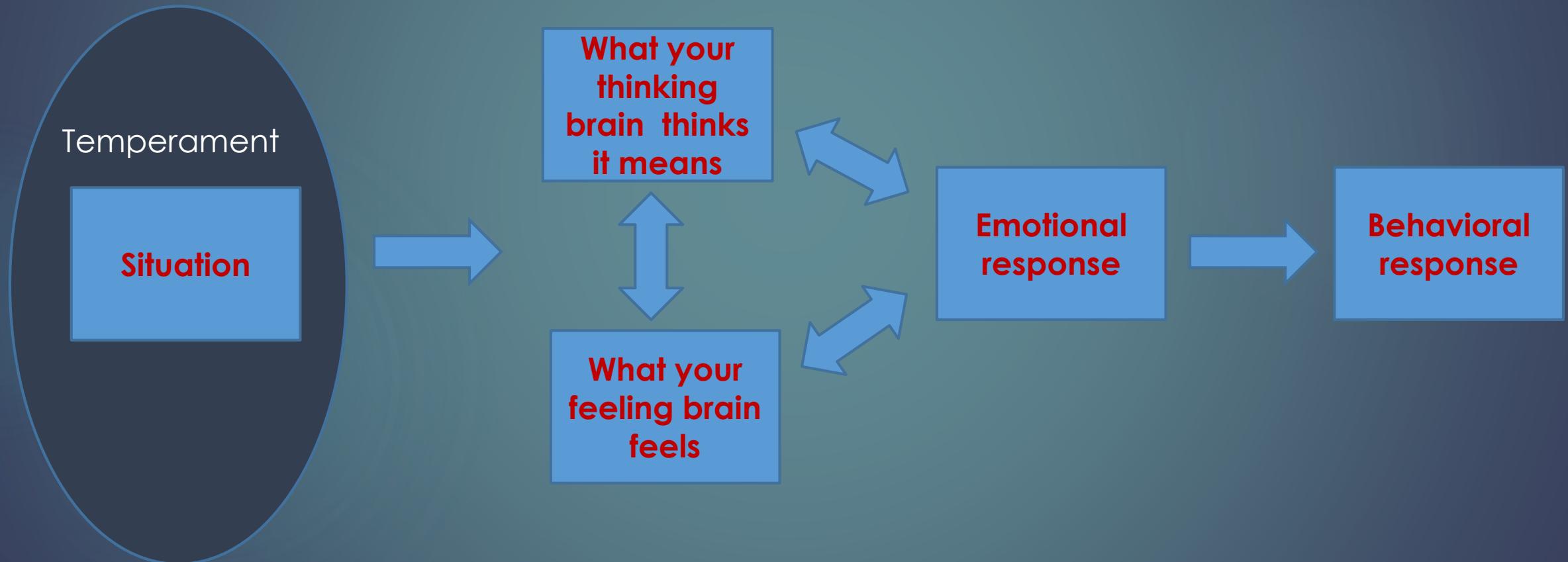
Basics of Emotion Regulation

- ▶ **Definition:** what WE think and do by which we influence our own emotions
- ▶ **Healthy emotion regulation:** how WE manage thoughts and feelings to enable goal-directed actions
 - ▶ **For our own benefit**
 - ▶ **For the benefit of others**
- ▶ **How it's learned**
- ▶ **Why not every child learns it**

Emotion Regulation – Why and How

- ▶ **How lack of emotion regulation looks**
 - ▶ **Young children**
 - ▶ **Adolescents**
- ▶ **The mentor's role: emotion regulation vs. temperament vs. coping**

A Picture of Emotion Regulation



First Things

- ▶ **Regulate your own emotions.**
- ▶ **Notice signs of feelings.**
- ▶ **Let the child name the feeling.**
- ▶ **Ask permission to talk about it.**
- ▶ **Empathize.**
- ▶ **Ask permission to talk about strategies.**
- ▶ **Resist saying “should” statements. Be patient with change.**
- ▶ **Follow the child’s lead.**
- ▶ **Keep the end in mind.**

How to Calm Down



**Stop—
use your
signal**

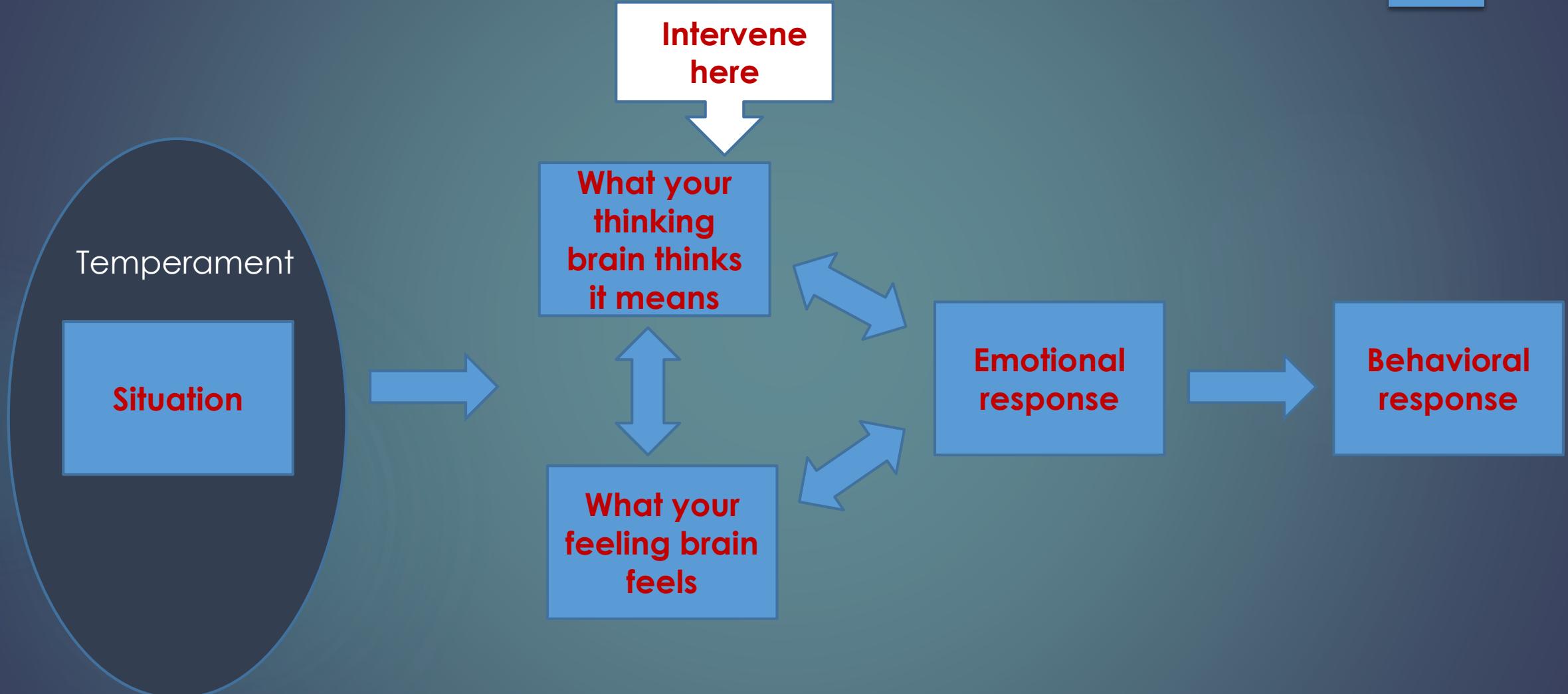
**Name
your
feeling**

**Calm
down:
breathe
count
use positive self-talk**

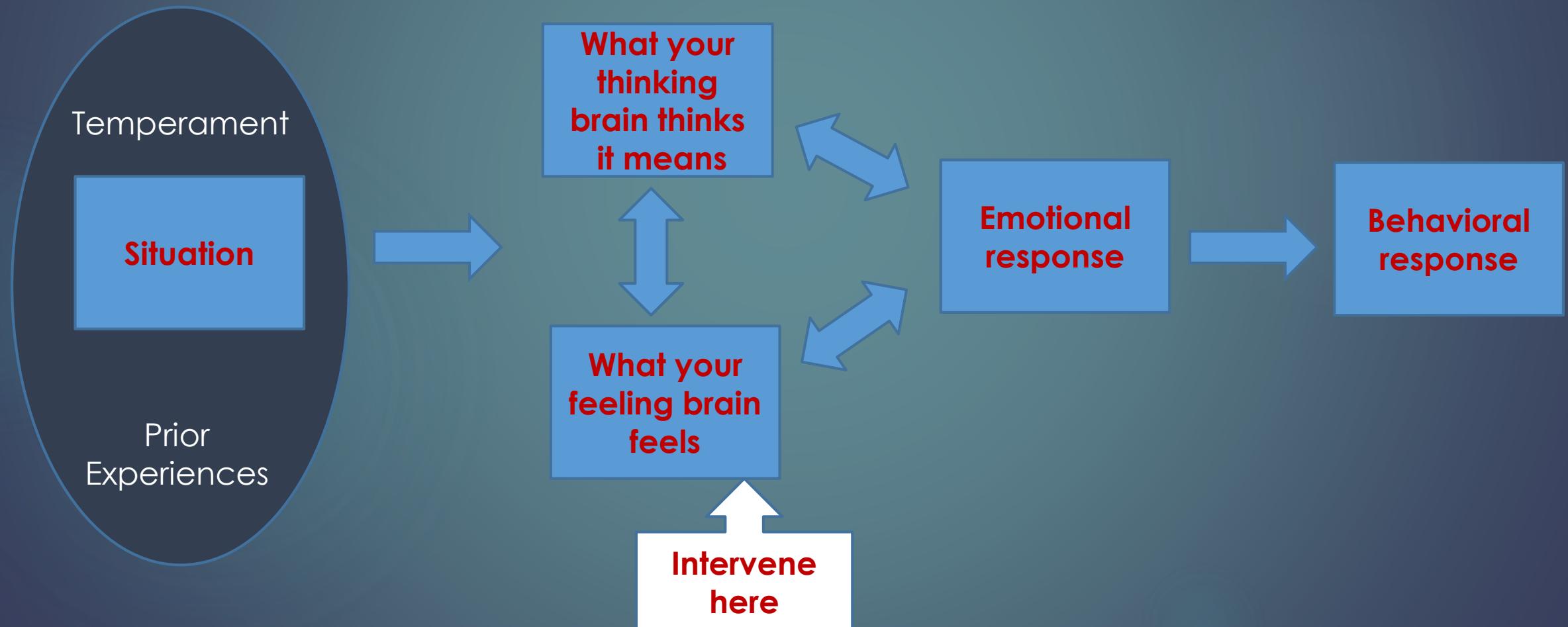
The First Six Emotions

- ▶ **Yay!**
- ▶ **Grrrr!**
- ▶ **Boo!**
- ▶ **AAAHH!**
- ▶ **Oh!**
- ▶ **Eeuuww.**

Teasing

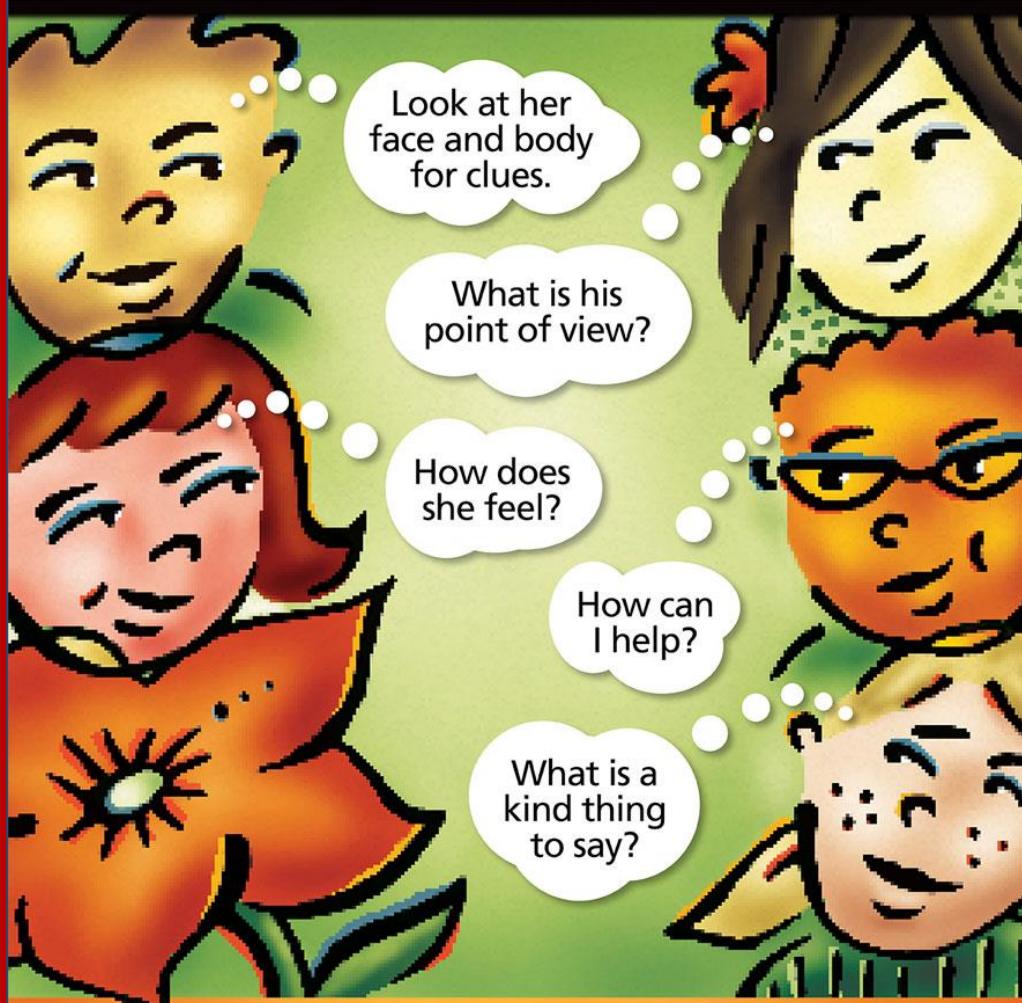


Bullying/Aggression



Empathy

is feeling or understanding what someone else is feeling.



Compassion is empathy in action!



**Thank you for coming
to training!**