

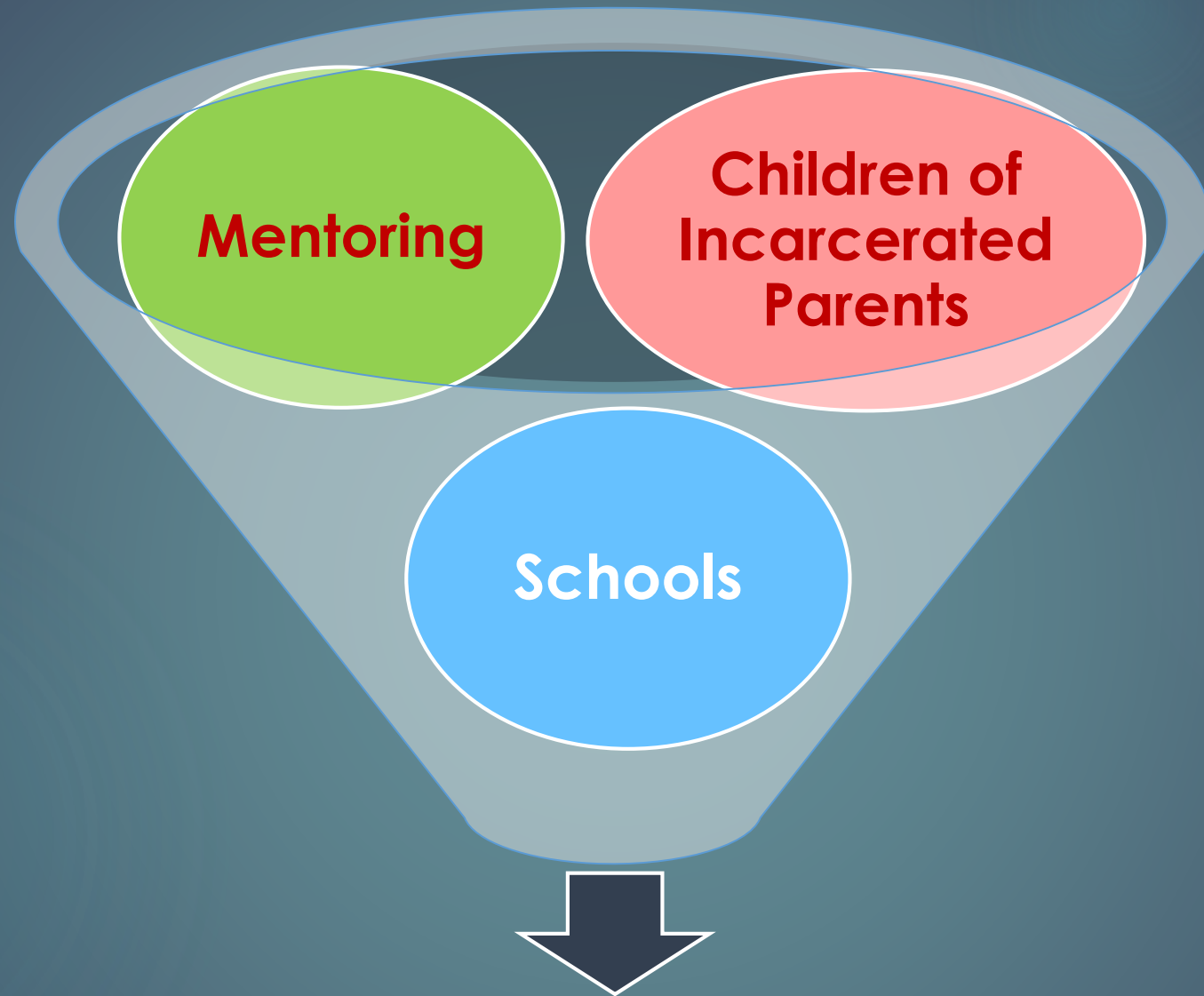
Emotion Regulation and Building Resilience



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**



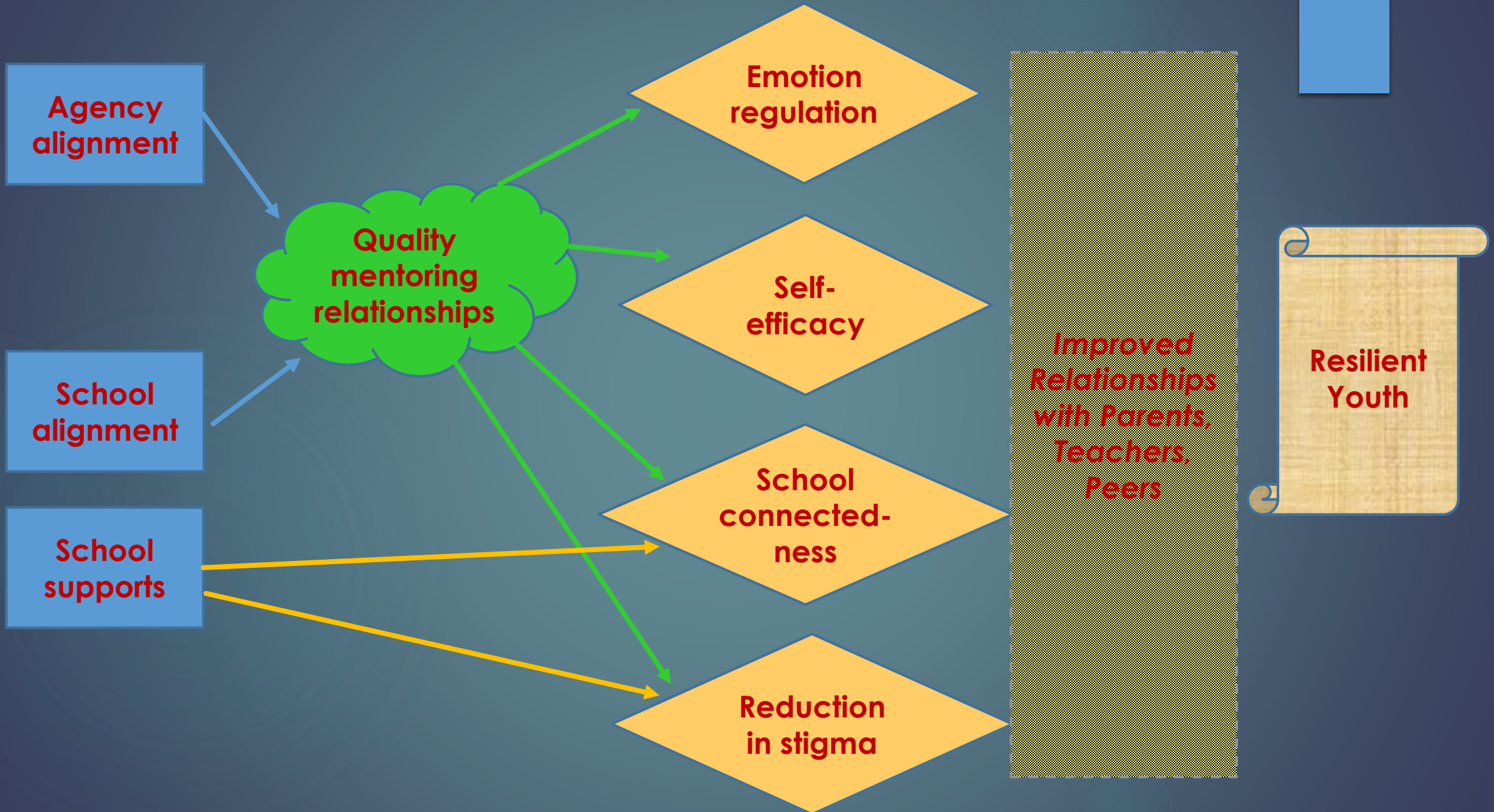
**School
alignment**



**School
supports**

**Quality
mentoring
relationships**

**Resilient
Youth**



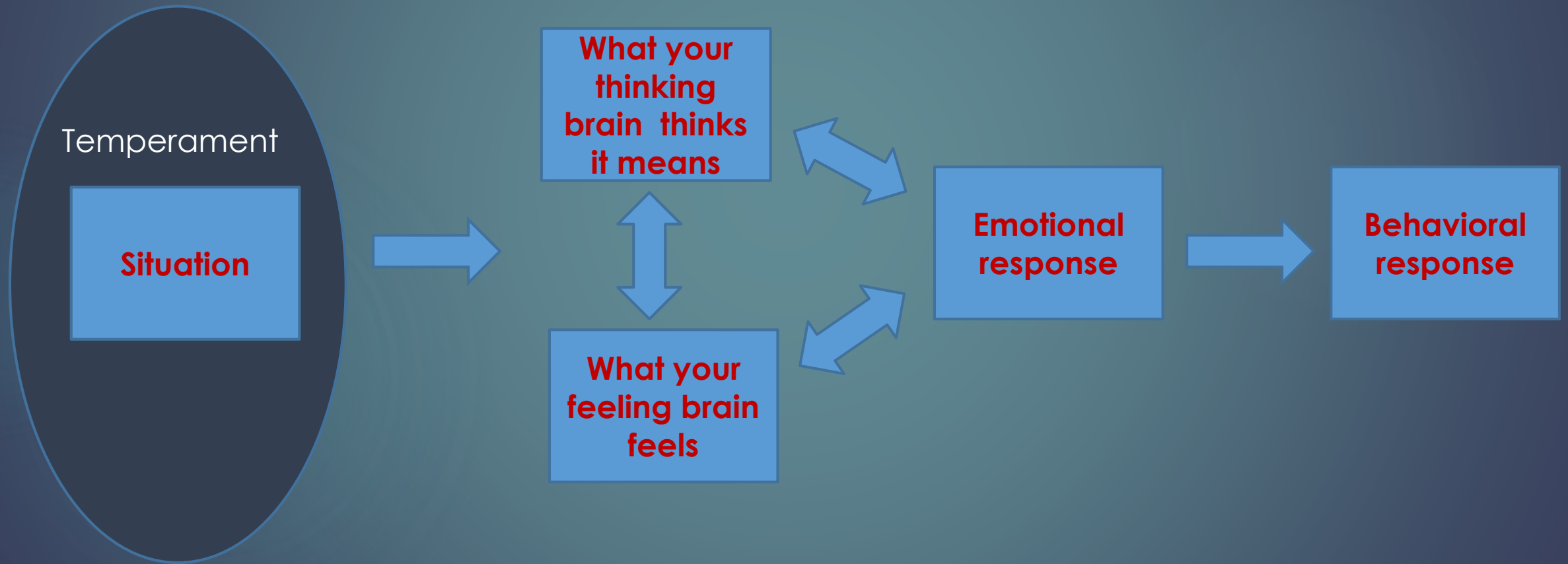
Basics of Emotion Regulation

- ▶ **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

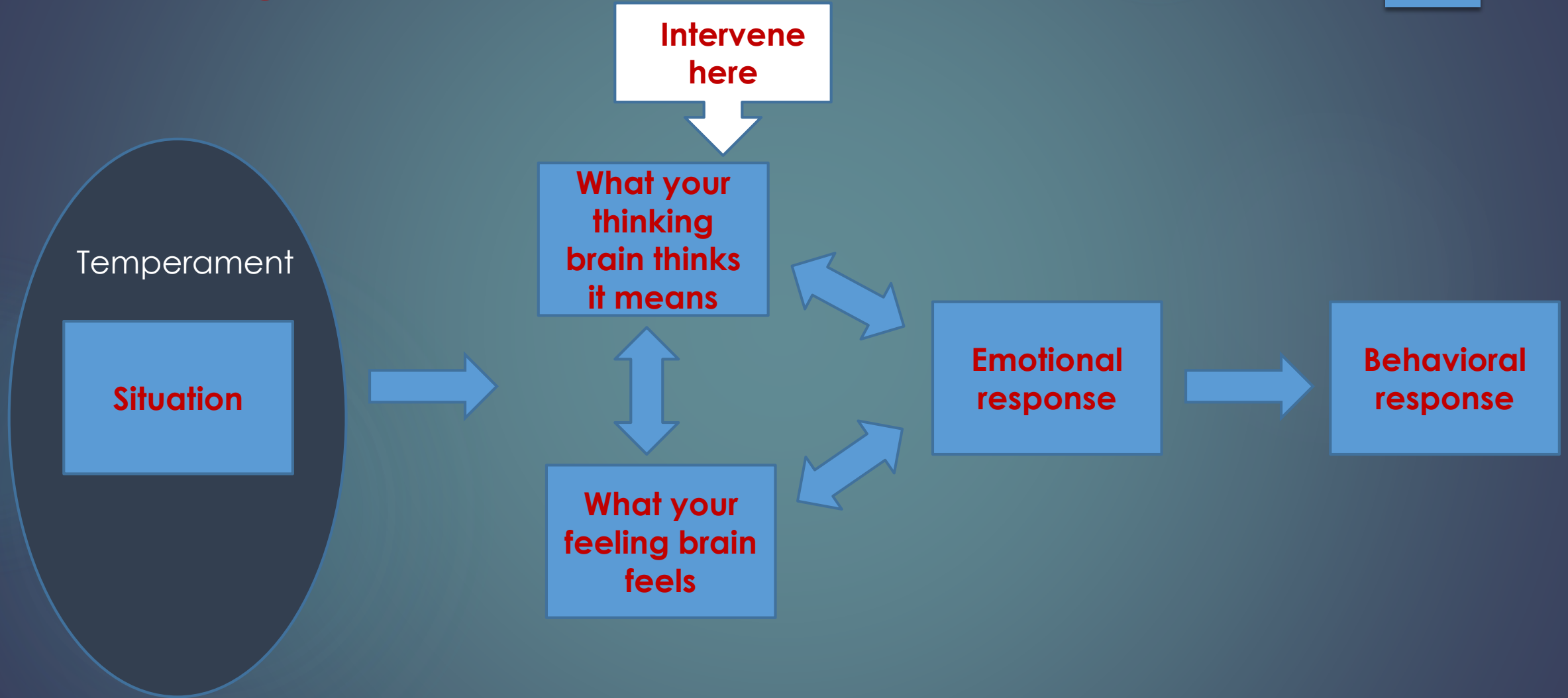
Name
your
feeling

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

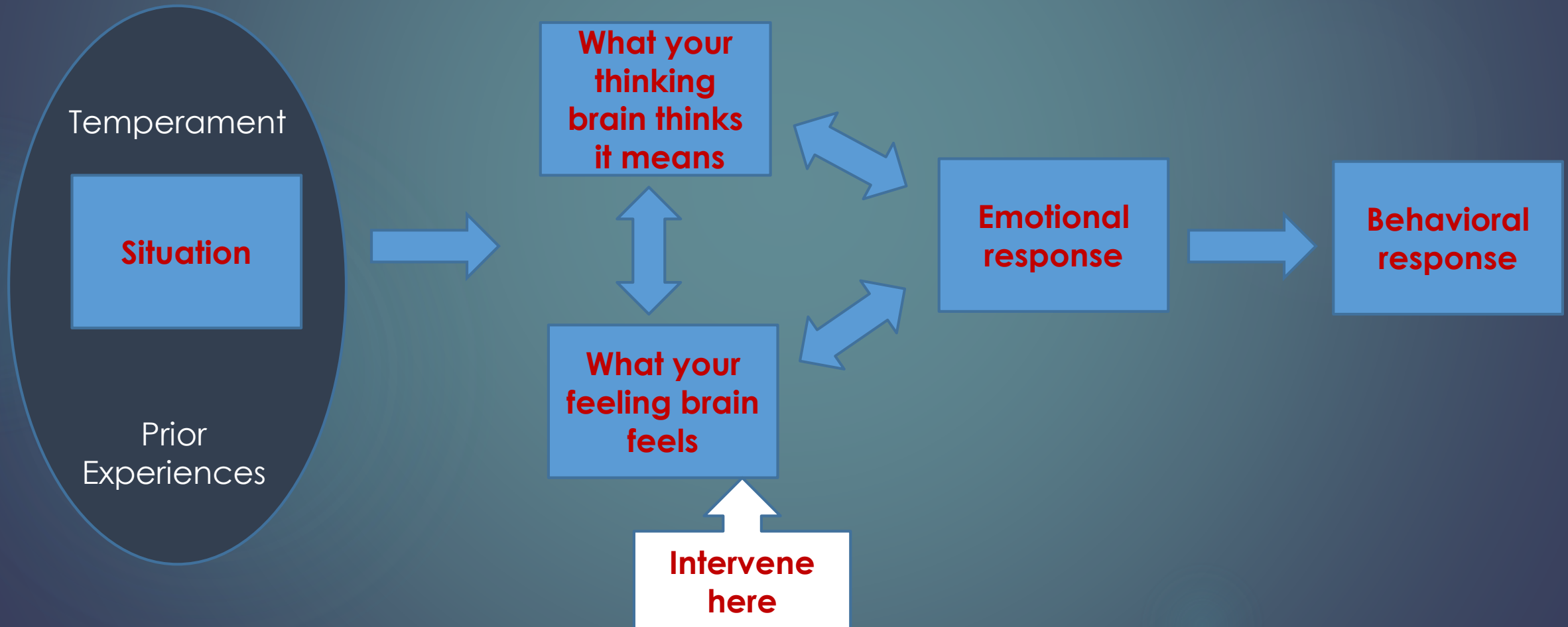
The First Six Emotions

- ▶ **Yay!**
- ▶ **Grrrr!**
- ▶ **Boo!**
- ▶ **AAAH!**
- ▶ **Oh!**
- ▶ **Euuww.**

Teasing



Bullying/Aggression



Empathy

is feeling or understanding what someone else is feeling.



Compassion is empathy in action!

**Thank you for coming
to training!**