



Miriam Stevenson
Student Services Director
Wellness & Support Department



Beti Loomis
Administrative Assistant to Director
Wellness & Support Department



Indira Selvakumaraswamy
Chair, Social Emotional Learning
Committee
Palo Alto PTAC



Sarah Kremer
Director, Resilience Consultation
Acknowledge Alliance

Building Resilience in Children, Families, & Our Communities: Part 2

06/25/20

The power of classroom wellness
Acknowledge Alliance



PALO ALTO
UNIFIED SCHOOL DISTRICT



Wellness & Support Services
Palo Alto Unified School District

Hello!



Sarah Kremer, PhD, LPCC, ATR-BC

Director, Resilience Consultation Program at Acknowledge Alliance
Faculty, Notre Dame de Namur University, Art Therapy Psychology

A large orange circle is centered on the left side of the slide. Inside this circle is a photograph of a cracked, dry earth with a small cluster of yellow daisies growing from it. Surrounding the orange circle are several other decorative elements: a large cyan circle in the top left, a smaller cyan circle below it, a pink circle above the orange circle, a yellow circle with a dashed border and a white center to the right, a large lime green circle in the bottom left, and a small green circle with a white center below it.

RESILIENCE AGENDA

all three sessions

- Basic concepts
- Questions & conversations
- Practical strategies



2

Strengths and Challenges

What have been your/ your family's strengths?

● What have been your/ your family's challenges?

Please type them in the Q&A box

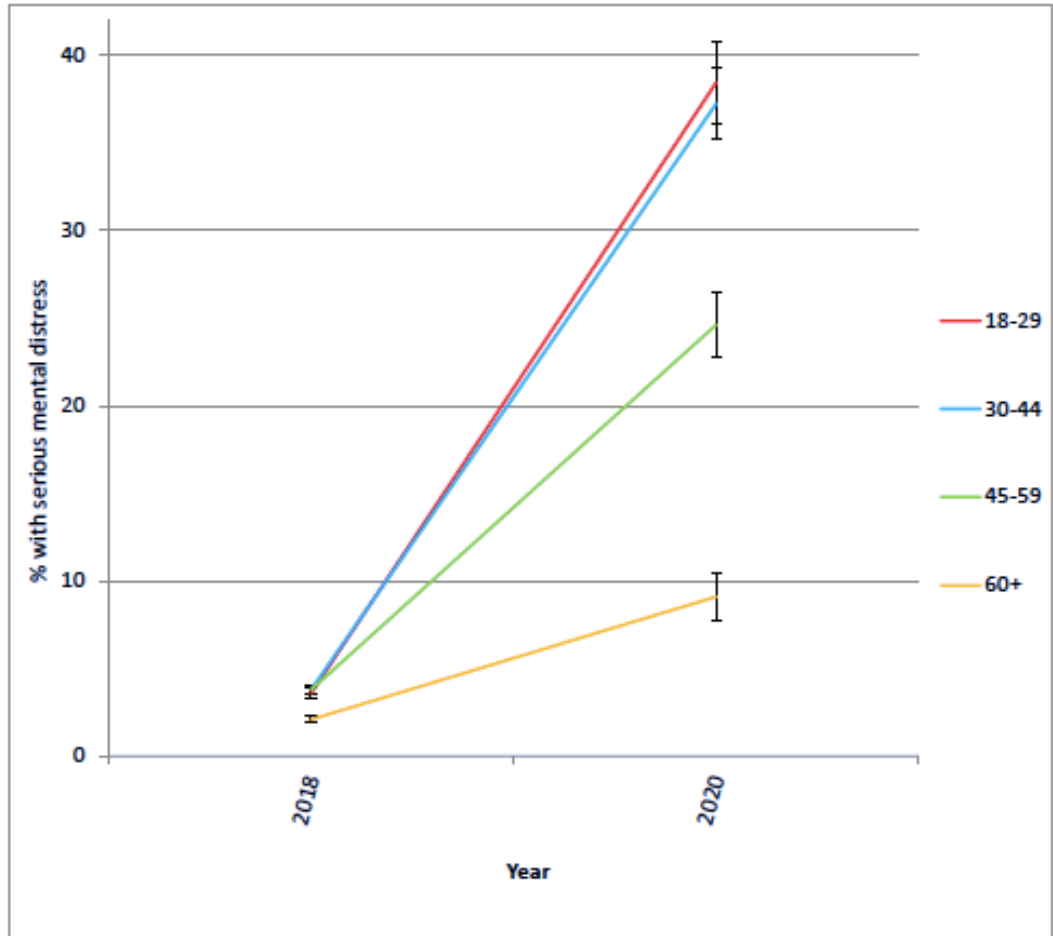


Figure 1: Percentage with serious mental distress by age group, U.S. adults, 2018 vs. 2020. Error bars are plus or minus one SE.

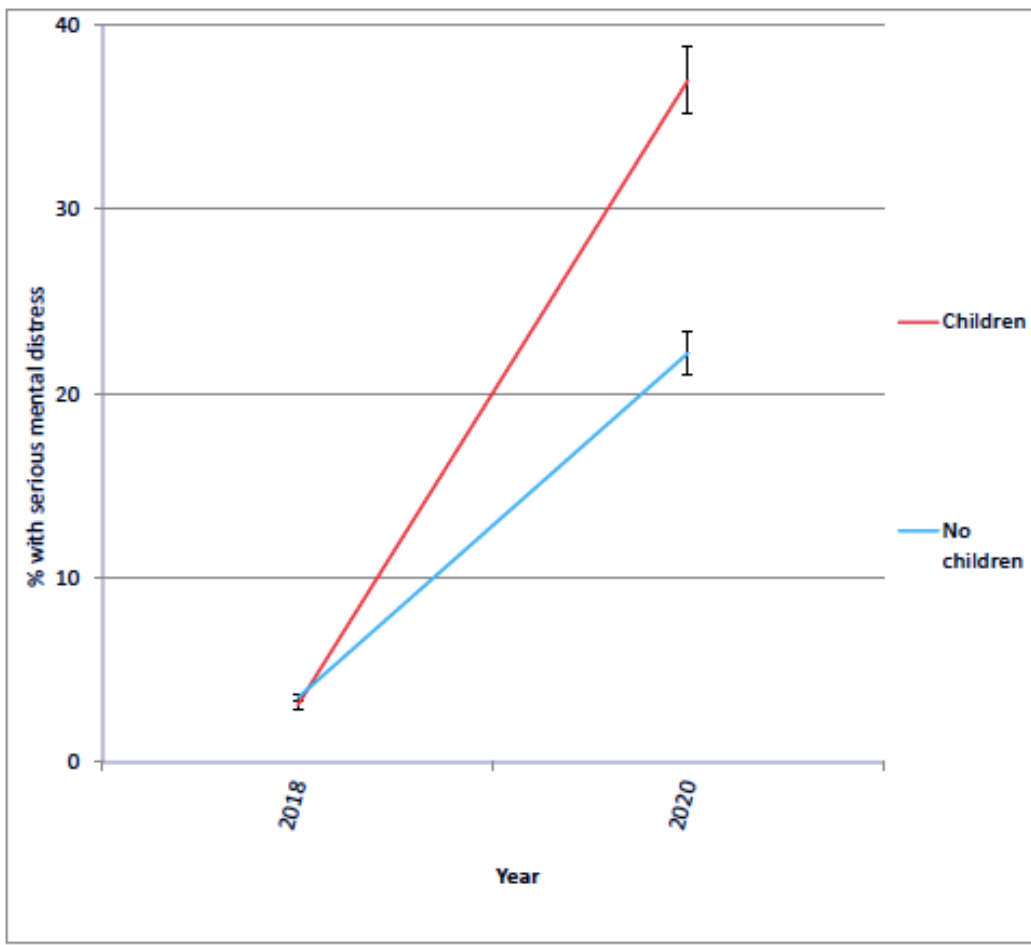


Figure 2: Percentage with serious mental distress by having children in the household vs. no children in the household, U.S. adults, 2018 vs. 2020. Error bars are plus or minus one SE.

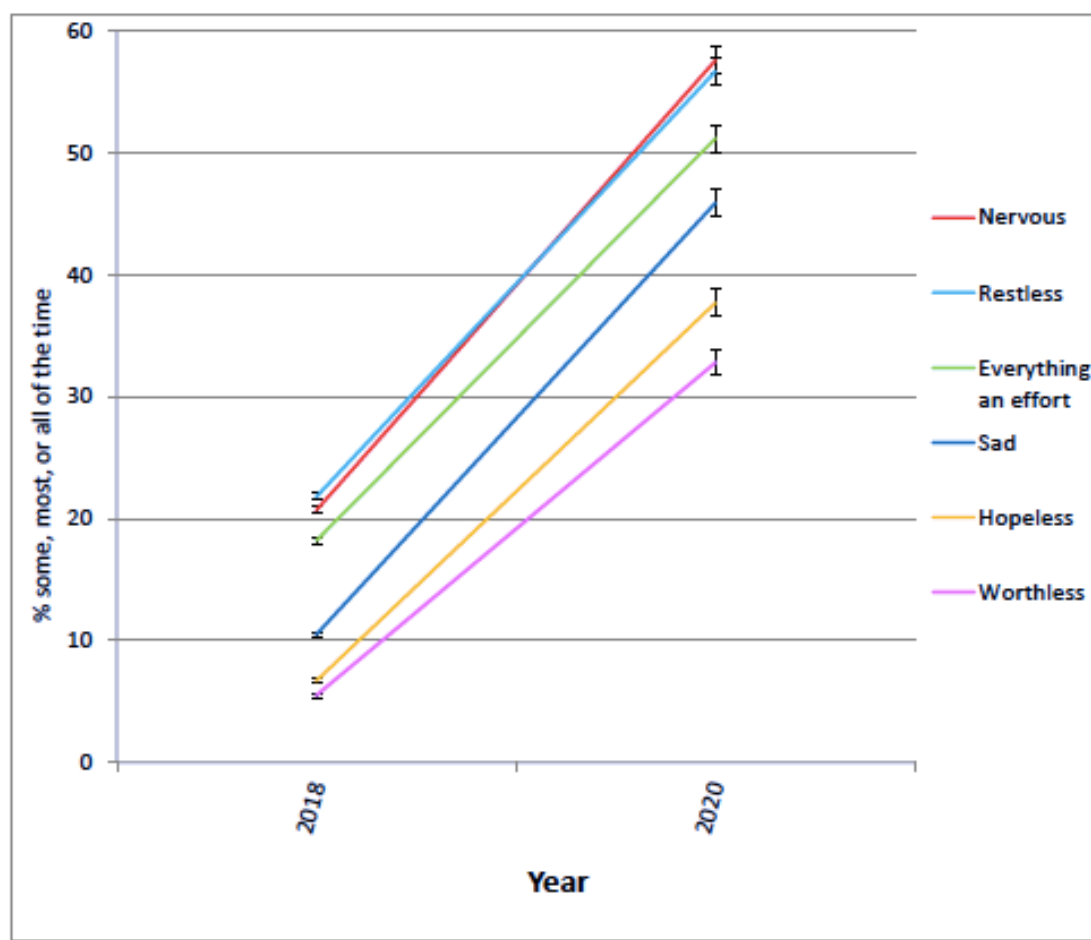



Figure 3: Percentage reporting specific symptoms of mental distress at least some of the time during the last 30 days, U.S. adults, 2018 vs. 2020. Error bars are plus or minus one SE.

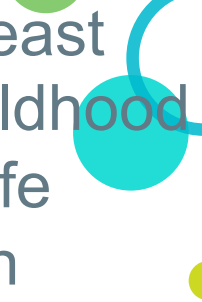


What's really different now?

- Solutions to (natural) disasters of COVID-19 feel out of reach to average person, resulting more stress and fear
- Divisiveness in media and communities also feels unchangeable
- Cumulative effects of chronic exposure to images, sounds, and recounting of (man-made) adversities impacting Black people as well as other people of color in media
- iGen has had more exposure to internet and social media, and are consuming even more in the last several months
- Parents/caregivers are stretched thin, need more support
- Many of us are so tired – and it's okay to be tired




What are the most important childhood predictors of life satisfaction in adulthood?




What is the least important childhood predictor of life satisfaction in adulthood?

--	--




What are the most important childhood predictors of life satisfaction in adulthood?

- **Emotional Health**
- **Prosocial Behaviors**




What is the least important childhood predictor of life satisfaction in adulthood?





What are the most important childhood predictors of life satisfaction in adulthood?

- **Emotional Health**
- **Prosocial Behaviors**



What is the least important childhood predictor of life satisfaction in adulthood?

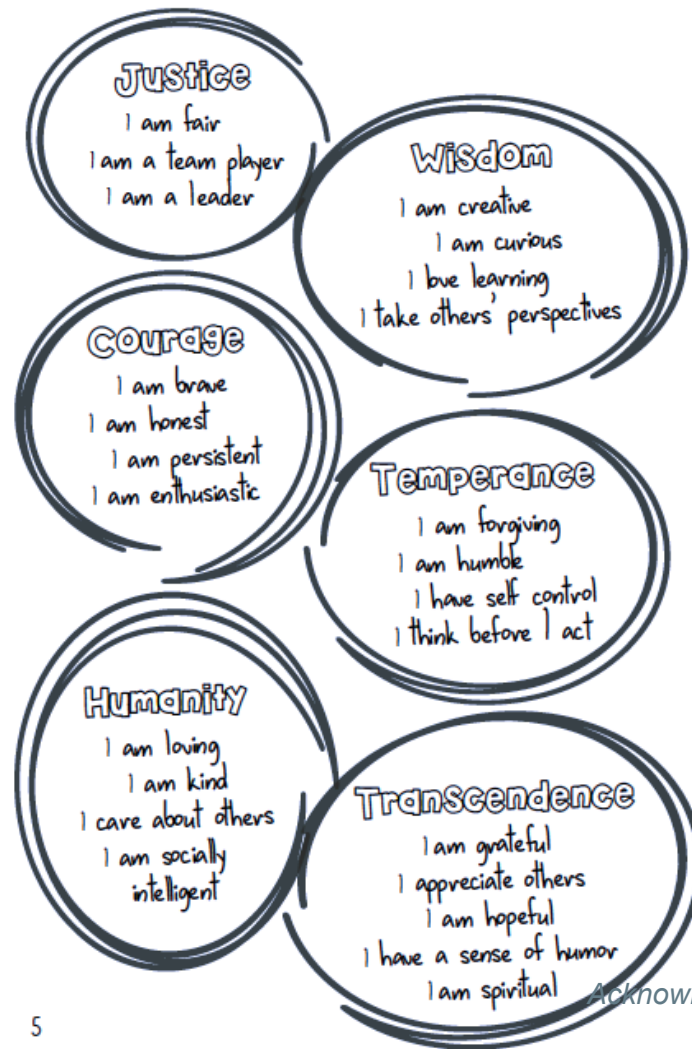
- **Academic Success**

Questions & conversations



Project Resilience

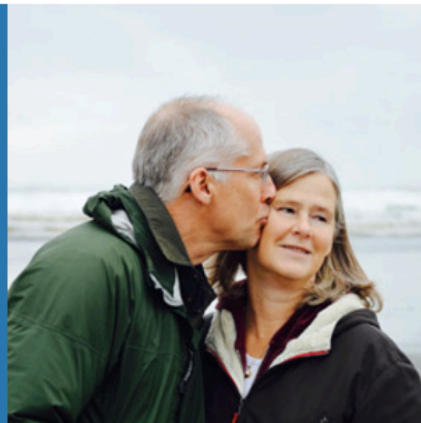
- Topic: **Character Strengths**
- Activity: Identify your strengths
- Reflect on strengths that are already strong, strengths you would like to grow this year
- **GRATITUDE:** What's one strength of your teacher?



Bring your character strengths to life & live more fully.

When you discover your greatest strengths, you learn to use them to handle stress and life challenges, become happier, and develop relationships with those who matter most to you. What are your strengths?

[TAKE THE FREE SURVEY →](#)



Join the over 11 million people who have taken the only free, scientific survey on character strengths.





Mind Full, or Mindful?

5-4-3-2-1 Grounding Technique

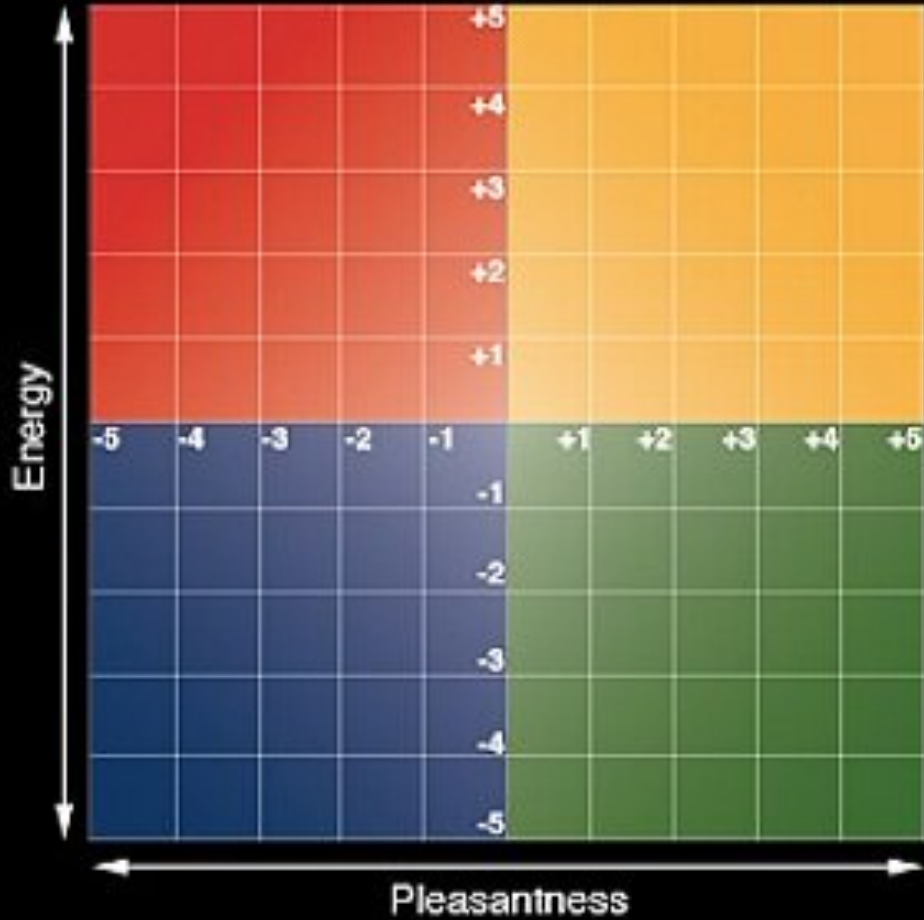
5
**things you
can see**

4
**things you
can feel**

3
**things you
can hear**

2
**things you
can smell**

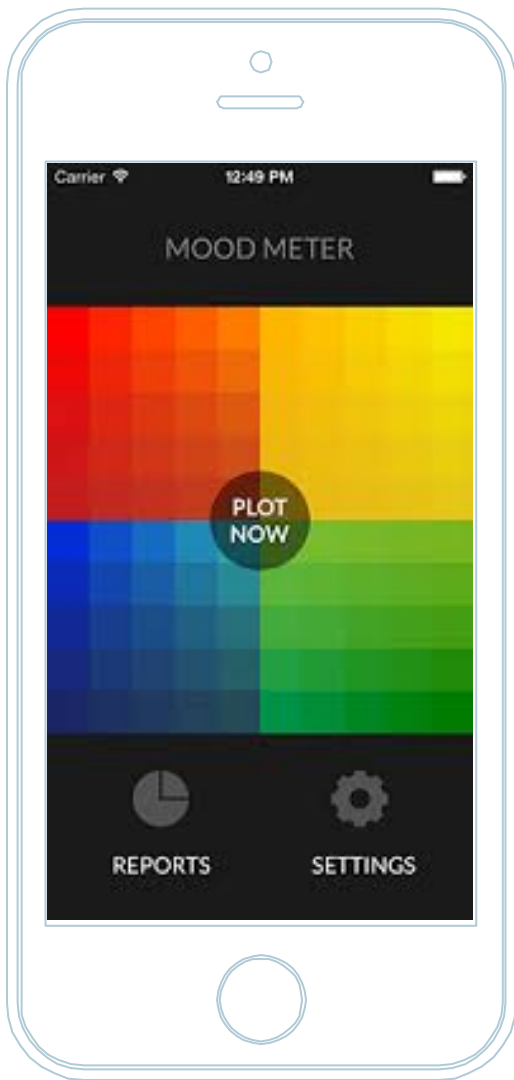
1
**thing you
can taste**



Mood Meter by RULER



Mood Meter by RULER



Mood Meter app
From R.U.L.E.R.
Yale Center for Emotional
Intelligence
<https://moodmeterapp.com/science/>



More suggestions for building resilience during summer

1. Check in with yourself
2. Filter what reaches your children as much as you can
3. Commit to action
4. Listen to your children and support *their* actions
5. Draw their attention to the good things
6. Remember our stories of resilience
7. Take the time to do an activity that you'll all enjoy together
8. Renew your energy with a supportive check-in on other parents you know
9. Celebrate what you appreciate
10. Take the time to slow down and rest

Focus on the space between the trees: look where you want to go
and not the areas that could be disastrous.



References

- Acknowledge Alliance (2018). Project Resilience Character Strengths exercise. Retrieved from <https://www.acknowledgealliance.org/services>
- Briscoe-Smith, A. (June 2020). How Can I Stay Positive for My Kids When I'm So Overwhelmed? Greater Good Science Center blog. Retrieved from https://greatergood.berkeley.edu/article/item/how_can_i_stay_positive_for_my_kids_when_im_so_overwhelmed?
- Layard, R., Clark, A. E., Cornaglia, F., Powdthavee, N., & Vernoit, J. (2014). What predicts a successful life? A life-course model of well-being. *The Economic Journal*, 124(580), F720-F738.
- Piikewicz, K. (June 2020). For Emotional Health, Focus on the Space Between the Trees. Digging Deep blog. Retrieved from <https://diggingdeep.org/emotional-health-space-between-trees/>
- Roehlkepartain, E. (May 2020). A Boost, a Break, and a Bravo for the Other “Essential Workers”: Those Parenting in a Pandemic. Search Institute blog. Retrieved from <https://www.search-institute.org/parenting-in-a-pandemic/>
- TherapistAid. (2018) Grounding techniques. Retrieved from <https://www.therapistaid.com/worksheets/grounding-techniques.pdf>
- Twenge, J. & Joiner, T. (2020). Mental distress among U.S. adults during the COVID-19 pandemic. Pre-print draft Retrieved from <https://psyarxiv.com/wc8ud>
- Values In Action Character Strengths survey Retrieved from <https://www.viacharacter.org/character-strengths-via>
- Yale Center for Emotional Intelligence (nd). R.U.L.E.R.'s Mood Meter app. Retrieved from <https://moodmeterapp.com/>

Thank you!

Last session

- Thursday, July 2nd 4:30 – 5:30 pm
Focus on Uncertainty in the Future

Please register again through EventBrite
to attend future sessions!

All recordings will be posted and available
throughout the summer



Palo Alto Council
PTA[®]
everychild.onevoice.[®]

The power of classroom wellness
Acknowledge Alliance



PALO ALTO
UNIFIED SCHOOL DISTRICT



Wellness & Support Services
Palo Alto Unified School District