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Building Resilience in Children, Families, & Our Communities: Part 3

07/02/20

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
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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

A decorative graphic featuring a large dashed white circle that frames the central text. Scattered around this circle are various solid-colored circles and arcs in shades of green, yellow, orange, and cyan. A cyan circle containing white quotation marks is positioned above the text.

“

I don't want my children to only remember to wear masks, wash their hands and keep their distance from people. I want them to understand that this is a time when people need to show up for one another.

So in the same way I talk about how physical connection is a threat, I need to be as deliberate about elevating stories of how, beyond our small part of the world, people are helping each other out.

Koketso Moeti

The background features several overlapping circles in various colors: orange, yellow, pink, green, and teal. Some circles are solid, while others are dashed. A large teal circle is partially visible on the right side. A large teal number '3' is centered within a large dashed white circle.

3

Moving Forward with Uncertainty

What feelings come up for you when you think
about the uncertain future?

Please type them in the Q&A box

We are more resilient than we think!

- Emotion surveys are poor predictors of lasting distress
- Most psychological distress takes time to manifest and be diagnosed
- Anyone with this kind of distress needs continuous care and support, especially now
- However, most of the rest of us will bounce back





Mental & Physical Health Resources

▶ [Crisis Hotline](#)

▶ [Family Support](#)

▶ [Grief and Loss](#)

▶ [Health Resources](#)

▶ [Homeless, Foster Youth, Runaway](#)

▶ [Human Trafficking](#)

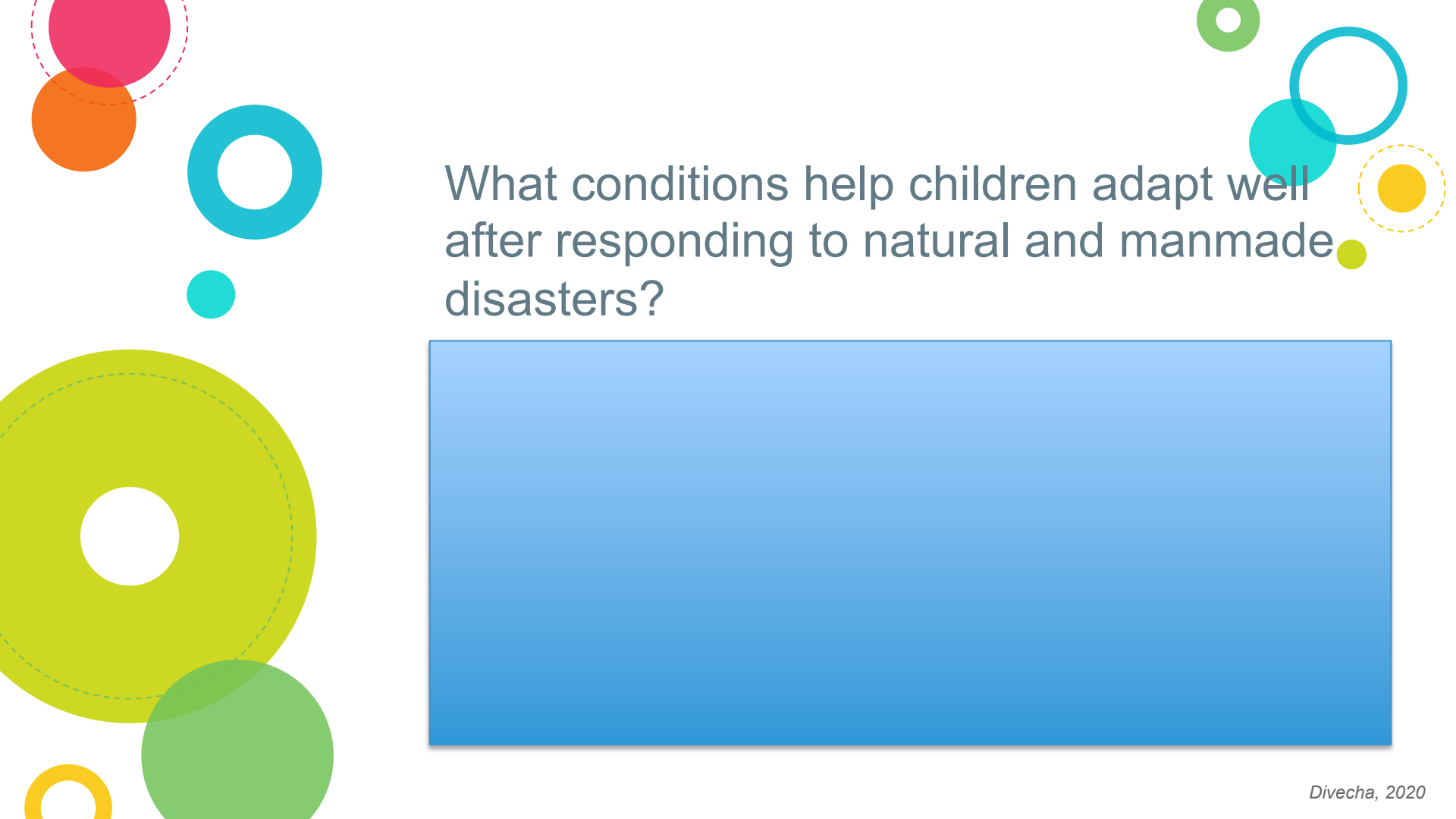
▶ [LGBTQQ+](#)

▶ [Mental Health Resources](#)

▶ [Sexual & Reproductive Health](#)

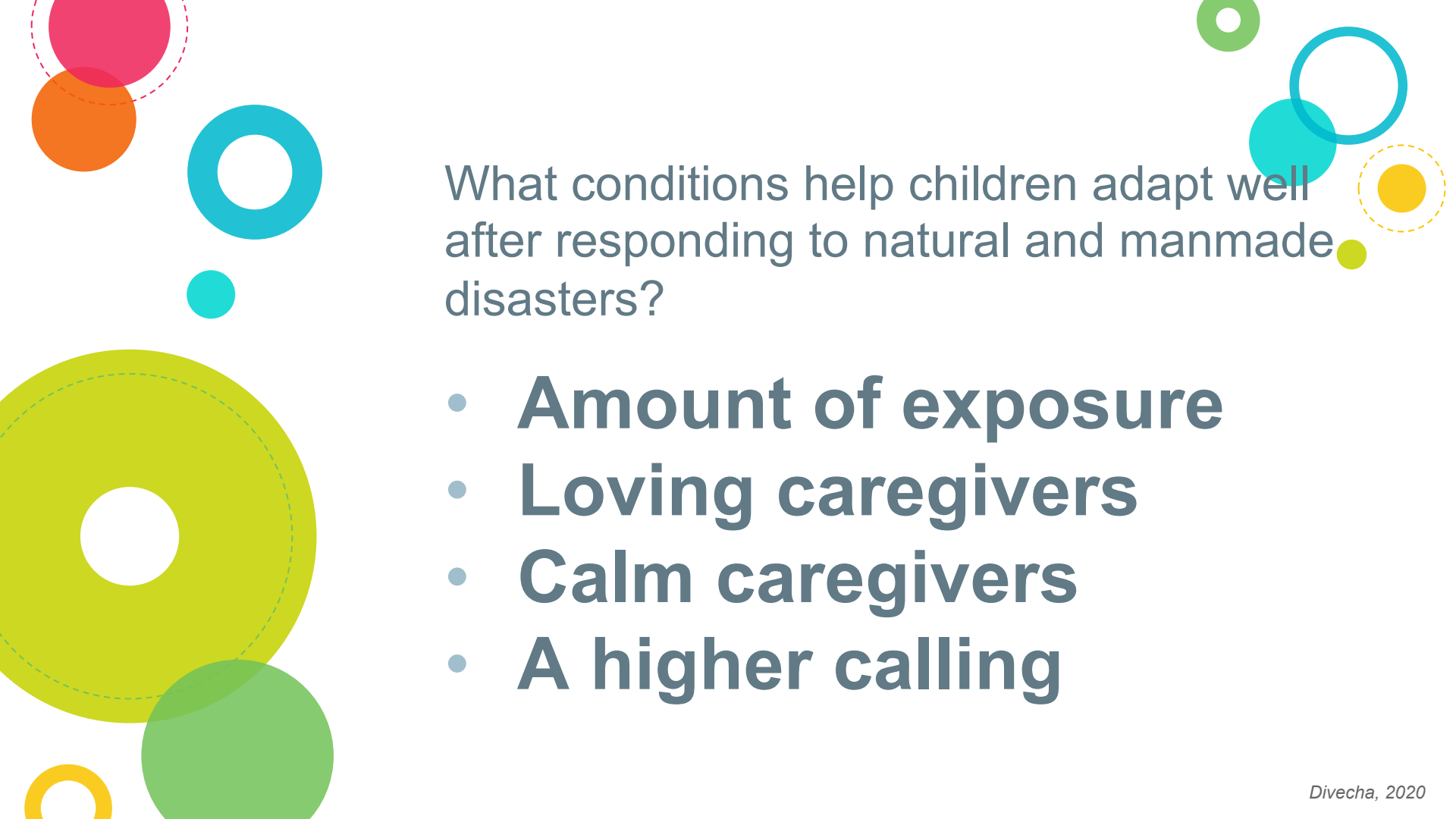
▶ [Sexual, Dating or Domestic Violence - Title IX](#)

▶ [Substance Abuse](#)



What conditions help children adapt well after responding to natural and manmade disasters?





What conditions help children adapt well after responding to natural and manmade disasters?

- **Amount of exposure**
- **Loving caregivers**
- **Calm caregivers**
- **A higher calling**



Resilience

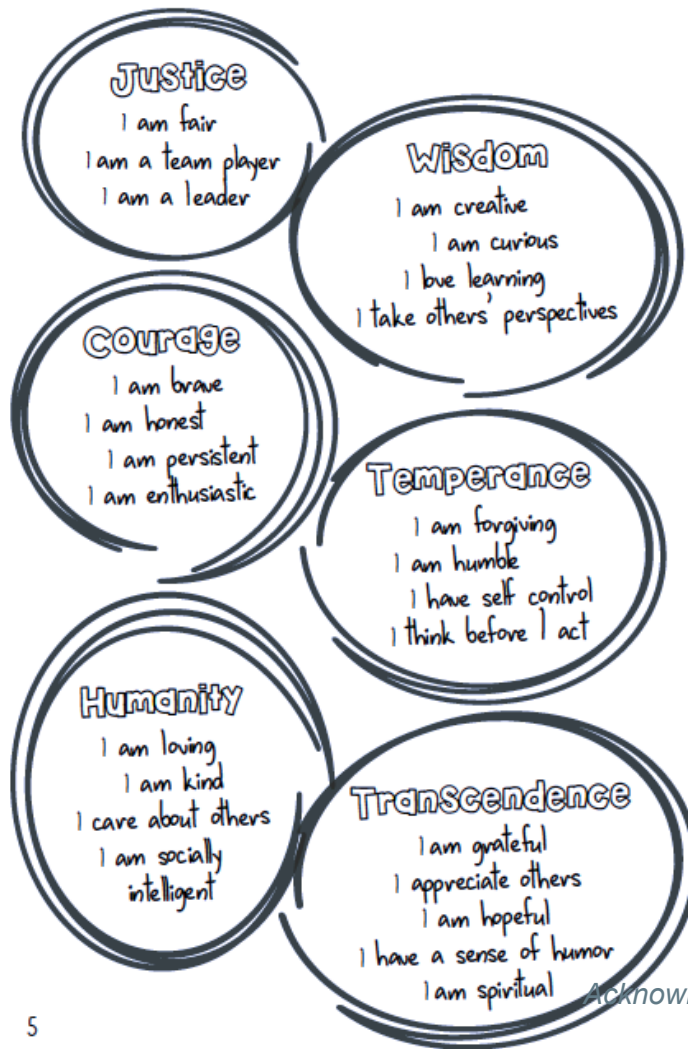
- Protective processes as the phenomenon of competence despite adversity
- Capacities, strengths, individuality, and uniqueness
- Distinct levels
 - Individual
 - Family/ close non-family adult relationships
 - **Social environment/ community**

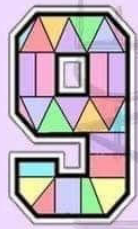
Questions & conversations



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?





things to say to your anxious child

1. I'm here with you. You're safe.

2. Do you want to do some dancing or running to get rid of the worried energy?

3. Tell me about it.



4. What would you like to say to your worry?
What might your worry say back? Then what?

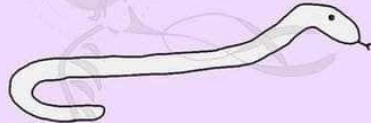
5. Let's draw it.



6. What does it feel like in your body?
Where is the worry? How big is it?

7. Match your breaths to mine.

8. Let's think up some endings for what could happen (anxious ones, goofy ones, AND realistic ones).



9. What's something we could do to help you feel better?

5 Emotional Check-ins

**Internal
weather
report**

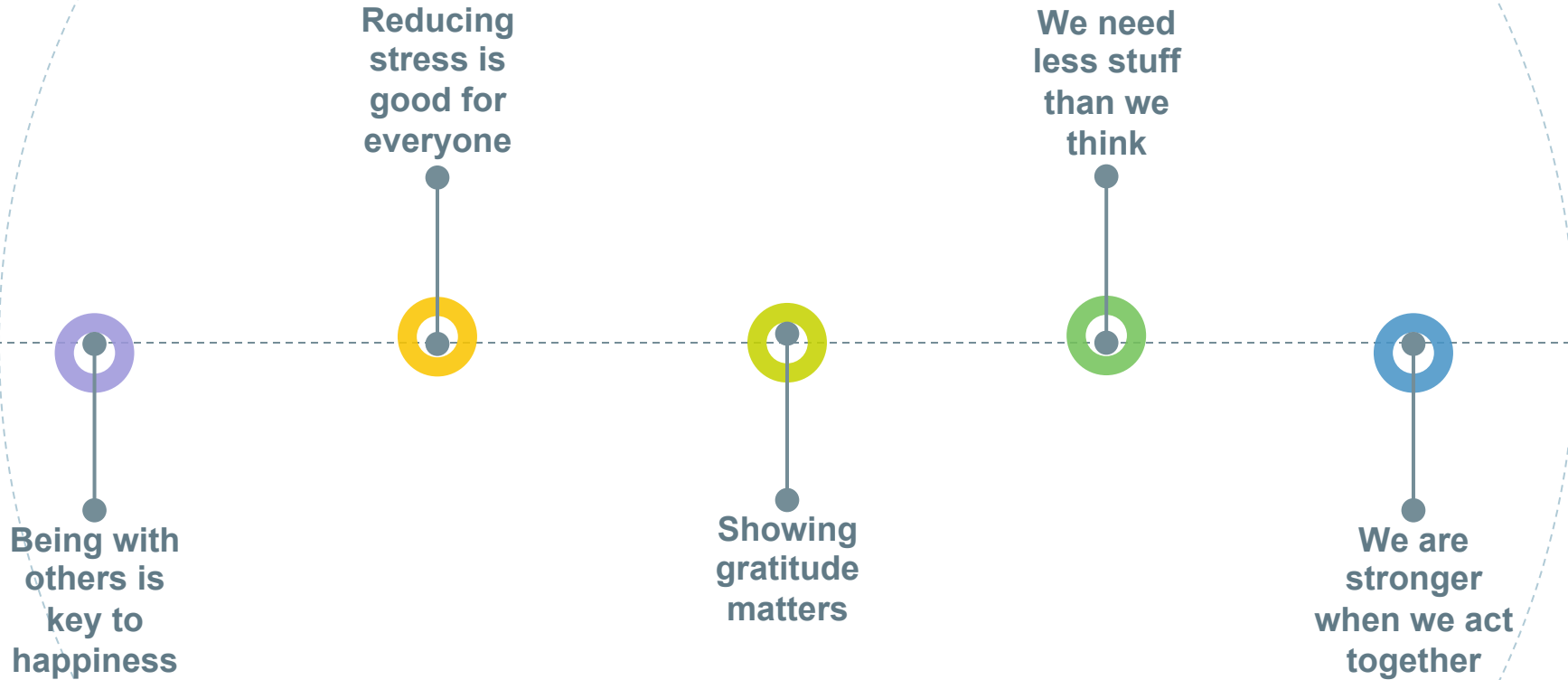
**Feelings
1-10**

**Creative
Expression**

**Highs &
lows**

**Rose, Bud,
Thorn**

5 Lessons to Remember



Being with others is key to happiness

Reducing stress is good for everyone

Showing gratitude matters

We need less stuff than we think

We are stronger when we act together



Strategies for Moving Forward with Uncertainty

1. Remember that we all have the innate capacity to be resilient
2. Tune in to acknowledge feelings in yourself and your children
3. Lead with love and calm
4. Filter what reaches your children, as much as you can, and discuss what is happening
5. When activated, remember to pause and breathe
6. Engage in rest and relaxation and creative expression as a family
7. Stay socially connected to your network and check in on other parents
8. Be a work in progress
9. Find meaning about your spiritual beliefs as a family
10. Remember to share stories of gratitude and resilience

A decorative graphic featuring a large, light blue dashed circle that frames the central text. Scattered around this circle are various solid-colored circles and arcs in shades of green, yellow, orange, and cyan. At the top center, a cyan circle contains a white double quote icon. Above this circle is a large cyan arc. To the left, there is a large yellow circle, a smaller green circle with a white dot, and a small cyan circle. To the right, there is a large yellow circle, a small pink circle, a large orange arc, a large green circle with a white dot, and a small cyan circle. At the bottom left, there is a large orange circle, a small pink circle, and a large yellow arc. At the bottom right, there is a large green circle with a white dot and a small cyan circle.

“

For now, the world is in a difficult state of uncertainty. We don't know the course of the virus, the full economic impact, or what “normal” life we'll resume. But the enduring lessons for our children will surely be the emotional ones. These are the lessons they'll remember as adults when they inevitably experience upheaval again—only then, it may be without us. So let's stay focused on, and grateful for, what really matters.

Diana Divecha

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Thank you!

Survey

Please complete the survey that will be emailed to you, even if you viewed this webinar after the live session

All recordings will be posted and available throughout the summer

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