

Today's webinar: The New Normal & Your Student's Social Emotional Experience

These pandemic times have added layers to the experience of students, teachers and parents. Uncertainty and heightened stressors are the neutral settings for many today. This webinar will define social emotional learning. It will predict behaviors in your students and the reason behind the behavior. It will identify the primary goal to have in supporting the social emotional experience of your students and the skills necessary to attain it.



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The New Normal & Your Student's Social Emotional Experience

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education

I'm going to Guess

You are confused about engaging your students in learning while also being supportive.

You are scared that you will hear a story of loss from a student and you won't be able to help them.

You are nervous that the unpredictability of the school year will hurt your lessons and plans.

You feel powerless and disappointed that the school year will not be like others before.

The Truth and Nothing but the Truth

1. I will not help you make your students happy.
2. I cannot take your insecurities or fears away.



What I can do for you

3 Key Skills to Connect with Your Student in a Supportive Way

The Cycle of the Caregiver

The Results of Social Emotional Learning

The Social Emotional Skills They are Developing

Predict How Your Students May React to the New Stressors

3 Key Skills to Connect with Your Student in a Supportive Way

Mirror Them

- Helps them feel seen and soothes them.

Be Vulnerable – Use emotional and descriptive language

- Helps them feel soothed and secure.
- You are modeling for them how to speak in a relational way.

Be Predictable– Have a Consistent Routine and Response to their Behaviors

- Helps them feel safe and secure.

Tell the truth

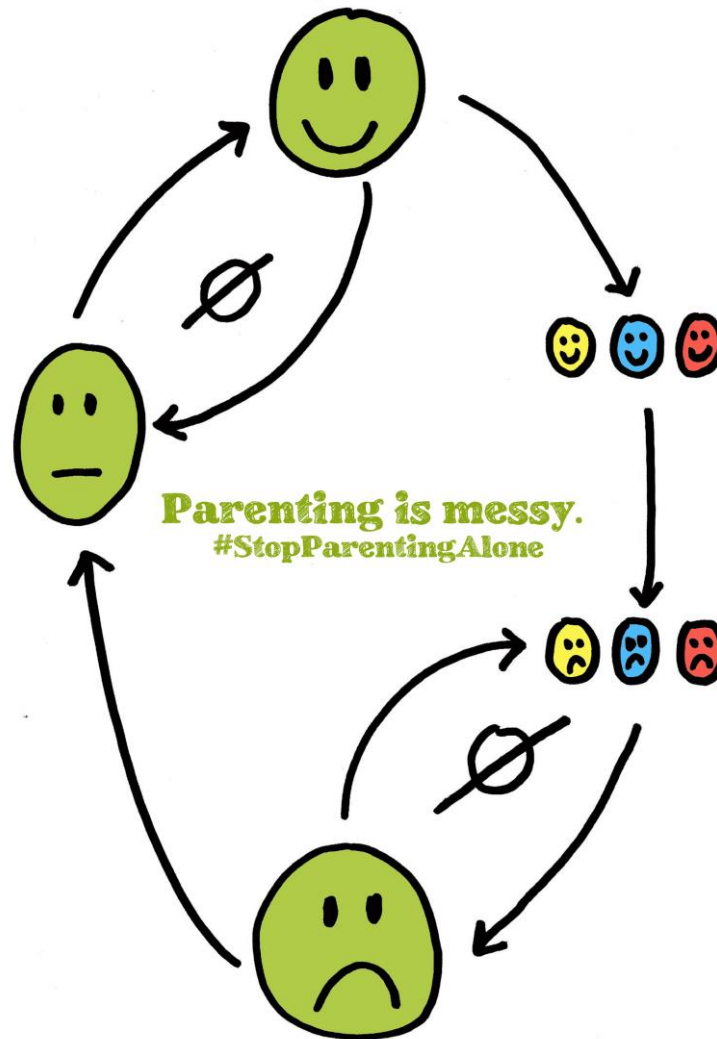
Time for a Poll

Cycle of the Caregiver

Caregivers are

- Parents
- Teachers
- Coaches
- Extended Family*
- Friends*

**help with care of child regularly*



NO, now I feel WORSE, LINA!!

To help yourself

BE a SUPPORT

for your students

do this OFTEN

Once a week and most
definitely when
feeling out of sorts in
the classroom

- **Ask Yourself:**
 - a) What am I feeling
 - b) What does it remind me of
- **Forgive and Don't Judge Yourself:**
 - a) Feelings are information, not direction
- **Pause and Reflect**
 - Find your Feet
 - Change your Posture
 - Breathe
 - Meditate 7 minutes a Day
- **Come up with Action Steps**

Surprise

Pop Quiz

Breathe: You got this!

**What are the
3 Skills to
Connect:**

Mirror Them

Be Predictable

Be Vulnerable

If you practice these for yourself, you will get great at asking your students the same questions.

And you will be:

- **Mirroring Them**
 - **Being Vulnerable with Them**
 - **Being Predictable**
- **Ask Them: What are you feeling?**
 - This is being vulnerable
 - **Don't judge their emotional expression:**
 - This mirrors them
- **Pause and Reflect with them**
 - This is being predictable
 - **Come up with Action Steps**
 - This is being predictable

Always Remember:

Working with young learners can trigger emotional responses in us.

When we work with children we **must** work on our personal relationship with:

- ❖ Conflict
- ❖ Rejection
- ❖ Tolerating another's sadness

We cannot teach something we do not know ourselves

Time for a Poll

The Result of Social Emotional Learning

- Self Awareness
- Self Management
- Social Awareness
- Relationship Skills
- Decision Making



How your students may react

And

why...

Very Young Learners & Young Learners

They are all building and working on developing these **social emotional skills**:

- ✓ Frustration Tolerance
- ✓ Delay of Gratification
- ✓ Impulse Control
- ✓ Empathy
- ✓ Social Reciprocity



What it looks like in a Very Young Learner Classroom

- They like knowing and understanding the rules, as well as what the consequence will be if they break them. So, they will ask about them or break them to be clear on what they are.
- They have active imaginations and enjoy dramatic play with other children where they work out issues of power and control and good and evil.
- They have big feelings and tantrums, but if assisted can eventually express their big feelings with words.
- Very Young Learners love to feel important and seen. They may show this with “bad behavior” more times than not.
- They start to feel aggression and can often be controlling or demanding.

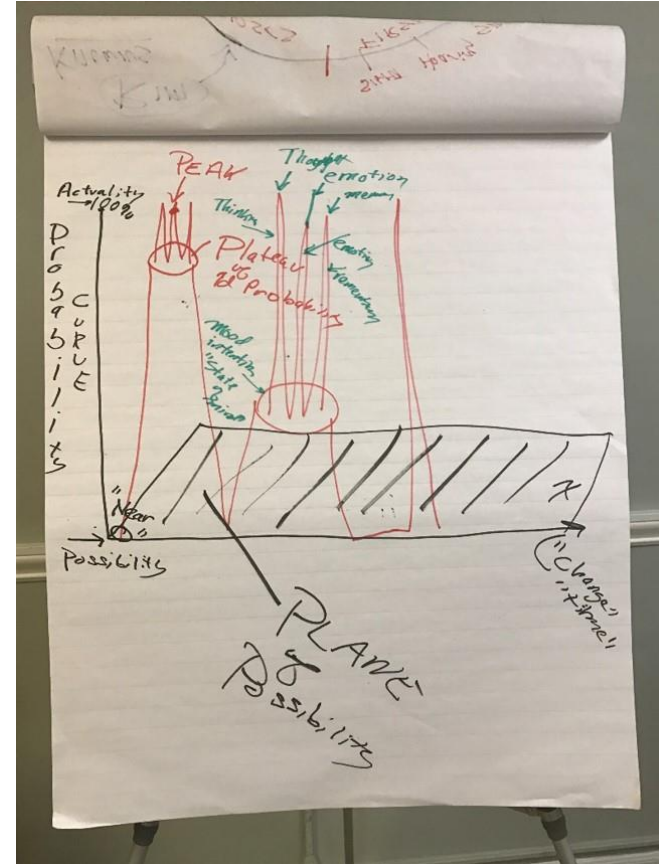
What it looks like in a Young Learner Classroom

- Defends and debates when in trouble, when someone sets a boundary, or when losing/failing.
- When a word is mispronounced or rule/routine switched, child will point out the miniscule discrepancy.
- Loses control or feeling state when a friend/caregiver “hurts” them/feelings.
- Rigid with thoughts, rules, and transitions.
- Will chose pleasurable tasks over difficult tasks – reason for avoidance to homework and large difficult/unknown projects.

One FINAL Word of Advice

REDUCE YOUR EXPECTATIONS

Expectations create a comparison list for your brain, reducing your Plane of Possibility



Thank you, mil gracias.....

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