Coffee Chat - SEL and Resiliency from a Distance - Key Takeaways

I.) That discomfort you’re feeling might be grief.

II.) 5 Stages of Loss:

● Denial
● Anger
● Bargaining
● Sadness
● Acceptance

There is power in acceptance.

III.) How to Manage:

1.) Find balance in your thoughts
2.) Come into the present
3.) Let go of what you can’t control
4.) Stock up on compassion

IV.) Consider the Possibilities:

● What project or lesson have you always wanted to teach students but have never found the time for?
● Now that state testing is no longer mandated or even cancelled, consider how you want to spend the remaining time with your students.

V.) You know your students: You know which students are likely to be in a more vulnerable situation. How are you going to ensure they get equitable engagement during this time?
Ex. print your class roster and every time you say or type a child’s name, put a check next to their name and review at the end of the week. By the end of the week, there should be at least one check next to every student’s name and extra checks for students who you know need some extra love and attention.

VI.) The power of routine: Routines foster certainty! What is going to support you to have a more balanced routine?

VII.) Students’ mental health is paramount right now: More than the virtual lessons and activities, they will remember how they felt during this time long after all of this is over.

VIII.) Make a Commitment to Yourself: What one thing can you commit to doing to support yourself in having greater emotional health and wellbeing? You owe it to yourself and the ones you love.

Key Takeaways

- Give yourself the permission to feel all the feelings.
- Emotion regulation isn’t about not feeling, it’s about understanding and accepting our feelings and then using them wisely.
- Study your emotions, don’t judge them.
- Social distance doesn’t mean psychological distance.
- Emotion skills training is life’s work.