

Modified Example of eLearning Group Discussion Session

Provided by the Pyramid Model Consortium (<https://www.pyramidmodel.org>)

After completion of Lessons 2.5 and 2.6		
5 minutes	Welcome	One word to describe how you are feeling today
5 minutes	Review	Hot buttons Communicating with families about teaching friendship skills
15 minutes	Sharing and Reflection: Lesson 2.5	What were your reflections about the cultural messages girls and boys receive about emotions? What are the 10 feeling words you are teaching or planning to teach? How are you embedding or planning to embed this vocabulary throughout your day? Have you communicated about this vocabulary with families? What could you do to encourage families to use these words at home? How are the children and families responding?
15 minutes	Sharing and Reflection: Lesson 2.6	How have you helped children experience, express, and regulate emotions in developmentally and culturally appropriate ways? What are some strategies you teach or can plan to teach to help children get back to their state of calm? What visual supports are you using or planning to use to teach problem solving? How does it feel for you when a child is unregulated? What concerns do you have about teaching problem solving to young children?
10 minutes	Reflection/ Celebration	What has changed for you as a professional since you began these modules? What has changed in your environment/context? If you are in session, what has changed in your interactions with children/families/co-workers?
10 minutes	Application	Continue to work on your own friendship skills, emotional literacy, and handling of your own hot buttons. What will you do to keep your momentum? What are your next steps? What supports will you need, and how will you access those supports?
Turn in before next meeting: Acting out and Withdrawing Handout, What is My Perspective Handout		