

**S**OCIAL **E**MOTIONAL **C**ONNECTION  
TAKE A **S.E.C.** THIS WEEK TO CHECK IN 5.721

<b>This Week's MINDSET SHIFT</b>	<b>Overcoming Overwhelm:</b> 7 D's to Declutter Your Thoughts and Give You Direction
<b>Description</b>	This week the theme seems to be all around this feeling of overwhelm. What do we do when we get stuck and aren't sure which direction to move in next. Today I will give you 7'Ds/3 B's that will move you from paralyzation to paving your own path; one step at a time.
<b>K-6 Video Link</b>	Youtube Link: <a href="https://www.youtube.com/watch?v=uR8j9DSu-hI&amp;t=1s">https://www.youtube.com/watch?v=uR8j9DSu-hI&amp;t=1s</a>
<b>7-12 Video Link</b>	Youtube Link (Also for Staff & Parents) <a href="https://www.youtube.com/watch?v=4Cl_taYO9dc">https://www.youtube.com/watch?v=4Cl_taYO9dc</a>
<b>Reflection Prompt</b>	<ol style="list-style-type: none"> <li>1. What is causing you to feel overwhelmed?</li> <li>2. When was a time that you overcame this feeling in the past?</li> <li>3. How did you overcome it?</li> <li>4. Where could you start? What is your next first step?</li> <li>5. What do you need to detach from to move closer to what you want?</li> </ol>
<b>Challenge (Action Steps)</b>	<ol style="list-style-type: none"> <li>1. <b>Data-</b> <ol style="list-style-type: none"> <li>a. Look at and assess where you are currently and where you want to be.</li> <li>b. What are the facts?</li> <li>c. <i>Acknowledge the feeling. Name it. Say it.</i></li> </ol> </li> <li>2. <b>Detach-</b> <ol style="list-style-type: none"> <li>a. Separate from what no longer serves you.               <ol style="list-style-type: none"> <li>i. Feelings, thoughts , beliefs, actions,</li> </ol> </li> <li>b. Use the power of now to replace it with what will.</li> </ol> </li> <li>3. <b>Decide-</b> <ol style="list-style-type: none"> <li>a. A wise man thinks ahead; where do I want to go?</li> <li>b. To decide means to cut off other choices and determine the path.</li> </ol> </li> <li>4. <b>Do</b> <ol style="list-style-type: none"> <li>a. Take Action- Put into motion</li> <li>b. Strategy: Temptation Bundling- Pair up something you're not that excited about with something that you are to get the job done.               <ol style="list-style-type: none"> <li>i. Examples: Music &amp; Homework/Lesson Planning, Favorite Show &amp; Laundry, Exercise &amp; Outside Time/Audible *The more you do this the less discipline you will need to exert :)</li> </ol> </li> </ol> </li> <li>5. <b>Direction</b> <ol style="list-style-type: none"> <li>a. <b>Decision gives you direction.</b></li> <li>b. Instructions to what your next steps are.</li> </ol> </li> </ol>

	<p>c. Where are you headed? What choice do you choose? WHY? / What value will it provide for you?</p> <p><b>6. Did</b></p> <p>a. Completion = Confidence; which must be earned and can not be given to you</p> <p>b. Confidence creates more freedom and less fear, overwhelm, &amp; anxiety</p> <p>7. <b>Discover:</b> To recognize and realize what is possible for YOU!</p> <p><b>Kids Version (Condensed): 3 B's</b></p> <p><b>1. Breath-</b></p> <p>a. Take a deep breath to calm your body.</p> <p>b. Breath out what you're feeling; say it, name it. Breath in what you want to feel by saying it and naming it. I am...calm, loved, happy.</p> <p>c. Square breathing is a great one; 4 seconds in 4 seconds out 4 times</p> <p><b>2. Big Movements-</b></p> <p>a. Sometimes we need to release our stress and one great way to do that is through movement.</p> <p>b. Jump up and down, run a lap, walk around the building, use swimming noodles to exert energy out by throwing</p> <p><b>3. Begin-</b></p> <p>a. Set a time to begin and time yourself. I will see what I can get done in the next 10 minutes.</p>
<p><b>Parent Tip Of The Week</b></p>	<p><b>Top 5 Ways To Raise Confident Decision Makers:</b></p> <p><b>1. Empathize...</b></p> <p>a. Without feeling the need to jump in and rescue</p> <p><b>2. Help Your Child Listen To Themselves</b></p> <p>a. Use phrases like “seems like”, “sounds like” so you can help them clarify what they are trying to say and identify what they need.</p> <p><b>3. Provide Structure</b></p> <p>a. You can help with giving them a timeframe and tools to help.</p> <p><b>4. Practice Decision Making</b></p> <p>a. Allow your child to make small choices throughout the day.</p> <p><b>5. Encourage Reflection &amp; Talk About Living With The Feeling of Regret</b></p> <p>a. Reflect back to them what you heard them say</p> <p>b. Share regrets you’ve had and what you learned from them and how you let them go. You could both write them down and then crumple them up and throw them away. Kids do well with visuals and symbolism.</p> <p>*For Full Article:  <a href="https://www.washingtonpost.com/lifestyle/on-parenting/six-things-parents-can-do-to-raise-kids-to-beconfident-decision-makers/2018/10/01/a3321e52-b76d-11e8-a2c5-3187f427e253_story.html">https://www.washingtonpost.com/lifestyle/on-parenting/six-things-parents-can-do-to-raise-kids-to-beconfident-decision-makers/2018/10/01/a3321e52-b76d-11e8-a2c5-3187f427e253_story.html</a></p>

