SOCIAL EMOTIONAL CONNECTION

TAKE A S.E.C. THIS WEEK TO CHECK IN 3.12.21

This Week's MINDSET SHIFT	Connection Over Control: Relationships vs Results :)
Description	Today we talk about the power of connection vs control. We discover that our need to control is really rooted in attempting to feel safe, right, and less anxious but if done with others instead of ourselves it can create more stress and strained relationships. The goal really is to be creative and learn how to collaborate so that we can increase our level of connection and comfort with self and others. Ultimately allowing us to notice our needs and respect the needs of others. This will create a win-win and allow for a more enjoyable experience for all.
K-6 Video Link	Youtube Link: https://www.youtube.com/watch?v=8FJmoquymwo
7-12 Video Link	Youtube Link (Also for Staff & Parents) https://www.youtube.com/watch?v=-M3KBVMbisM
Reflection Prompt	1. How might focusing more on the relationships with people vs the results of what I think needs to happen change our experience together? 2. What can I control? 3. Where am I holding on to tightly? 4. What could be a benefit of letting go? 5. How can I create a win win for myself and others?
Challenge (Action Steps)	**Definitions:** Connection: a relationship or bond with a person, thing, or idea Control: the power to influence or direct people's behavior or the course of events ➔ TOOLS TO CONSIDER: ◆ <u>Direct what you can control:</u> My words, actions, how well I take care of myself, my decisions, how I handle my feelings, my amount of effort I put forth, the thoughts I choose to believe, my attitude, how I interpret others, and whether or not I ask for help or share what my needs are. ◆ <u>Detach (disengage) with Love</u> from what you can't: RESULTS; other people's feelings, thoughts, words, actions, mistakes, ideas ◆ <u>Let Go & Let It Land-</u> Let others' emotions and needs land without attaching meaning or responsibility to them or for them.