

# STAYING IN: CONNECTION AND ACCOUNTABILITY DURING THE CORONA QUARANTINE

Empowering adults with brain centered approaches  
to self-regulation



# *Welcome!*

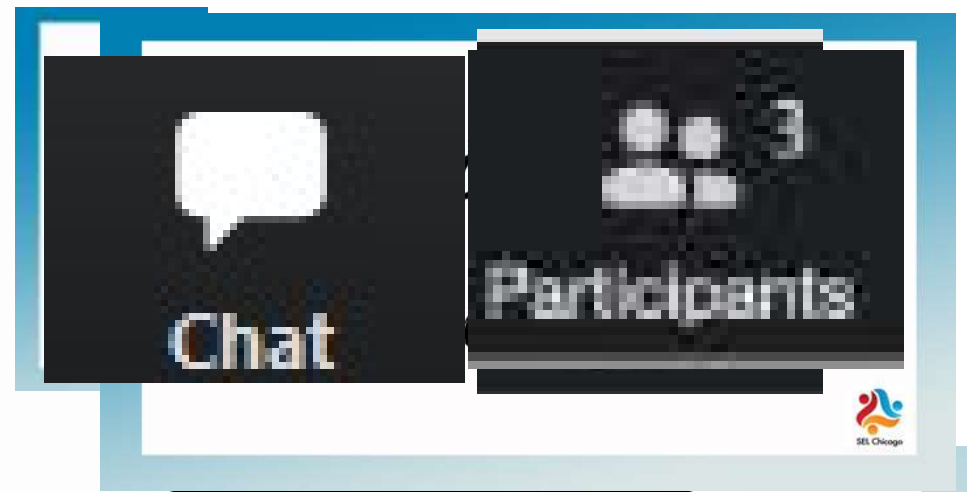


SEL Chicago



# Co-leading our virtual classroom

- Participant microphones are muted
- Workshop is interactive
  - Opportunities to reflect
    - have a paper and pen ready
  - Opportunities to share
    - Type your thoughts in the chat
    - “Raise your hand” in the “participants” box to ask a question verbally
- Questions during the session?
  - Type them in the chat.
  - Type questions in the Q & A box
  - We are time for questions at the end of the meeting
- We will be recording



*We are doing the  
best we can with  
the skills we have.*

# Acknowledgements

- Land Acknowledgement
  - Supports SEL Chicago's commitment to building community skills supporting *making amends*
- Growing skills acknowledgement
  - Commitment to understanding *mistakes as opportunities to learn, reflect and build skills.*



Artwork by Chief Lady Bird, Mills (2019)

# Focus in this session



Building  
Awareness



Exploring  
Self-Regulation

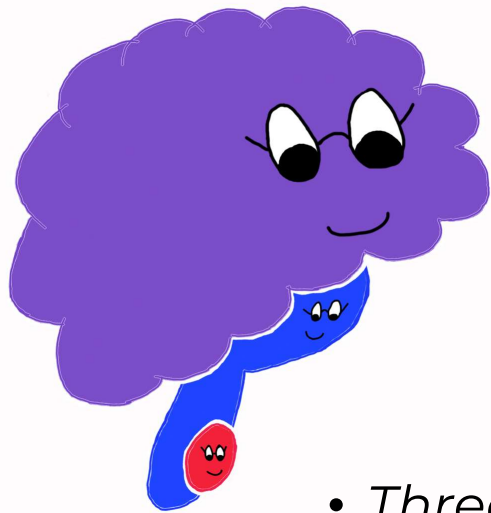


Supporting  
Self-Regulation

## Reflection

*Three feelings I have felt in the last 48 hours are...*

*My biggest challenges with my child(ren) right now include ...*



## *Reflection Time....*

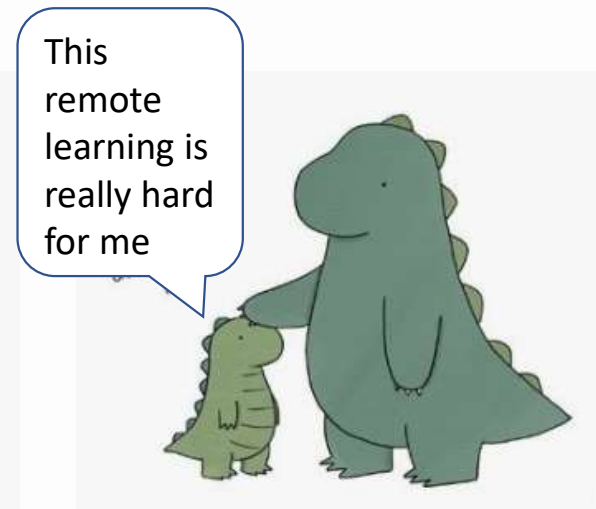
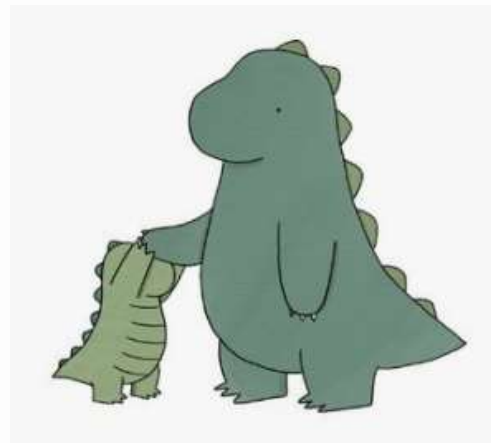
*0:00*

- *Three feelings I have felt in the last 48 hours are...*
- *My biggest challenges with my child(ren) right now include ...*



*Humans are seeking  
belonging and  
significance.*

# Easy when communication is clear

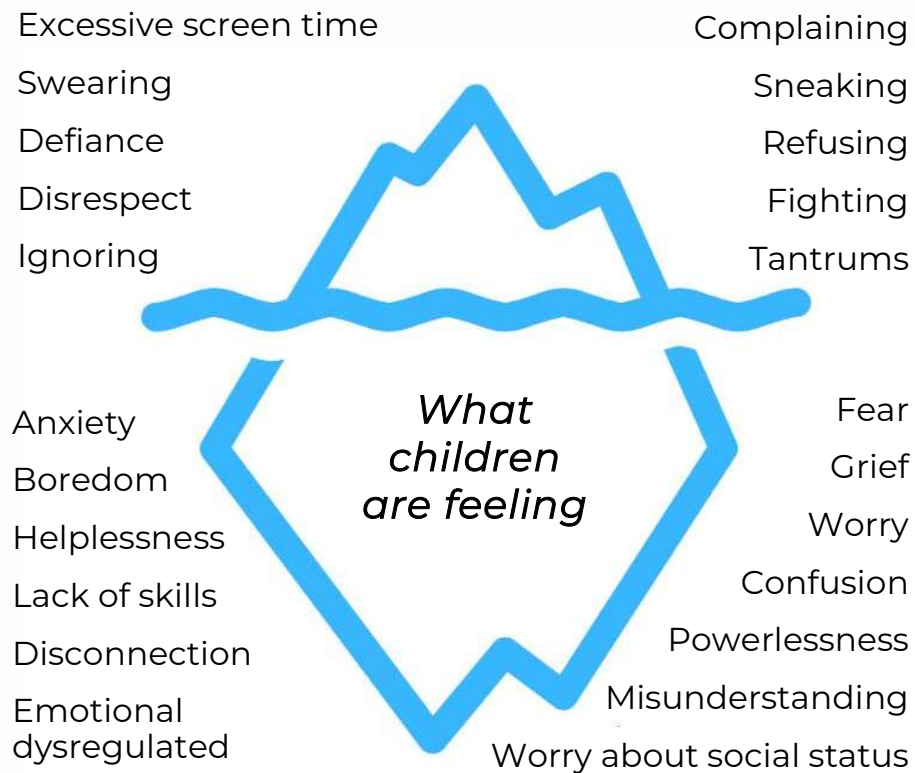


Climo, 2014

*Behavior is  
communication.*



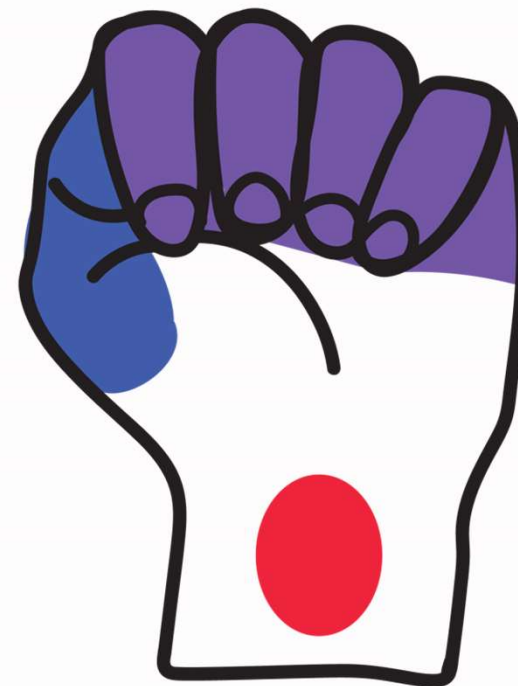
# What adults may be seeing and hearing...



O’Roarty, 2020



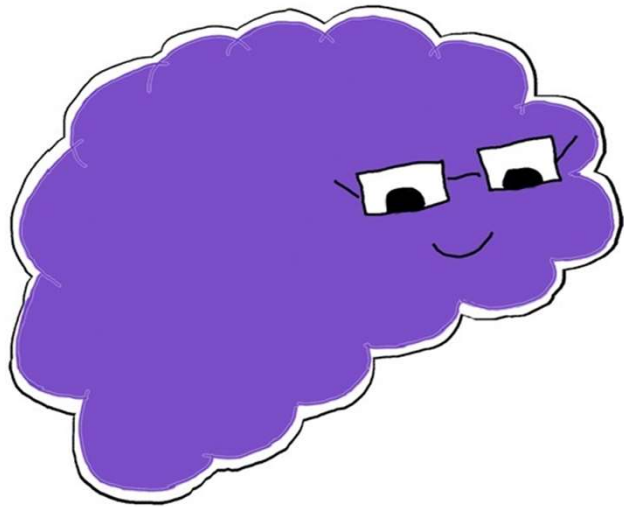
# Hand Model of Brain (Siegel and Hartzel, 2003, 2014)



Calm and ready to process, ask questions and problem solve

Hovious, 2020, Siegel & Hartzel, 2003

# Cerebral Cortex



## Essential Questions:

- What can I learn?
- How can I solve this?

## Tools

- Creativity
- Empathy
- Wisdom,
- Executive functioning,
- Problem solving
- Ability to manage stress

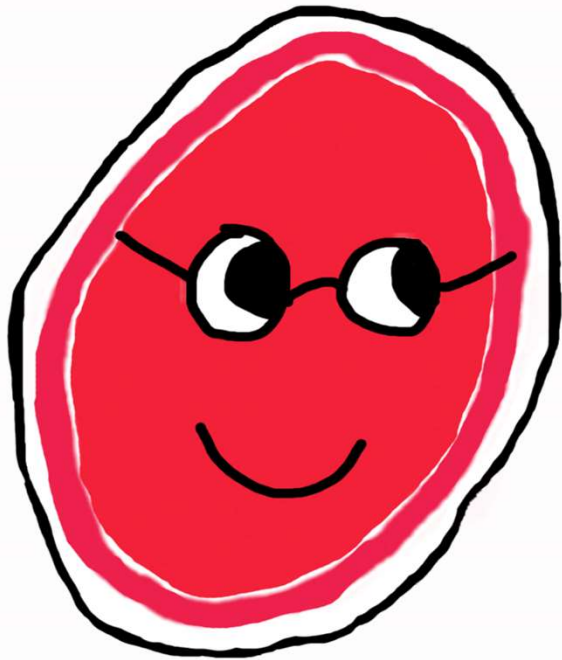
# Dysintegrated - Flip my lid



Disconnected from the cortex's control center

Hovious, 2020, Siegel & Hartzel, 2003,

# Brainstem



Essential Question:

- Am I safe?

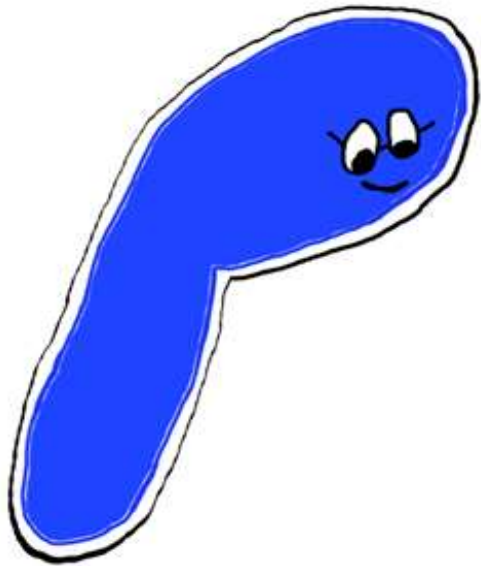
Tools:

- Fight
- Flight
- Freeze
- Faint

Essential Questions (Bailey, 2011) and used in Our Brain Book with permission



# Limbic System



## Essential Questions:

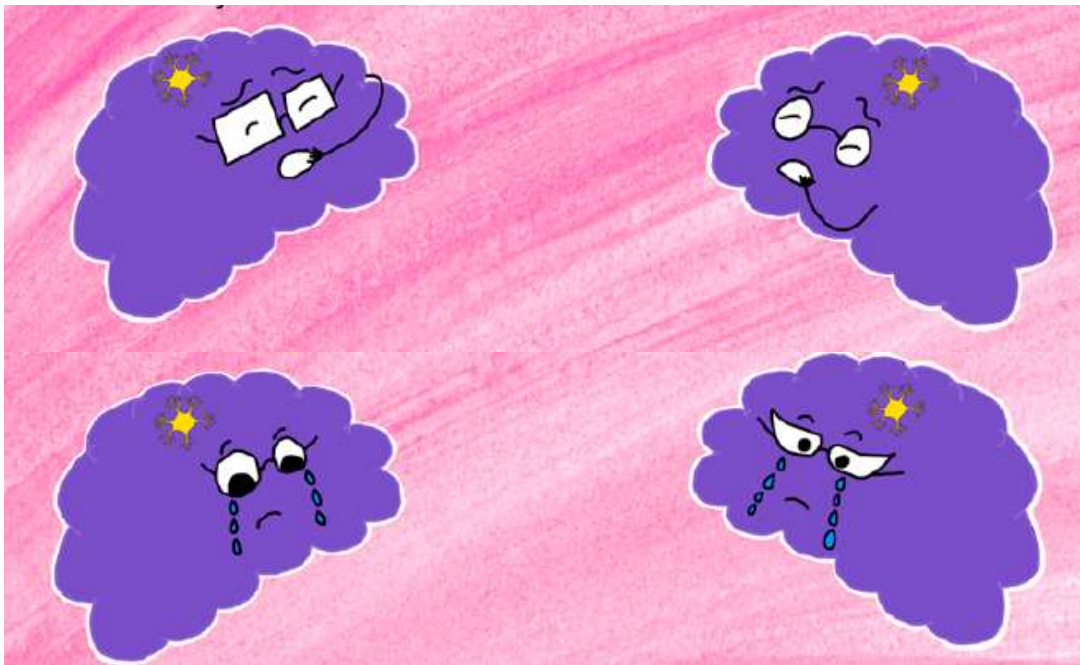
- Am I cared about?
- Am I loved?
- Do I love and care about myself?

## Tools:

- Blaming
- Shaming
- Name Calling
- Defending

Essential Questions (Bailey, 2011) and used in *Our Brain Book* with permission  
Communication Language (Levine & Kline, 2008)

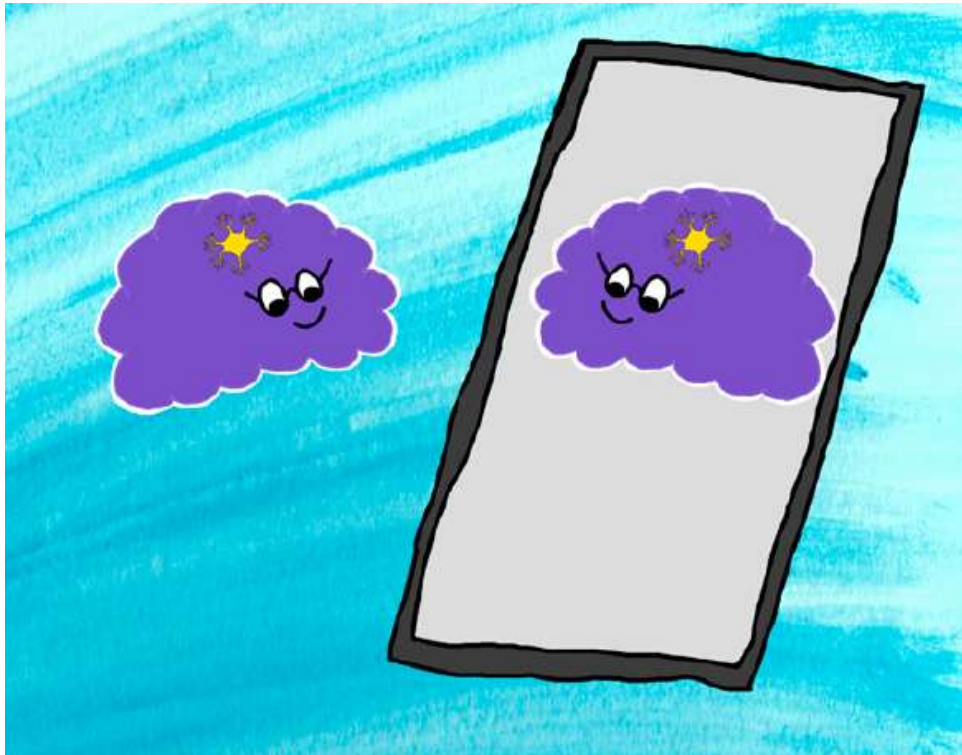
# Mirror Neurons



Have you ever...

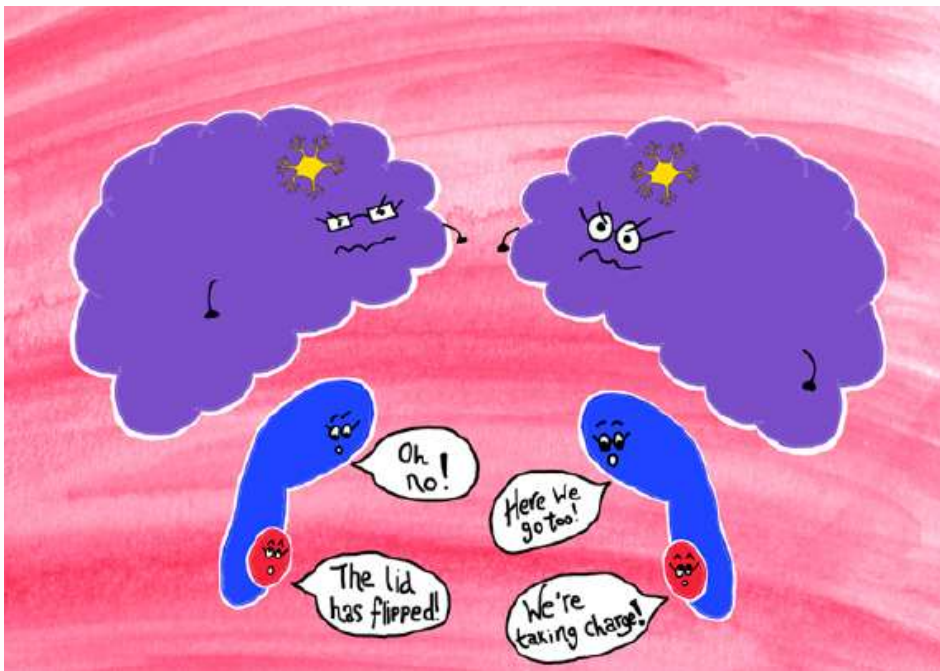
- Yawned when someone yawns?
- Cry when someone cries?

# Our brains are wired to connect



And reflect back  
and feel what we  
see....

So sometimes, when your lid is flipped...



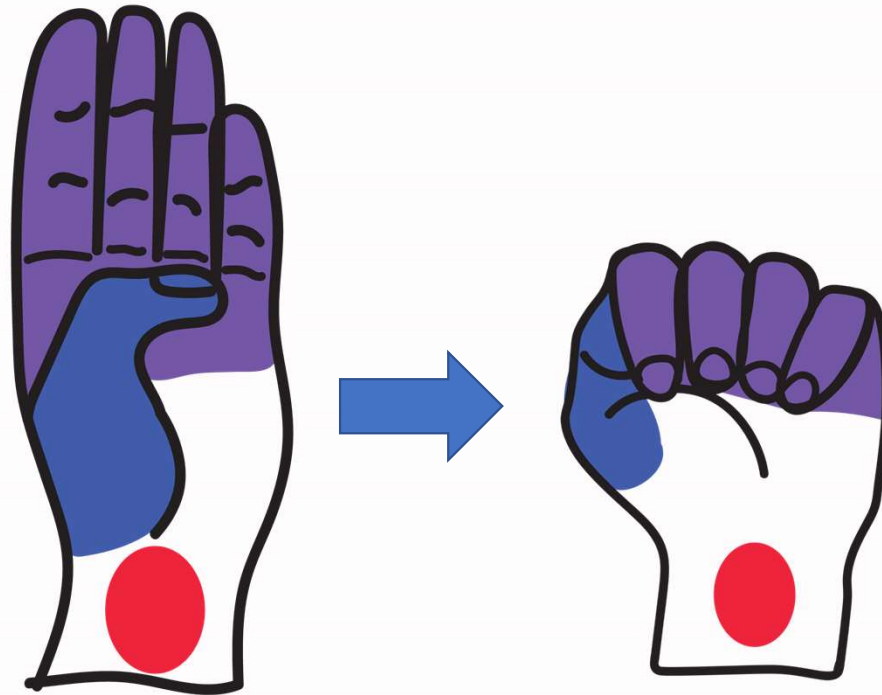
It flips the lid in me.

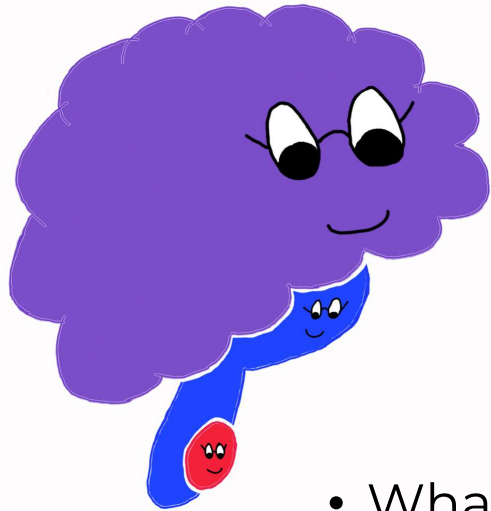
*Opportunity to Reflect*



# Reflection

- What are the “things” that help you get your lid “unflipped” and return to regulation?
- What are the “things” that help your child get your lid “unflipped” and return to regulation?





## *Reflection Time....*

*0:00*

- What are the “things” that help you get your lid “unflipped” and return to regulation?
- What are the “things” that help your child get your lid “unflipped” and return to regulation?

*Opportunity  
to Share*

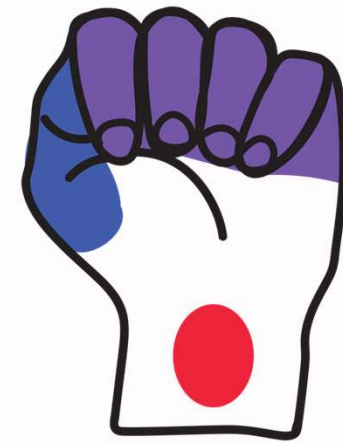


# Six ways to use these new tools

- Teach this simple concept to the adults and children in your life.
- Create sign language for communicating upset
- Teach children to recognize the physical sensations of upset
- Avoid calling behavior “good” or “bad.” Instead, try, “When you were angry, you yelled? What could you do next time instead?”
- What if we decided to only problem solve when all parties are emotionally regulated?
- Co-Create a “calming spot” to feel more integrated



Integrated



Dysintegrated

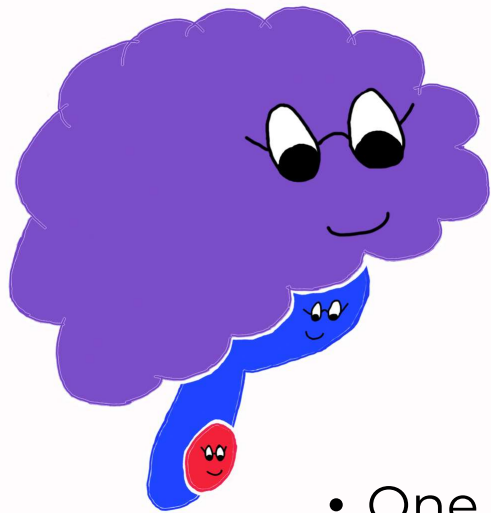
# How to co-create a cool off space at home

- Share personal experience
  - We all get upset
  - It takes time to calm down
  - Preparing a plan place can help
- Ask the child
  - “If you could create a special spot to go when you are upset...”
    - where would it be?
    - what are 3 things that could be in it?
    - What could we call it?
- Model use when the adult is upset
  - Children learn that using a space for personal re-regulation is safe and acceptable through adult modeling
  - Take time for training



# Reflection

- One tool from today that I can use immediately in my relationships is...
- The next time I feel dysregulated, I will...



## *Reflection Time....*

*0:00*

- One tool from today that I can use immediately use in my relationships is...
- The next time I feel dysregulated, I will...

*Questions?*



# Staying Connected

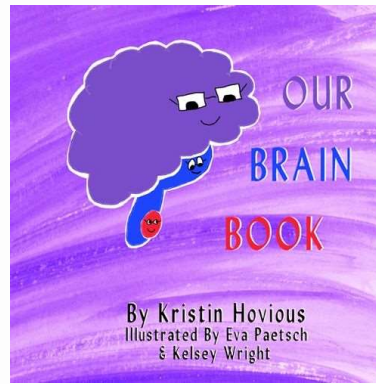
Type your name, school and email in the chat box for a copy of the handouts.

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