Engaging Culturally and Linguistically Diverse Students and Families: Social-Emotional Wellness in the Home

CAL Webinar
April 24, 2020
CAL Professional Development Team
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@CAL_Linguistics
#languageapplied

- Make sure your audio is set up for computer audio, so you can best hear us.
- Please keep your mics on MUTE.
- Enter your questions/chat participation in the Questions box.
- We will respond to as many as possible to make them visible to all.

Participation in Today’s Webinar

Chat/questions

Webinar Activities/Registration
http://cal.org/resource-center/free-resources

Who We Are
What We Do
Areas of Impact
Resource Center

Resource Center
Brands
CAL
Commentary
Online Learning Resources
Instructional Materials
Classroom Publications & Products
Assistance Archive
Policies

Online Learning Resources
In response to recent developments, the Center for Applied Linguistics (CAL) is offering free resources so that you can enhance your practice, get new ideas to use, or just learn a new skill.

LEARNING FROM HOME TIPS BY CAL SOLUTIONS
- Go Reading & Writing Activities to Promote Literacy in Your Home (English, PP L)
- Engage Students: Language and Health in the Home, Session on Friday, April 17 Register to watch the live webinar.

Poll #1
I am joining today’s webinar primarily as a:
1) Parent
2) ESL Teacher
3) Other educator
4) Social worker/community liaison
5) Researcher
Warm-Up

Chat

https://childhood101.com/fun-breathing-exercises-for-kids/

Agenda

- Introductions
- Warm-Up
- Jennifer Escue, Catholic Charities of Tennessee
- Daily Journal Activity, Dr. Alice Prichard
- Brainstorming session

Goals and Objectives

- Content objectives
  - We will present and brainstorm resources and activities that promote social-emotional wellness for ourselves as well as students, their families, and communities.

- Language objectives
  - We will talk and chat about how to promote social-emotional wellness.

Poll #2

- The majority of the students I work with are:
  - Newcomers
  - Unaccompanied minors
  - Refugees
  - Second generation migrants
  - No single majority group; all of the above

Engaging Culturally and Linguistically Diverse Students and Families: Social-Emotional Wellness in the Home

Jennifer Escue
Refugee Youth & Elders Services Supervisor
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https://twitter.com/EscueJennifer

Goals

- Participants will have a foundational knowledge of the impact of toxic stress on children and the importance of supporting social-emotional wellness
- Participants will develop realistic self-care tools
- Participants will have basic understanding of the domains of social-emotional wellness
- Participants will learn simple, at-home activities to support social-emotional wellbeing
Tolerable v. Intolerable Stress

The Main Road

The Express Road

ARC Model

Caregiving is hard...caregiving during a pandemic is harder
Preparation Tools

• Self-Talk
• Have a plan
• Get a good night’s sleep
• Make sure you’re not hungry

In-Your-Pocket Tools

• Deep breathing
• Relax your muscles
• Count to 10
• Walk away for a moment

Let’s Practice

• Think about something stressful that happened this week. Notice what happens in your body.
• Now, try this…
• What changes did you notice?

Recovery Tools

• Call a friend
• Make a cup of tea or coffee
• Exercise
• Do something you enjoy
• Remember one good thing

On-Going Self-Care Tools

• Have and use a team
• Make time for yourself
• Get enough sleep
• Eat well
• Get fresh air

Attachment

The single most important factor in developing resilience in children is to have a stable and committed relationship with a supportive parent, caregiver, or other adult.
Activity: Five Minutes of Joy

• How many 5 minutes of joy activities can you come up with?
• Try to engage in at least one every day

Activity: Circles

• Draw a spiral or concentric circles
• Put yourself in the middle
• Think about all the different people in your life
• Map out how close they are to you

Regulation

To manage your feelings effectively, you have to have some understanding of what the feelings are and where they come from.

Activity: Feelings Charades

• Make a list of emotion words
• Have the child pick one to act out
• Guess which word they chose
• How would they say it in their home language?

Activity: Don’t Flip Your Lid!

Activity: Energy Check-In

• How high (or low) is your energy right now?
• How comfortable is it in your body?
• How good a match is it for what you’re trying to do?
Activity: Energy Toolkits

- Start by brainstorming tools for managing energy
- Grab a container—no need to be fancy
- Decorate & fill
- Use as needed

Supporting Regulation: Daily Routines & Rituals

- Just as with infants, routines provide the rhythms, structures and predictable moments that build child safety, skill and support
- Routines are not about rigidity — they are about co-creating a rhythm
- Routines should decrease rather than increase distress. If your routine is making things harder, change it

Remember the 3 C’s

Corrected
Calmed
Connected

Self-Competency

You build a sense of self-competency by building a history of successes, no matter how small.

Try New Things

- Learn to cook
- Learn to ride a bike
- Learn to write
- Read
- Play sports
- Learn to make a bed
- Try something new
- Learn to clean
- Learn a new game
- Learn a new language
- Work your way through a puzzle
- Learn to identify the colors of flowers in your neighborhood

Activity: The Power of Stories

- Read (or watch or listen) together
- Ask what if questions
Activity: Life Books

- Goal: To help children develop a cohesive sense of identity narrative of their lives
- Include: Significant events, important people & places, traditions, thoughts & feelings, quarantine diaries/interviews, hopes for the future
- Techniques: Narrative, poetry, drawing, collage, photography

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Jennifer Escue
Refugee Youth & Elders Services Supervisor
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https://twitter.com/EscueJennifer

Debrief

☐ What resonated with you?
☐ What activity would you like to try with your families or students?

Gracias

Debrief

Refugee Youth Services Amazon wishlist: https://a.co/5StrFla

FROM THE FIELD

Alice Prichard, Ph.D., Clinical Psychologist

Daily Journal Activity

My Day of Fun and Learning at Home

Reflection Journal

What is something I did that I was proud of?

Problems & how I solved them:

What are my hopes and dreams for the future?

What did I learn today?

What did I learn in school?

What is something that made me laugh?

What is something that made me cry?

My Day of Fun and Learning at Home

Dr. Alice Prichard, Clinical Psychologist

Daily Reflection Journal

My Day of Fun and Learning at Home

What is something I did that I was proud of?

What are my hopes and dreams for the future?

What made me laugh today?

What made me cry today?

My Day of Fun and Learning at Home

Dr. Alice Prichard, Clinical Psychologist
Your Turn

- Which activities would you like to adapt and use from home?
- What social-emotional activities or resources have you been engaging in with your students or kids?

Upcoming Topics

<table>
<thead>
<tr>
<th>Date</th>
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<tr>
<td>May 1, 2020</td>
<td>Assessing Development and Providing Feedback: Language Assessment in a Virtual Environment</td>
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Other Online Learning Opportunities

- CAL’s self-paced asynchronous courses:
  - Academic Literacy Development for English Learners
  - Foundations of Literacy: The Nature of Reading
  - Fundamentals of Sheltered Instruction: Featuring the SIOP Model
  - Coming soon! Building Background and Comprehensible Input: CAL SIOP Essentials

http://cal.org/what-we-do/online-courses

- All courses are ~ 5 hours of course time
- After completion, participants receive a CAL Certificate of Completion that can often be used to obtain continuing educational credits from your school or district.
Thank You

☐ View this webinar and download the handouts on our CAL Resources page: http://www.cal.org/resource-center/freeresources

☐ Join us next week, Friday, May 1st, 3-4pm EDT
   - Next week’s topic: Assessing Development and Providing Feedback: Language Assessment in a Virtual Environment
   - https://attendee.gotowebinar.com/register/726012332150860653

Thank You

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