

MIDDLE & HIGH SCHOOL

Everyday Social Emotional Skills Guidance for Remote Learning

It's normal to respond to the uncertainty of this time with a range of feelings and needs. We hope the 3 simple tips below might help create daily routines for supporting your household's wellness.

SELF AWARENESS & YOUR EMOTIONS

When you understand how you're feeling, you're developing self-awareness. This will help you identify sources of emotional strain, how you're affected, and most importantly, how to positively manage stress.

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<p>Each day monitor your emotions through a check in with yourself or others. Talk about how you are feeling and why, and work to label these emotions. Recognize how you demonstrate these feelings through your body and thoughts so that you can increase your self-awareness</p> <p>Recognize your personal triumphs in how you are dealing with your moods and emotions during this time. Exchange with others the techniques or habits that are helping you and to get ideas.</p> <p>Talk to a trusted adult if you are feeling anxious or down, or if you recognize that someone you know is having a hard time.</p> <p>To heighten your sense of self-awareness within school and society, write down or have a conversation with a friend or family member involving how you describe your self-identity.</p>	<p>Monitor your emotions through a check in with yourself or others. Talk about how you are feeling and why, and work to label these emotions. Recognize how you demonstrate feelings so that you can increase your self-awareness. Notice what triggers negative emotions in you, such as news media. Consider limiting those things.</p> <p>Take a mindful moment for yourself each day. You can do this in a variety of ways. One suggestion is to try and find a quiet place at home, sit comfortably, and practice deep breathing, paying attention to the experiences of each of your five senses. Mindfulness can help keep you focused and less distracted when you fully commit to the task at hand, such as mindfully exercising.</p> <p>Explore the depths of your self-awareness through reflecting upon how your identity (ex. race/ethnicity, culture, gender, sexuality, social class, or disability) has impacted your self-identity.</p> <p>Be sure to reach out to a trusted adult if feelings of sadness interfere with your daily routines, as these could indicate something more serious is going on.</p>

SET GOALS & CELEBRATE ACCOMPLISHING THEM

When you set goals you are sending the message to your heart and brain that you are willing to accomplish things. No matter the goal, what is important is that you recognize your hard work and celebrate your successes.

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<p>Set 1-2 daily or weekly goals that are realistic and provide a sense of accomplishment. Write these down or share them with someone who will hold you accountable.</p>	<p>Set 2-3 daily or weekly goals that fuel your academic, social, emotional, and physical well-being. Consider starting an accountability group with your family or friends using an app. Don't be afraid to keep things simple!</p>

<p>Examples of goals can be academic, like reading or completing math problems online, exercising for 20 minutes each day, or assisting with chores.</p> <p>When setting goals, reflect upon your self-identity. How does your identity guide your goals, and your ability and resources to accomplish them? Discuss with a friend or trusted adult as to how to develop a plan to accomplish the goals you set, as well as list the resources you need.</p> <p>Reward yourself and celebrate when you reach your goals! When you don't, practice self-compassion and forgiveness, and don't give up on yourself!</p>	<p>Connect your strengths to goals so that you remain motivated. Recognize your limitations and areas in which you'd like to improve. If you are disorganized, think about setting goals such as cleaning your room and helping around the house. And if you have younger siblings, try and help them set their own goals or work together on the same ones.</p> <p>When setting goals, reflect upon your self-identity. How does your identity guide your goals, and your ability and resources to accomplish them? Write or discuss what supports you need to reach your goals. Discuss with a friend or trusted adult as to how to develop a plan to accomplish the goals you set.</p> <p>Reward yourself and celebrate when you reach your goals, but if you don't, be sure to always practice self-compassion and forgiveness. And keep persevering!</p>
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SOLVE PROBLEMS EFFECTIVELY AND WITH KINDNESS

Solving problems with clear communication and kindness ensures that everyone gives and receives respect.	
Middle School	High School
<p>Remember that having problems or arguments are normal parts of life. Practice positive, consistent communication and stay solution focused.</p> <p>Focus on positive self-talk and practicing kindness and patience when solving personal or social problems.</p> <p>Think about researching empathy and how differences between folks from different backgrounds may contribute to how a problematic situation is viewed. Why might some not understand the perceptions of others? Write or talk about or discuss positive ways that students and adults can see things from other perspectives to foster empathy, respect, and value diversity.</p> <p>For example, perhaps two individuals are reacting differently to what is going on in the world right now, with one being angry and one scared. These two people need to take the time to explore why the other feels each way, digging deep and trying to understand other perspectives.</p> <p>Conflict resolution is about finding solutions and not about changing someone's view to match yours. When you do not share the same opinions, see if you can understand the other person and stay respectful.</p>	<p>Conflicts with others is a natural part of life. Work on effectively communicating with others when conflict arises and do so keeping in mind the words you choose and keeping them clear and kind. Maintain respect for yourself and others!</p> <p>Think about a problem you may have had or that you see as problematic based on identities. Research reasons why folks may have these perceptions. Try and make a list of how people can show positive support to remedy these issues.</p> <p>Consider how you and others may view problems based on self-identity. Think about discrimination and stereotypes, as well as expressions of tolerance and kindness. Write about or discuss how to solve problems with kindness and have open, respectful conversations with others.</p> <p>Connect kindness to a higher purpose when it comes to problem-solving. Tell your story and listen to others. How are your stories the same? Different? Sharing stories about yourself with others is a great way to develop empathy and connect.</p> <p>You may want to ask yourself how you can connect kindness to other problems you're trying to solve.</p>

Tapping into civic engagement is a common way that folks try to solve larger problems. How can kindness be used to address problems, while leaving others with hope, agency, and connections?

When you experience problems within yourself or with others, be sure to identify solutions that keep you and others safe and avoid bringing further emotional or physical harm.