



Emotional Resilience

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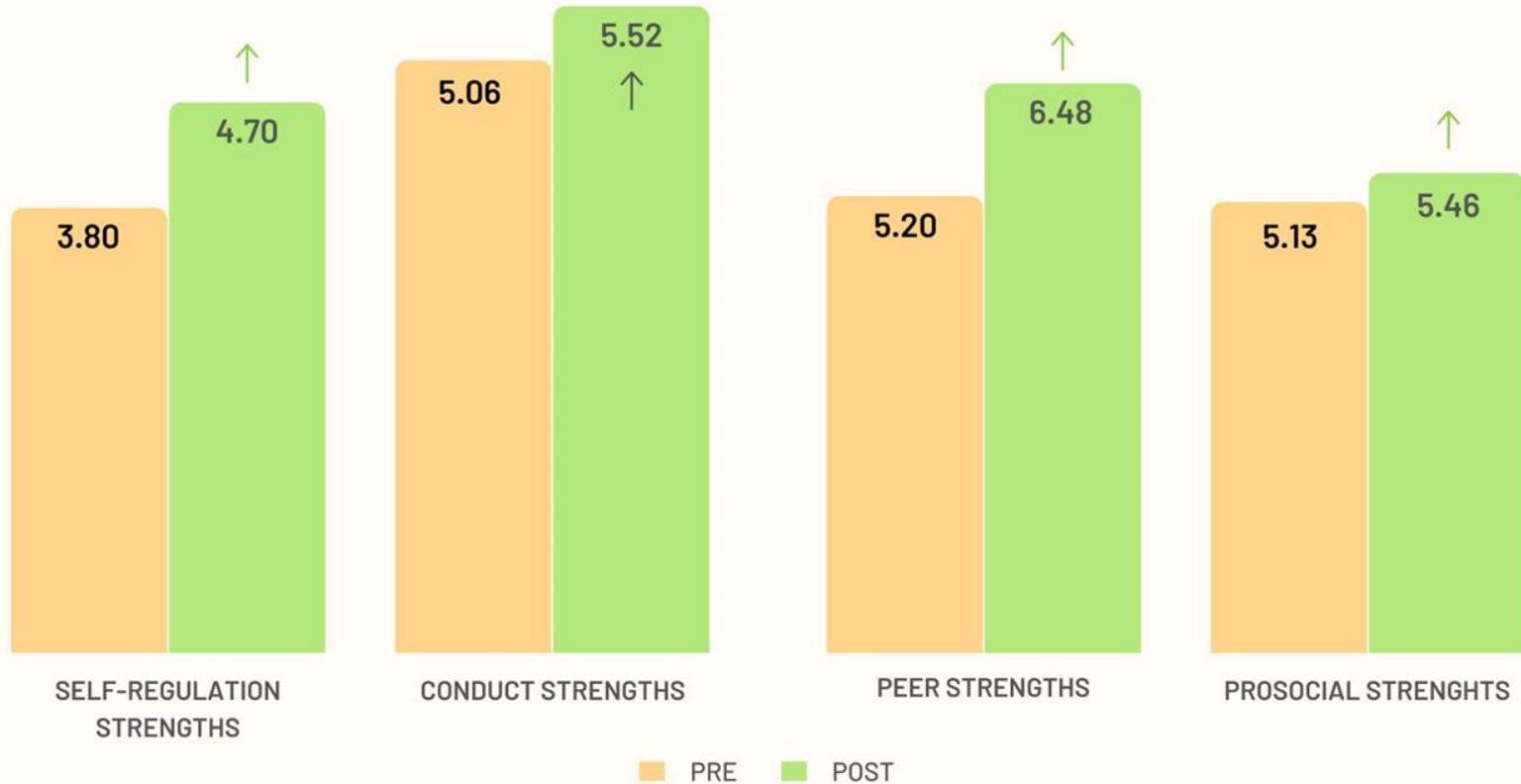
Our Program:

- ♥ Skill building and support for teachers
- ♥ Practical classroom tools
- ♥ Embody emotional resilience



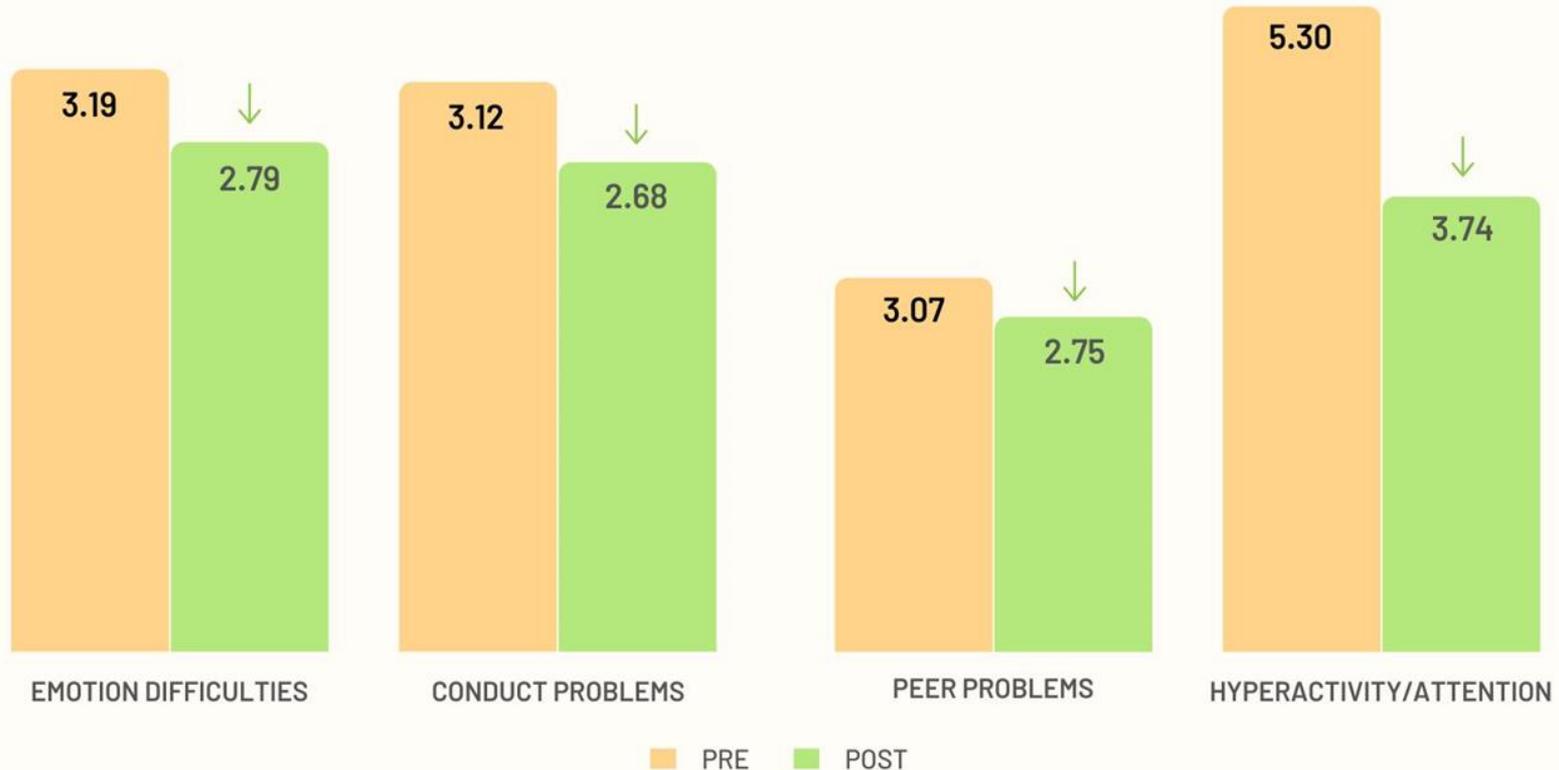
SEL Strengths

These aggregated data for SEL areas of strengths confirm a pattern reported for schools individually:
An Increase in socio-emotional and behavioral strengths.



SEL Difficulties

These aggregated data for SEL areas of difficulty confirm a pattern reported for schools individually:
A decrease in socio-emotional and behavioral difficulties.



Learning Objectives:



Understand the foundational components of emotional resilience.



Learn practical strategies to build emotional resilience in the classroom.

Emotional Resilience

Our ability to recognize difficult emotions (*awareness*), process them in a healthy way (*tools*), so we can bounce back to feeling like ourselves again (*self-love & acceptance*).



Emotional Resilience requires

- ♥ Emotional awareness
- ♥ Healthy processing tools
- ♥ Acceptance & Self-Love



Emotional Awareness

Our ability to recognize difficult emotions.



We all need to nurture emotional awareness



We are all strong enough to face difficult emotions



Emotional suppression can lead to anxiety and depression

In the classroom

♥ Visual Cues and Tools

♥ Daily connection and reflection

Breathe, Heart Connection, Emotional Check-in

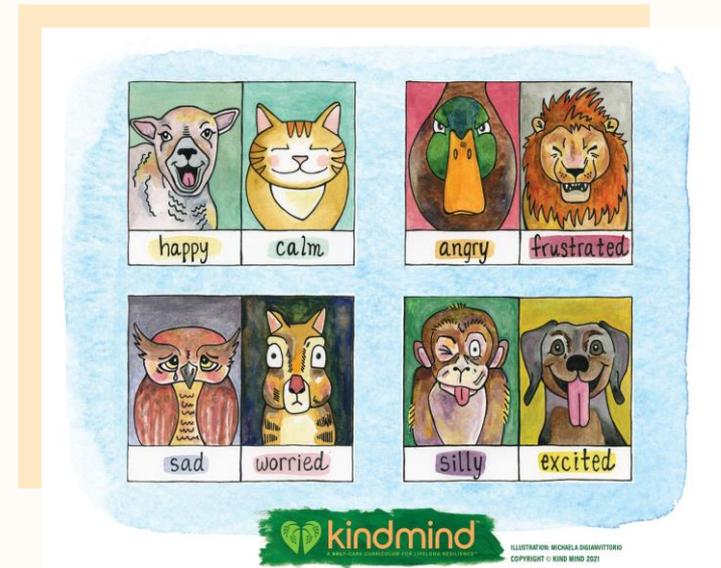
♥ Tips:

Consistent, daily practice - 1-5 minutes

Invitational sharing

Draw / Write to decompress and build interoceptive awareness

No need to fix, just listen



Healthy Processing Tools

Our ability to process difficult emotions in a healthy way.

Don't force the tools, practice consistently for self-efficacy and embodiment.

This steps requires time and space for children to reflect and explore.



Journal / Draw



Breathwork



Affirmations



Hands to heart



Move your body - run, jumping jacks,
walk slowly, stretch, dance



Listen to music



Go outside

Daily Rhythm for Resilience - example

Morning



Settle, breathe,
emotional check-in
(share, write, draw)

Transitions



Breathwork, quiet activity
(draw, write, sensory,
creative)

Dismissal



Connection practice:
self-acknowledgement,
community appreciation,
gratitude (share, write,
draw)

Emotional Acceptance & Self-Love

♥ Our ability to bounce back to feeling like ourselves again.

♥ *Requires compassion and acceptance of what feels uncomfortable.*



“Just like you...” - with others



“Just like me...” - with yourself

Stay in touch!

Email

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Weekly Blog Sign Up

<https://www.kindmindededucation.com/blog>

Other Resources:

[Gabor Mate, The Wisdom of Trauma](#)

[Applied Compassion, Stanford University](#)

