

## **Social and Emotional Learning in the Time of Distance Learning: An Online Resource for Educators Concerned About Children's Coping Skills**

*(Narration appears in italics throughout this lesson.)*

### **Lesson # 6**

#### **Review of Tools for your EQ Toolbox**

*Always begin your class meeting with a Check-In.*

*A check in is a very important part of each session/lesson/meeting. "Checking in" with each other involves naming and acknowledging feelings, and is a great way to connect members of the group with each other, creating a sense of community. Checking In allows students to pause at the beginning of a session and, by naming their feelings, free up their thinking power for engagement in the session. Research has suggested that the check-in activity builds empathy among group members and strengthens group connections. Students are permitted to pass. If time is a problem, hand signals can be used by students to participate in the check in (thumb up, thumb horizontal, or thumb down).*

*Today's Check-In: (Put the following list of tools up on the screen.) Tell the students: Today we will review the "tools" we have learned and talk about how we can use them to help us name our emotions, calm ourselves, observe and recognize patterns; Be careful of our words; and work to change the way we think about a situation, listening to the message of our emotions. : Have students pick and talk about using their favorite EQ tool.*

*Lesson # 1: Connect with Others; Just breathe; BMH*

*Lesson # 2: Understanding the Power of Your Brain; Patterns and Neural Pathways*

*Lesson #3: Understanding the power of the "Ways We Think;" Victim/Dictator/Ally Words and their effect*

*Lesson # 4: The Super Power of Emotions; 8 basic emotions and their messages; Video on Mindfulness; Video about the Story of the Wolves*

*Lesson # 5: Thinking Things Through; Video Camera; Pattern Sentences; Mindfulness*

*Activity: Have students take out their journals and draw a picture or symbol representing each EQ tool.*

***Assignment: After the lesson is complete, ask students to explain how they will teach how to use two of these tools to a family member or a friend. Break the students into pair-share groups of two or three and have them practice teaching one of the skills.***

***Watch this video clip from the movie, "Inside Out," either now or at the beginning of Lesson 7.***

***<https://www.youtube.com/watch?v=kdhjztWMnVw>***