



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



Participation in Today's Webinar

- Make sure you also set up for computer audio, so 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.



Chat/questions



Webinar Activities/Registration

<http://cal.org/resource-center/freesources>




Multilingual and Dual Language Webinars

<http://cal.org/resource-center/freesources>

CAL Multilingual and Dual Language Education Webinars (Coming this May!)

Register for the upcoming webinars!

- **Cómo fomentar el desarrollo de la lengua y la lecto-escritura en español**
 - Tues., May 5, 2020 -- 3:00 - 4:30 PM EDT
- **Foundations of Dual Language Education**
 - Tues., May 12, 2020 -- 3:00 - 4:30 PM EDT
- **Fostering Spanish Language and Literacy Development**
 - Tues., May 19, 2020 -- 3:00 - 4:30 PM EDT
- **CAL SIOP for Dual Language Programs: A Focus on Scaffolding for Students Learning in Two Languages**
 - Tues., May 26, 2020 -- 3:00 - 4:30 PM EDT



Ed Policy One-Takes

<http://cal.org/resource-center/freesources>

Ed Policy One-Takes

This policy-focused mini-series examines the real-time implementation of state and federal policies enacted in response to COVID-19 across the U.S. education system. We focus on how these new laws, regulations, waivers, etc. are and will affect State Education Agencies (SEAs) and Local Education Agencies (LEAs).

UP NEXT: Click to Register

- **CAL Policy One Takes: Funding Opportunities**
 - Thurs., Apr. 30 -- 1:00 PM - 1:30 PM EDT
- **CAL Policy One Takes: Virtual Instruction**
 - Thurs., May 7 -- 1:00 PM - 1:30 PM EDT

WATCH NOW:

- **Meeting the Social Distancing Challenge: Strategies for Adult ESL**
- **The Impact of Assessment Waivers & the Future of the U.S. Education System**



Poll #1

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




Warm-Up

BUBBLE BREATHING



Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.



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



Catholic Charities
of Tennessee, Inc.
ACTS OF LOVE,
GOODWILL
AND KINDNESS

Jennifer Escue
Refugee Youth & Elders Services Supervisor
jescue@cctenn.org
<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



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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



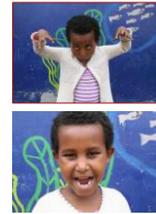
To manage your feelings effectively, you have to have some understanding of what the feelings are and where they come from.



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

Items to Include

- 1/2 cup of water
- Flavored Chex® cereal
- Crayons and/or markers
- Coloring supplies
- Craft supplies
- Hand Lenses
- Building blocks
- Playdough
- String
- Marbles or stones
- Spray
- Paper plates
- Paper napkins



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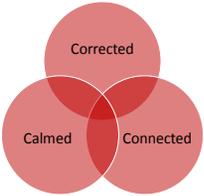
Supporting Regulation: Daily Routines & Rituals

- 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**



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Remember the 3 C's





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Self-Competency

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



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Try New Things

- Learn to cook
- Try a new dance
- Learn to draw your favorite animal
- Learn to ride a bike or skate
- Try knitting or cross-stitch
- Learn to climb a tree
- Learn to code
- Learn a new game
- All the usual
- Learn sign language
- Practice pool/billiards
- Try a new sport
- Learn to identify the plants or flowers in your neighborhood





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Activity: The Power of Stories

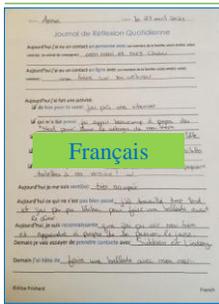




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- Read (or watch or listen) together
- Ask what if questions

Translated Versions



Français

Reflexión Diaria

Hoy yo compartí, en persona con mi esposa, Fernando. Compartimos nuestro desayuno a comparación de nuestros hermanos para hoy.

Hoy me sentí en línea con mi mejor amigo Sofía y mi abuelo, Eli. Hoy en su día de cumpleaños, y en estos tiempos que no vamos a estar juntos. Pero también nos reímos mucho sobre todos sus eventos.

Hoy hice algo:

- saludable:
- que me hizo pensar:
- que me enseñó:
- que me hizo reír o fue divertido: Encuentre mis lapsos de color y coloreé unas lentillas bonitas.

Hoy me sentí alegre, pero también muy cansado.

Algo que me está bien en el día de hoy fue terminar todos mis quehaceres.

Mi mamá tendió la mano a mi mamá, que necesitó que alguien la ayude con sus deberes.

Hoy, me siento agradecido/a por trabajar con colegas tan agradables y quienes siempre me ayudan y apoyan.

Algo que espero con interés mañana es dormir tarde y descansar el día.



Español



Dr. Alice Prichard, Clinical Psychologist

Translation by
Marybelle
Marrero-Colón

Translated Versions



Polish

Translation by
Maria and
Czesława Cieślak



Translation by
Maria and
Czesława Cieślak

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?







chat



<http://cal.org/resource-center/freesources>

Upcoming Topics

Date	Topic
May 1, 2020	<i>Assessing Development and Providing Feedback: Language Assessment in a Virtual Environment</i>



<http://cal.org/resource-center/freesources>

Multilingual and Dual Language Topics

Date	Topic
May 5, 2020	<i>Cómo fomentar el desarrollo de la lengua y la lecto-escritura en español</i>



<http://cal.org/resource-center/freesources>

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://www.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.



