Empathy & Respect

Managing Emotions



What are Social Skills?

. Turtle Rock Elementary

Education

Being Responsible



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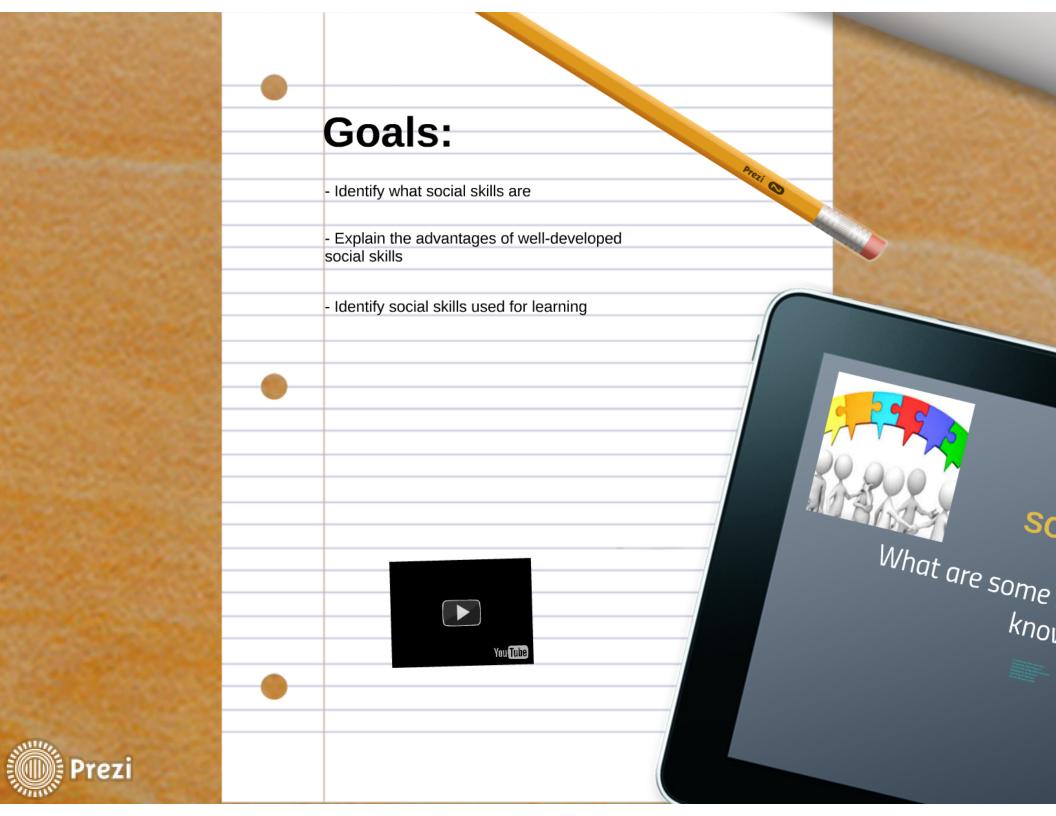
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Goals:

- Identify what social skills are

Explain the advantages of well-developed social skills

Identify social skills used for learning





SOCIAL SKILLS

What are some social skills you know?

Enpathy and Respect
 Understanding perspecti
 Managing encours
 Solving problems
 Being Responsible



- Listening with attention
- Empathy and Respect
- Understanding perspectives
- Managing emotions
- Solving problems
- Being Responsible









Attentive Listening

Parts of the body that are used for listening attentively are...

Why should we practice attentive listening?





How is it going to help me?



Parts of the body that are used for listening attentively are...





Why should we practice attentive listening?





How is it going to help me?













Empathy

We have already defined empathy, but can you reflect on a time when you experienced it?





Key Points to Empathy:

• Communicating feelings through Active Listening.

Being Assertive*Practice*

Predicting FeelingsHow can this help?

Responding with Compassion



CIMS

Key Points to Empathy:

- Communicating feelings through Active Listening.
- Being Assertive
 - "Practice"
- Predicting Feelings
 How can this help?
- Responding with Compassion



EMOTION MANAGEMENT









WHAT ARE EMOTIONS?

NEGATIVE...POSITIVE?



WHAT ARE WE SUPPOSED TO DO WITH THEM?

NEGATIVE...POSITIVE?

WHAT ARE WE SUPPOSED TO DO WITH THEM?









You Tube

WHAT HAPPENS IN YOUR BRAIN AND YOUR BODY?



TEPS FOR STRONG EMOTIONS

- STOP
 USE A SIGNAL
- NAME YOUR FEELINGS
 WHAT ARE YOU FEELING AT THAT MOMENT
- CALM DOWN
 COUNT, BREATHE, USE POSITIVE SELF-TALK



Problem Solving



STEPS TO PROBLEM SOLVING

- 1. SAY THE PROBLEM!
 What seems to be the problem?
- 2. THINK OF DIFFERENT SOLUTIONS TO THE PROBLEM.

What are some ideas we can come up with to solve our issue?

- 3. EXPLORE GONSEQUENCES

 Now that we have come up with ideas, what are the consequences to each?
- 4. PIGK THE BEST SOLUTION
 What's the best solution/consequences for everyone.



Lets Practice!

Instructions:

- Organize a group of threes.
- Read your problem card.
- Pick your role.
- Practice the Problem Solving steps.

INCLUDE EVERYONE!

S.T.E.P

Say the problem
Think of solutions
Explore consequences
Pick the best solution



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