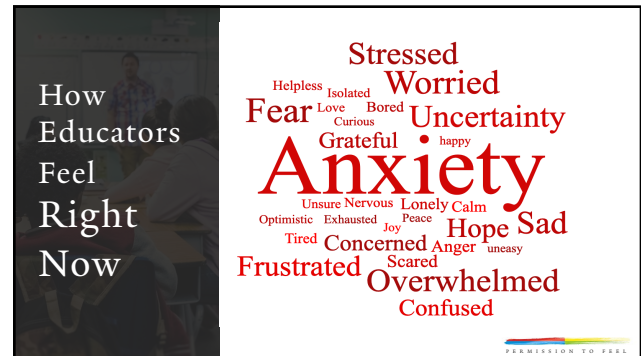


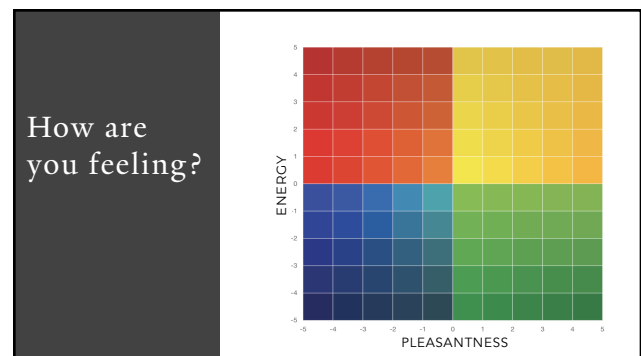
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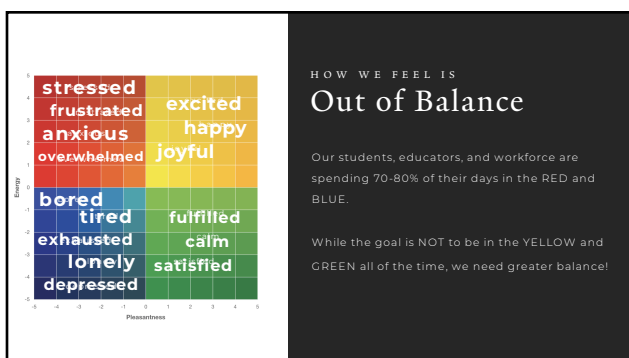
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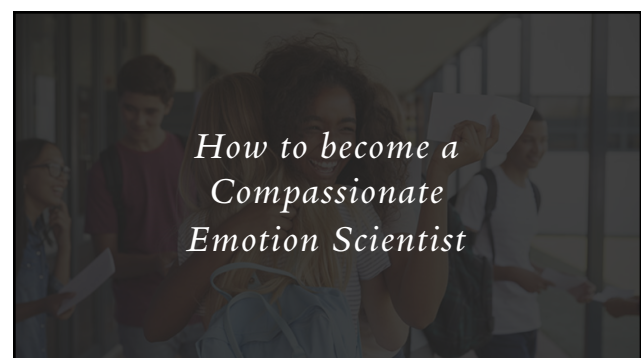
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5



6

It starts with giving ourselves and our loved ones the
Permission To Feel

What does Permission To Feel mean to you?

Who gave you the Permission To Feel?

What are the characteristics of that person?

7

Emotion Scientist vs. Emotion Judge

An Emotion Scientist...

- Is open, curious, and reflective
- Views *all* emotions as information
- Is in learner mode (investigates)
- Wants to get "granular"
- Has a "growth mindset"

An Emotion Judge...

- Is critical, closed, and ignores emotion
- Views emotions as "error"
- Is in knower mode (makes attributions)
- Clumps emotions as good or bad
- Has a "fixed mindset"

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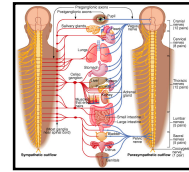
Steps for Lasting Impact

9

Steps for Lasting Impact

• Learn the science of emotion and emotional intelligence

- Emotions are information, not "disruptive"
- Be an emotion scientist, not a judge (remember: behavior is not emotion)
- SEL is about using all emotions wisely to achieve desired outcomes



10

Steps for Lasting Impact

• Move beyond the goal that "happiness" is the "answer"

- People who constantly strive to be happy often feel worse over time
- SEL is about acknowledging and accepting all emotions (e.g., stress management vs. eliminating all stressors) and finding greater balance



11

Steps for Lasting Impact

• Understand that SEL skills are hard, not "soft" skills

- We need to change the "reward" system to include SEL skills which lead to important life outcomes (SAT scores and grades get you into college).
- Research shows 30-40% of jobs require SEL skills, but only 42% of employers believe new graduates are prepared for the workforce with these skills



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The RULER Skills

- R**ecognizing emotions in self and others
Understanding causes and consequences of emotions
Labeling emotions accurately
Expressing emotions
Regulating emotions effectively

PERMISSION TO FEEL

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Emotion Regulation Strategies

PHYSIOLOGICAL REGULATION

- Mindful breathing

SELF-CARE (Strong Immune System)

- Sleep, nutrition, exercise

HEALTHY RELATIONSHIPS

- Feeling safe, heard, & connected

MANAGING YOUR THOUGHTS

- Positive self-talk, gratitude, & reappraisal

MANAGING YOUR LIFE SMARTLY

- Modifying & selecting situations to prevent stress; having routines and setting daily goals; problem-solving

DOING MEANINGFUL THINGS YOU ENJOY

- Spirituality, hobbies, entertainment, & leisure

FORGIVENESS

- Having self-compassion; Giving ourselves permission to fail & forgive.

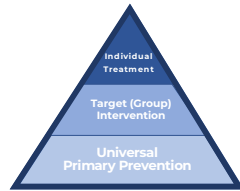
PERMISSION TO FEEL

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Steps for Lasting Impact

- **Focus more on prevention so there is less need for intervention, but take a multi-tiered approach**

- Intervention models do not reduce the number of new "cases"
- Building protective factors to promote good mental health reduces the burden on multiple forms of disease and improves life outcomes



PERMISSION TO FEEL

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Steps for Lasting Impact

- **Have greater balance in the "core" curriculum**

- How many hours are spent on "core" subjects vs. explicit instruction in SEL skills?
- Move beyond "what gets assessed gets taught" model (SEL underlies all learning)
- Acknowledge that testing can be biased (and these biases may hinder student motivation and attitudes about school)

	MON	TUE	WED	THU	FRI
1	RULER	RULER	RULER	RULER	RULER
2	Literacy	Gym	Science	History	Math
3	Math	Literacy	History	Math	Science
4	Lunch	Lunch	Lunch	Lunch	Lunch
5	RULER	Math	Literacy	Gym	Literacy
6	History	Science	Math	Science	Math
7	Science	History	Gym	Literacy	RULER

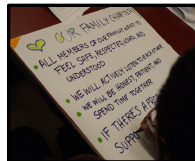
PERMISSION TO FEEL

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Steps for Lasting Impact

- **Educate families**

- Let kids be kids!
- Spend more time with kids! Children shouldn't be an "inconvenience"
 - The average teenager spends **6 hours per day** using tech
 - Anxiety & depression are correlated with time spent using tech
 - Teenagers now prefer to communicate via text than face-to-face
- Monitor mixed messages: "self-care matters, but kill yourself to get into a top college"



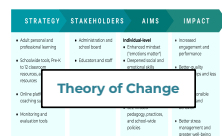
PERMISSION TO FEEL

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Steps for Lasting Impact

- **Eliminate "quick fix" mentality and focus on systemic change**

- Schools are accustomed to the "train and hope" model (and repeat and repeat)
- Move from single constructs like grit or mindfulness to a developmental model
- Move from fragmented and piecemeal to a more systemic approach
- Employ better systems (metrics) to track implementation and outcomes



PERMISSION TO FEEL

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Steps for Lasting Impact

• Overhaul outdated and often harmful policies and educate policymakers

- US is the only country that hasn't signed the UN Convention on the Rights of Children
 - Corporal punishment is still allowed in 19 states
 - Many bullying policies focus on protecting schools, not children
- We need a greater focus on structural issues that perpetuate inequities including stigma and racism



PERMISSION TO FEEL

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The RULER Approach

STRATEGY	STAKEHOLDERS	AIMS	IMPACT
<ul style="list-style-type: none"> • Adult personal and professional learning • Schoolwide tools, Pre-K to 12 classroom resources, and OST resources • Online platform and coaching support • Monitoring and evaluation tools 	<ul style="list-style-type: none"> • Administration and school board • Educators and staff • Families • Students 	Individual-level <ul style="list-style-type: none"> • Enhanced mindset ("emotions matter") • Deepened social and emotional skills Setting-level <ul style="list-style-type: none"> • Healthier emotional climates in schools and homes • SEL-infused pedagogy, practices, and school-wide policies 	<ul style="list-style-type: none"> • Increased engagement and performance • Better-quality relationships and less bullying • More responsible decisions and behavior • Better stress management and greater well-being

PERMISSION TO FEEL

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Healthy Emotion Co-Regulation

- **Step 1: Set yourself up for success**
- **Step 2: Explore**
- **Step 3: Strategize**
- **Step 4: Follow up**

PERMISSION TO FEEL

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Set a goal, make a commitment!

- Think about everything we discussed today.
- What from today's webinar resonates the most with you? What can you apply right now or today?
- Set an intention to apply this strategy.
- What will be different as a result of using this strategy?
- What might get in the way? How can you plan better?
- You owe it to yourself, your children, and society!

PERMISSION TO FEEL

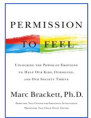
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Let's Put It All Together!

- Acknowledge that all emotions are information
- Give yourself & others the *Permission To Feel*
- Strive to become an emotion scientist, not an emotion judge
- Learn and refine the skills of emotional intelligence (i.e., RULER)
- Appreciate that developing emotional intelligence is harder than learning traditional "hard" skills (it's life's work!)
- Focus on systemic change & embrace its complexity
- Don't give up building a healthier, & more equitable, innovative, & compassionate society so all children (& adults) can achieve their dreams

PERMISSION TO FEEL

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Emotion Scientist Blog, Book Club, Free articles
marcbrackett.com



Moodmeterapp.com

RULER training: Rulerapproach.org

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THANK YOU!

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