

You're in the right place if you...



- Want to understand the importance of taking care of yourself so you can best take care of kids,
- Want to recognize that building positive relationships will allow you and kids to bring out the best in each other, and
- Want to learn simple, easily transferable skills that will empower you to build skill and confidence in dealing with tough situations.

*What to Do When/
What to Say When:*

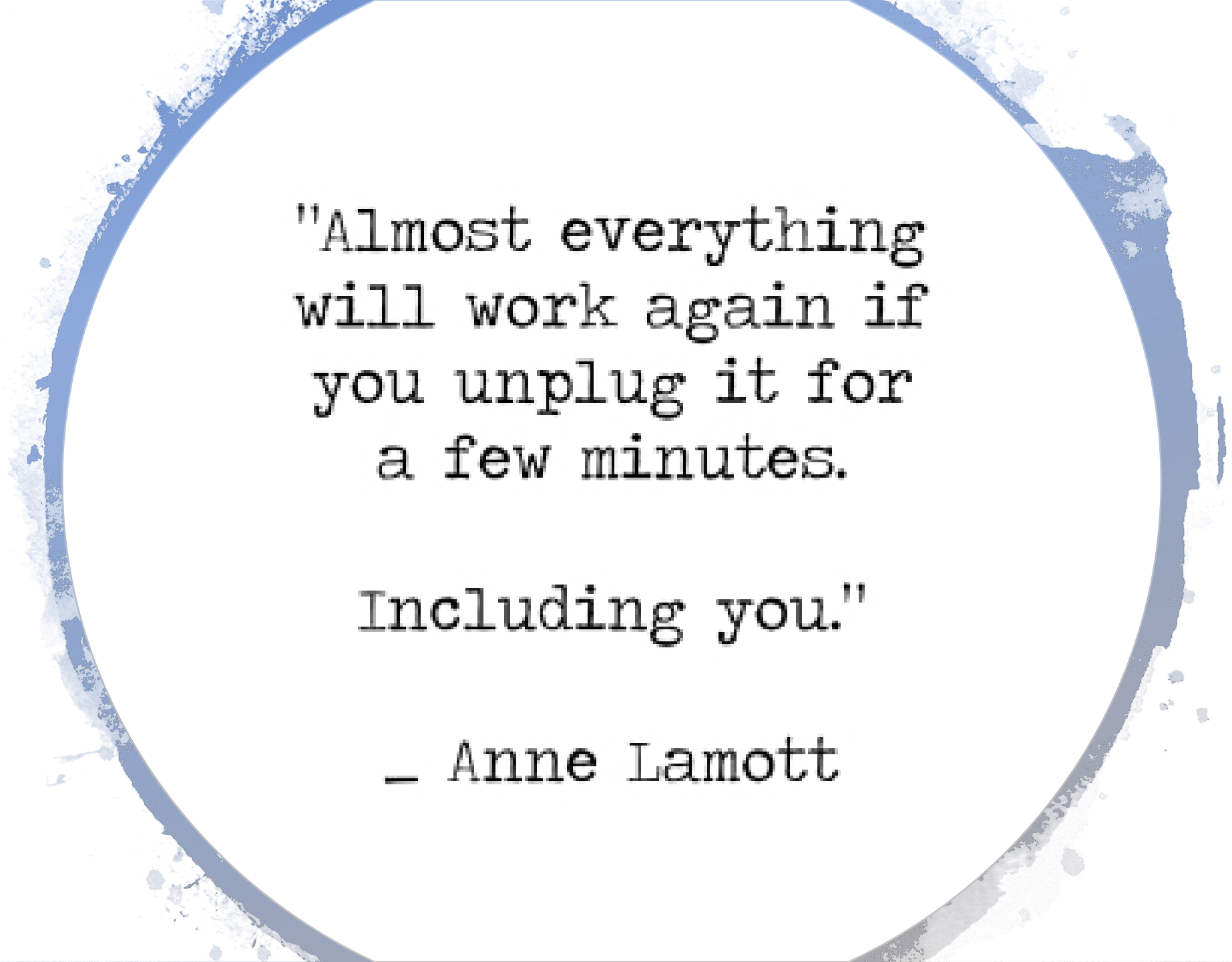
*Ways to Build Skill and
Confidence...
...and End Up Loving
Your Work!*

PSEA Professional Growth Day

February 1, 2019

Julie Harris, Presenter





"Almost everything
will work again if
you unplug it for
a few minutes.

Including you."

_ Anne Lamott

**NOON DUTY
SUPERVISOR**

WE DO

PRECISION

GUESS WORK

BASED ON UNRELIABLE DATA
PROVIDED BY THOSE OF

QUESTIONABLE

KNOWLEDGE

WHAT I DO ISN'T EASY
ISN'T SAFE

IT'S ME, IT'S THE WAY I AM

I WILL WORK MY HARDEST THROUGH THE
BLOOD, SWEAT AND TEARS

I WILL NOT QUIT

EVEN WHEN THE WORLD TELLS ME TO STOP

IT'S MY CALLING, MY WAY OF LIFE

★ ★ ★ I'M A ★ ★ ★

NOON DUTY SUPERVISOR

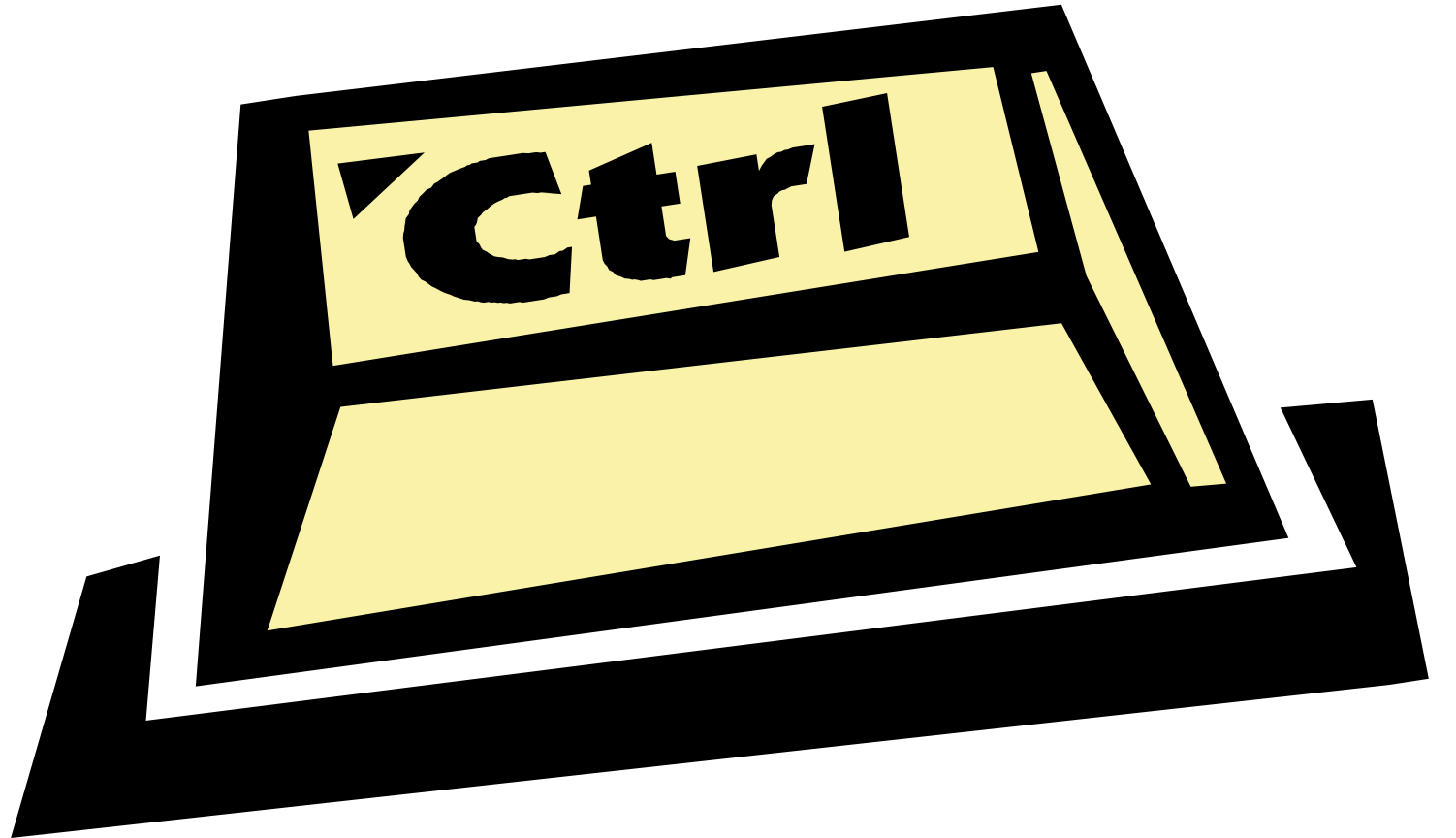
TILL I DIE



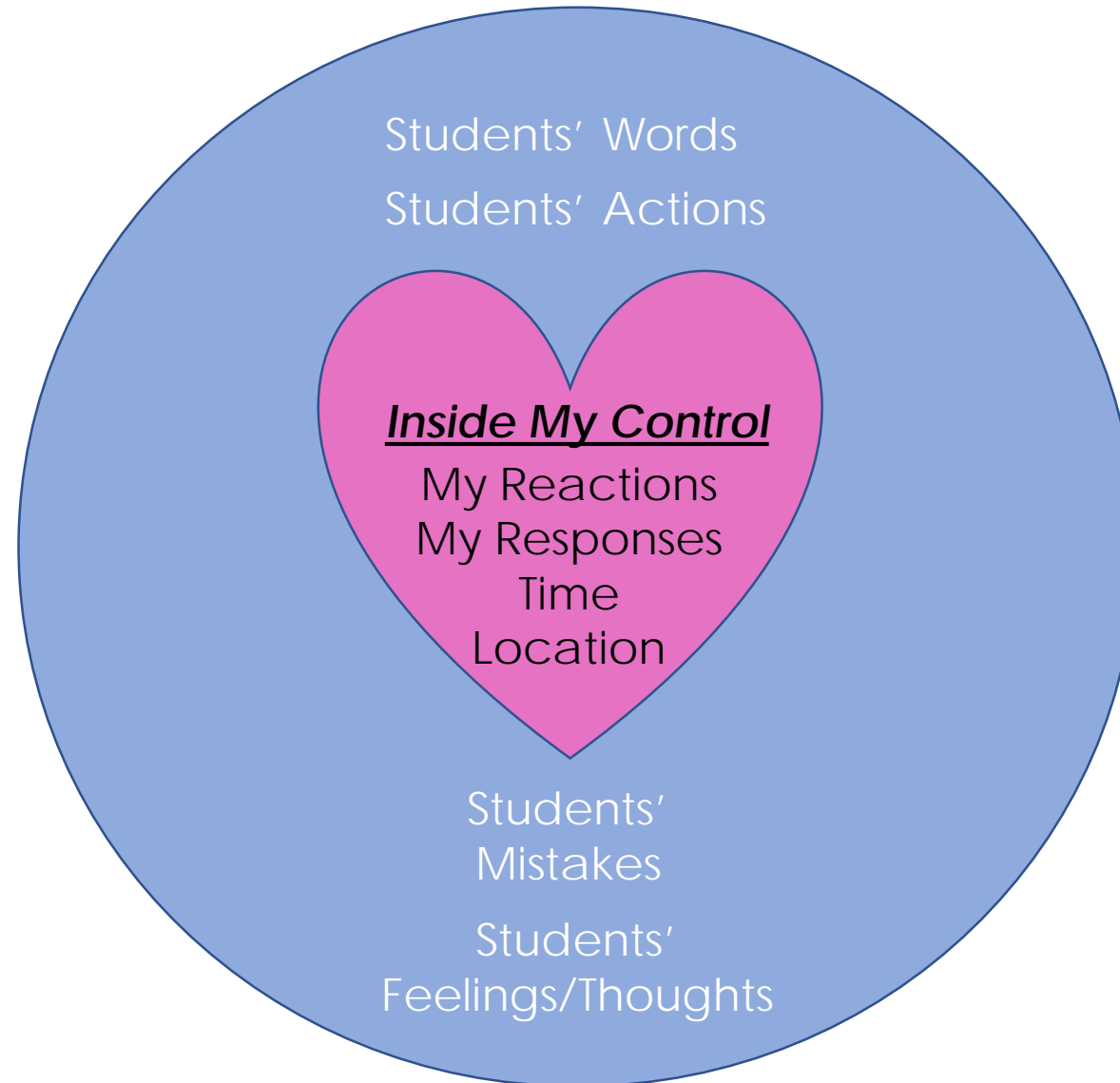
Finish this sentence:

'The only person I
can really control is
_____.'

(Myself!)



Outside of my control...



“...Place the oxygen mask on yourself first before helping small children or others who may need your assistance.”



What's the rationale behind these instructions?

“Be Good to Yourself”

By Yourself

- Read the article, “Five Ways to Take Care of Yourself Emotionally.”
- After reflection, highlight three words/phrases/sentences that hold special meaning for you.

You have ten (10) minutes to complete this task!

Within Our Group

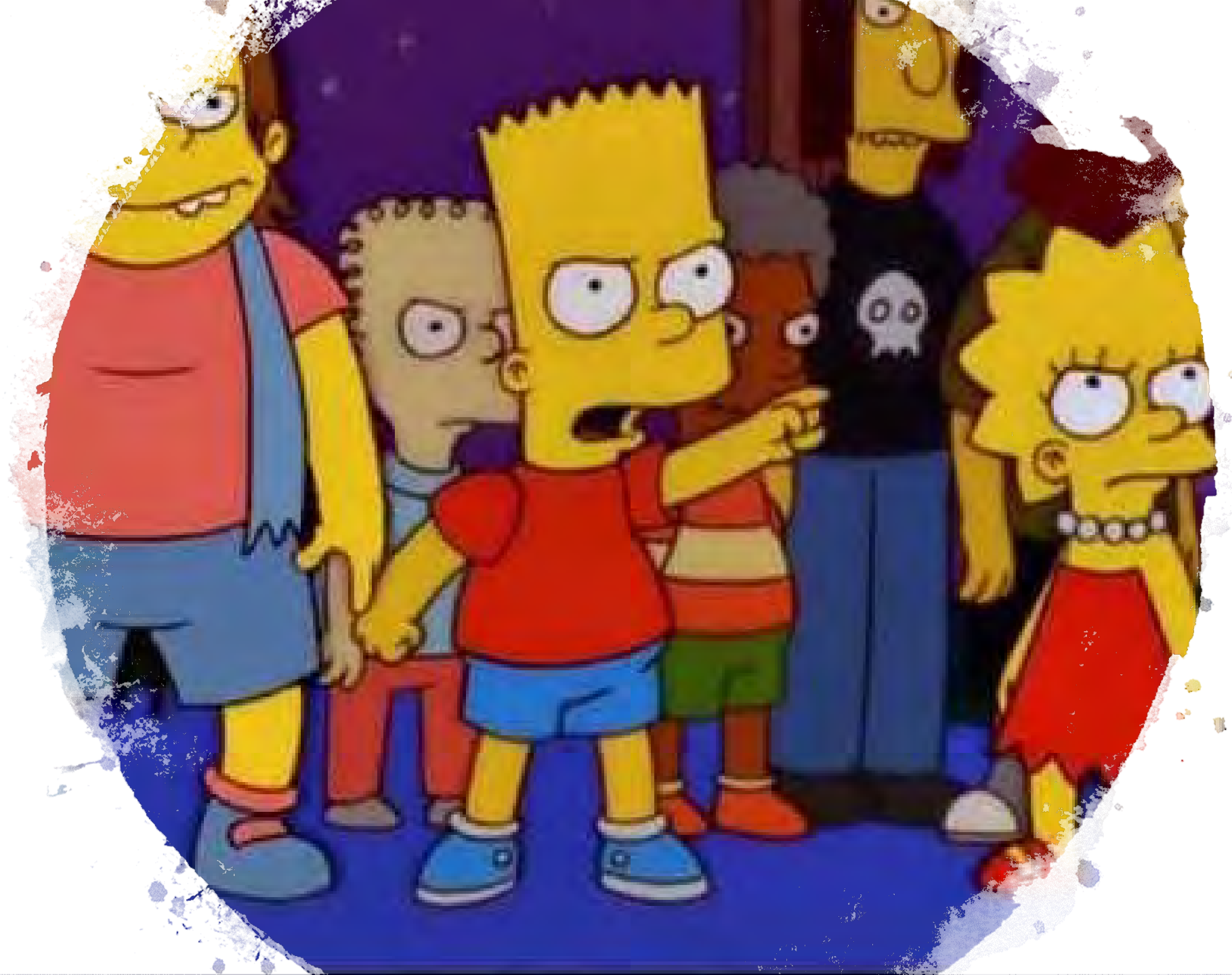
- “Quaker Meeting:” Share one of your meaningful phrases.
- No raising hands—find your time to share inside a silent space.
- Notice duplications and patterns.
- What ideas seem to resonate with us?

Breathe

Experiment #1

Let your breath be
your anchor.







Why do we
have to tell 'em
five times?!

They don't know how to handle free time
and wide-open spaces.

They don't share our priorities.

Their frontal cortex is still developing.

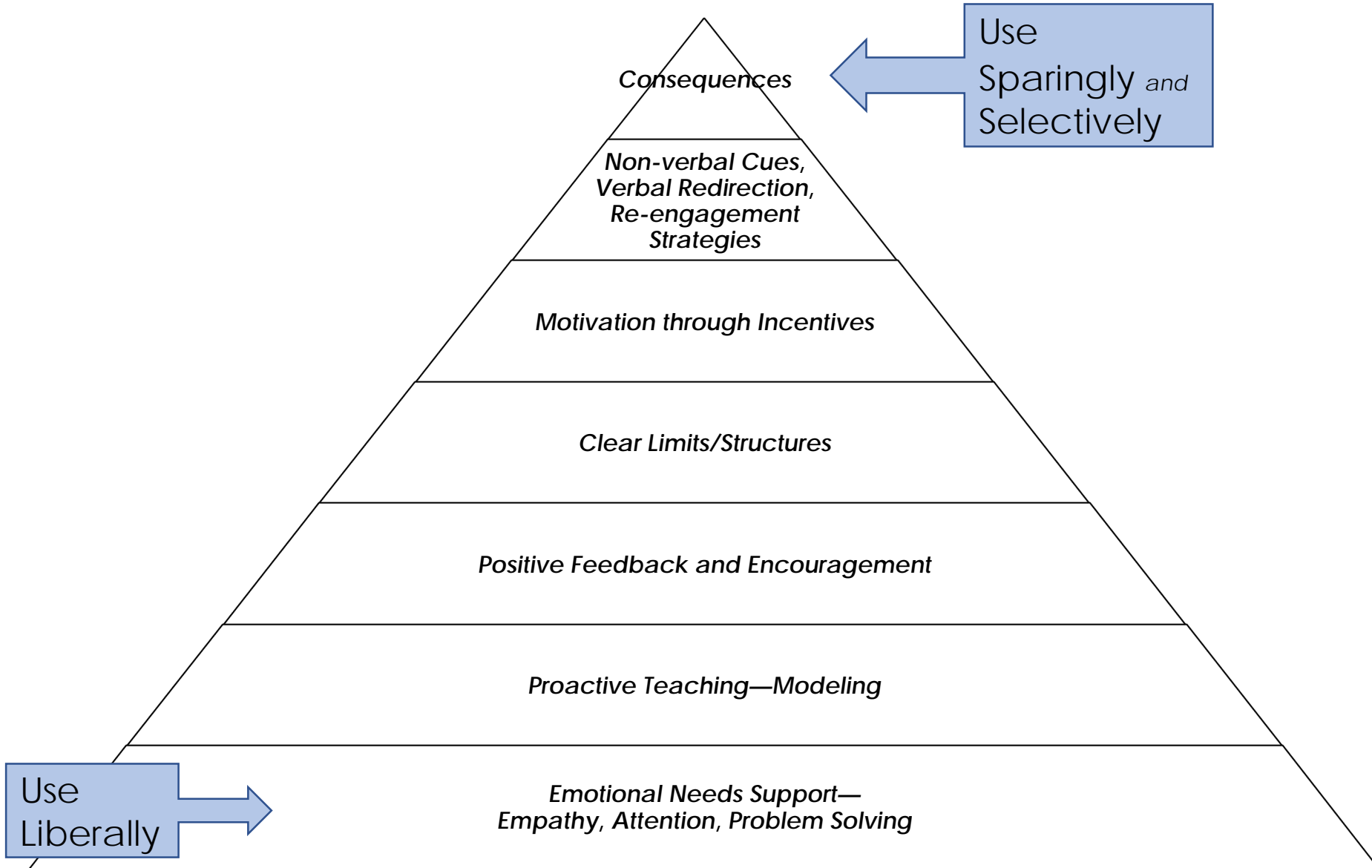
They feel disconnected and not heard.

We've trained them not to pay attention
until we yell and threaten.

They're human. Just like us!

IT'S ALL ABOUT
RELATIONSHIPS

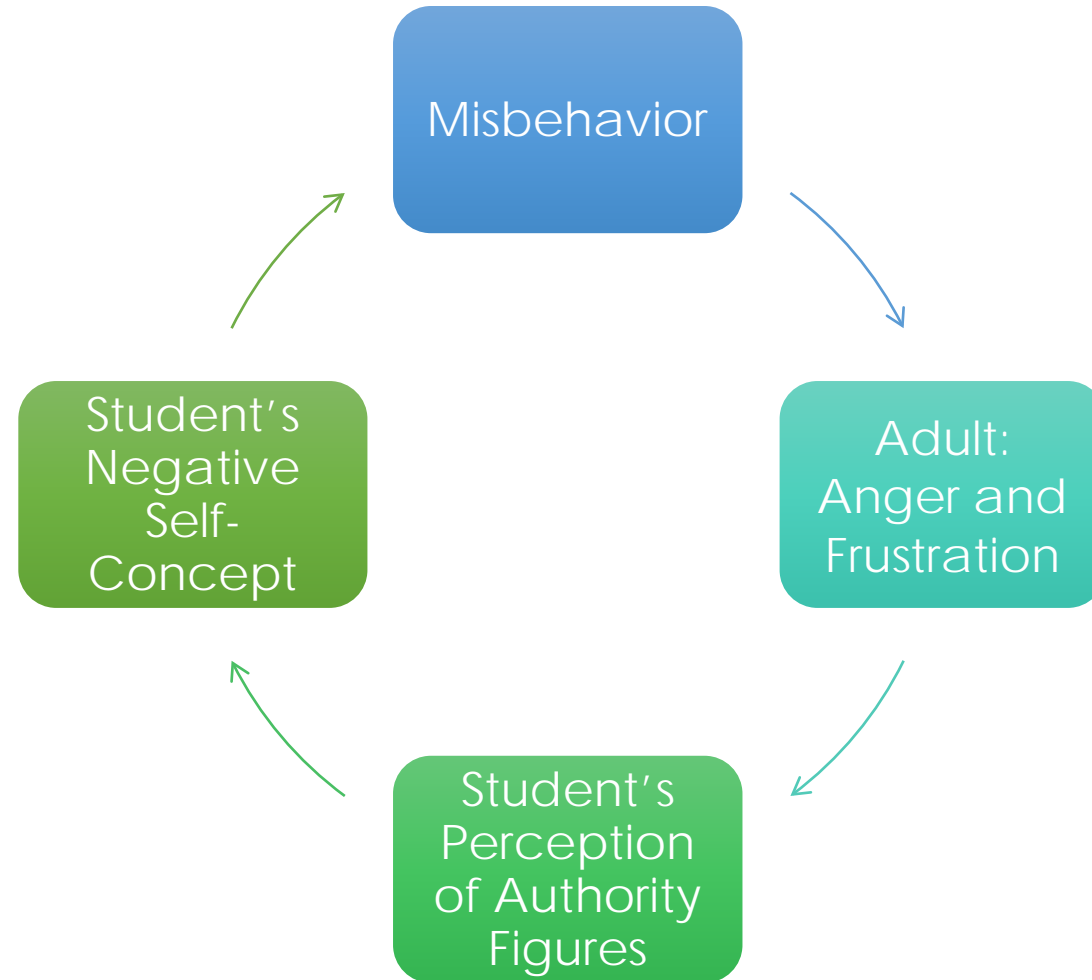




Experiment
#2

good
things
happen
everyday.





Misbehavior Cycle

THE KIDS WHO NEED
THE MOST LOVE WILL
ASK FOR IT IN THE MOST
UNLOVING OF WAYS.

-unknown

Experiment #3



Relationship Building Experiment

- Think of six traits of the student. Phrase them into a sentence.

"I've noticed _____."

- After "I've noticed _____," walk away from the student. Do not give praise or really engage with the child.
- Use two of these per week with the student *in private*.
- Check in/Check out.
- Don't be surprised if the child tests our sincerity by acting a bit worse in the short term.

"Notice without judging."



What's wrong with this picture?

Long-term Effects of Arguing

A child learns to believe some very unhealthy things:

- If I argue enough, I might get my way.
- If I don't get my way, arguing is still a good way to get an entertaining display of adult frustration and anger.
- I'm more powerful than adults.
- Since I'm more powerful than adults, I shouldn't have to listen to them.
- Being nasty is the best way to get what I want.

Experiment #4



Ending Arguments

- **Step One:** *Go brain dead!*
- **Step Two:** *Softly repeat a single Love and Logic one-liner. Be sincere and non-emotional—no sarcasm!*
 - I like/respect you too much to argue.
 - I know. Probably so.
 - I hear ya.
 - I'll listen when your voice is calm.
 - When do I argue?

Words of Wisdom from Dr. Phil



Do you wanna be right? Or, do you wanna be happy?

Q-TIP! *



* Quit *Taking It Personally!*





1. Breathe!
2. "What went well today?"
3. "I've noticed that..."
4. Avoid arguing.

NEXT



you don't
really know
someone
until you've
had
recess
with him.

Alex Zitan, Age 8

