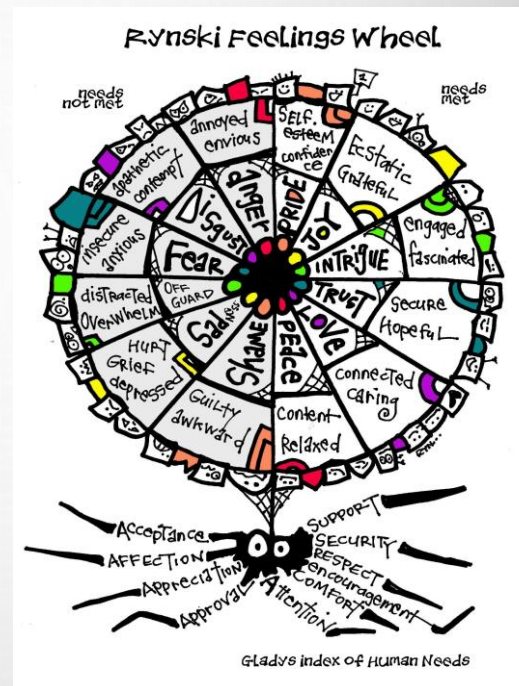


IS IT REALLY JUST
BLACK OR WHITE



OR A LOT OF GRAY



CONFLICT RESOLUTION

EMOTION REGULATION



Sonya Packard

BS, SUDP/T

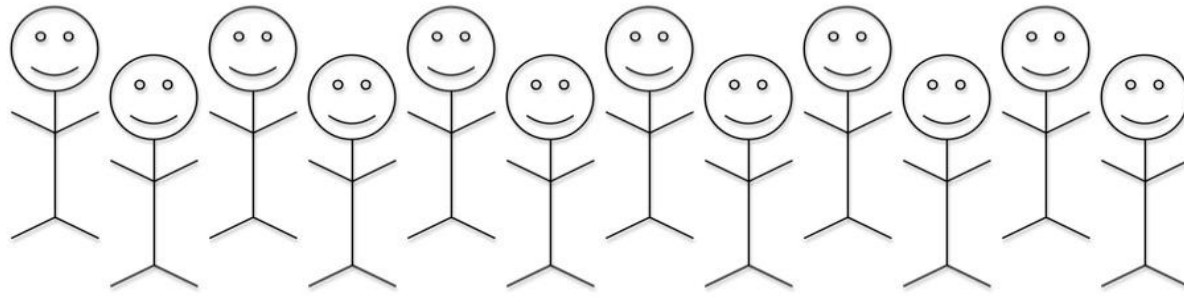
Cowlitz Indian Tribe

Healing of The Canoe Prevention









Physical



Mental



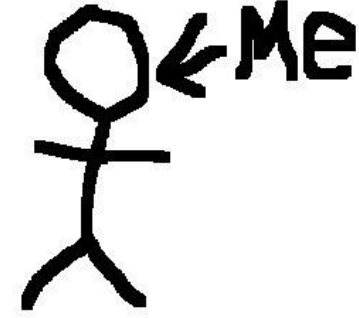
Emotional



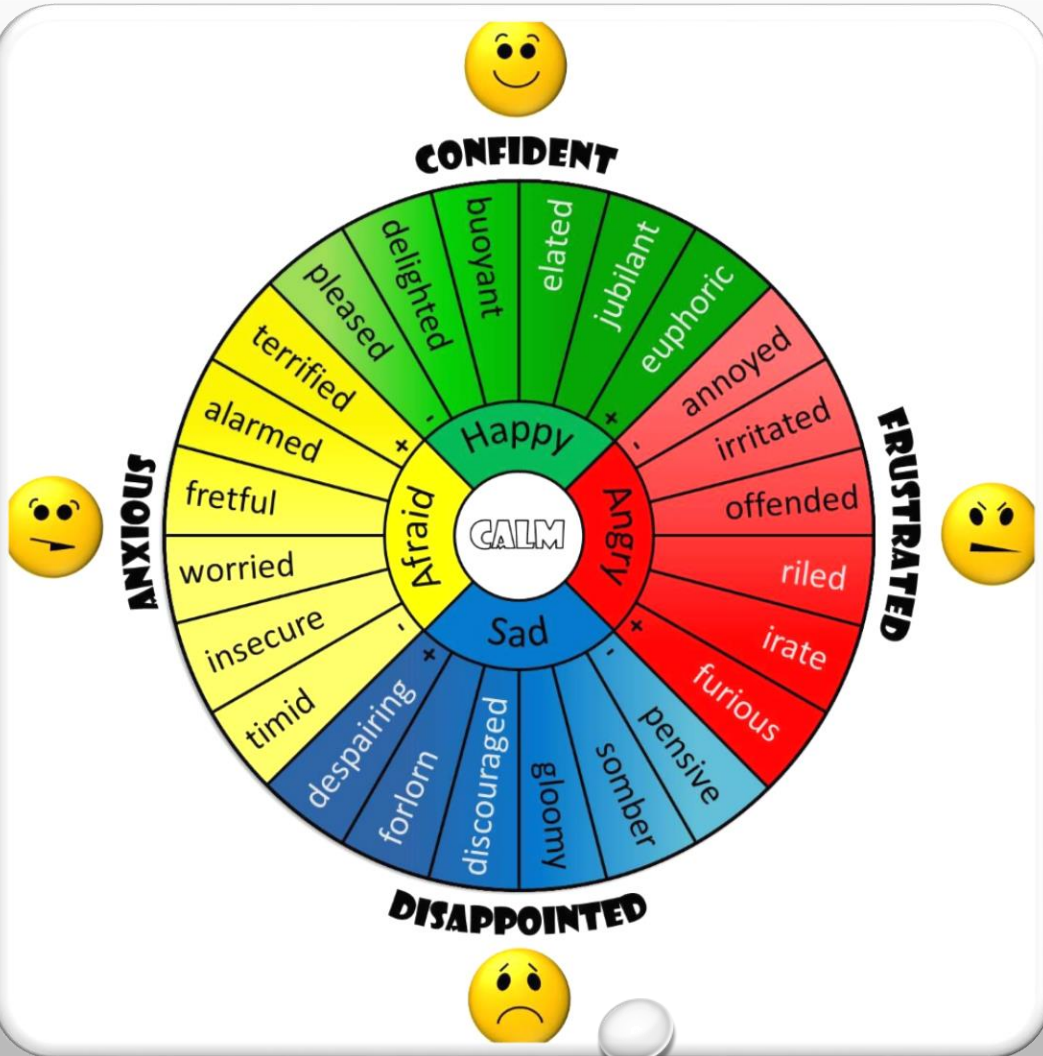
Spiritual

Balance













WHERE DO
YOU FEEL IT?



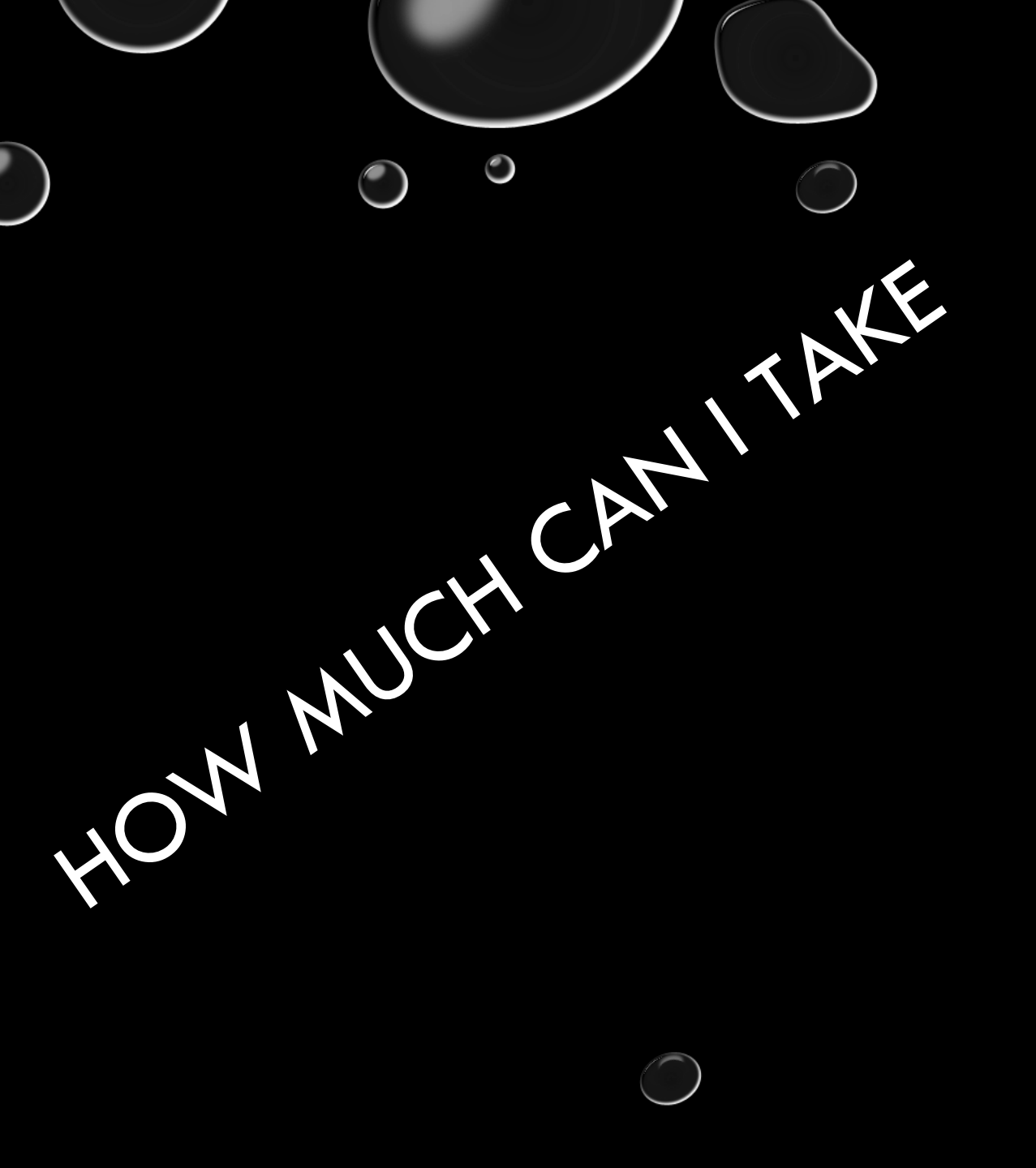
FEELINGS CHART

		
SCARED	HAPPY	SAD
		
ANGRY	EXCITED	WORRIED
		
SURPRISED	SILLY	FRUSTRATED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
Morning						
Mid						
Evening						







COPING SKILLS



Physical



Mental



Emotional



Spiritual



COPING SKILLS



FIGHTING

IGNORING

BURYING EMOTIONS

DRUGS

ALCOHOL

MARIJUANA

DEPRESSANTS ...

STIMULANTS ...



JOURNALING

RUNNING/ATHLETICS

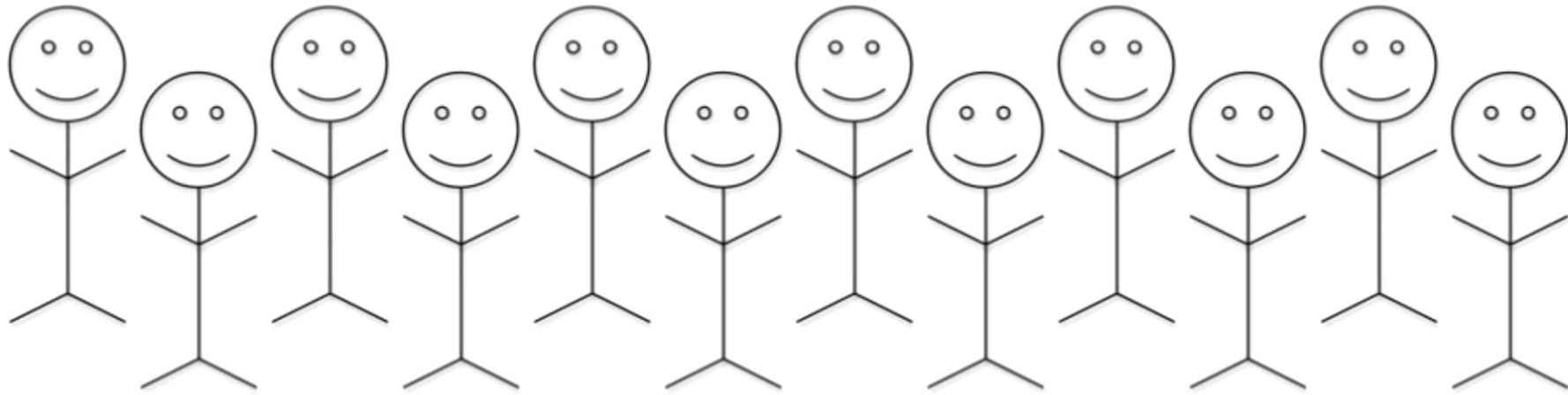
MUSIC

TALKING

CRAFTS/HOBBY

MINDFULNESS





Why isn't it just all about me?





BUILDING EMPATHY

Listening skills

Tap/clap/drum

Assertive vs. Aggressive

- A pet you've known has passed away
- A painful trip to the dentist or orthodontist's office
- A time you were ill or hurt
- An experience with baby siblings or other baby relatives
- An experience with puppies, kittens, and other baby animals
- A time when you felt left out
- An embarrassing moment
- Getting cut from a team
- Losing a game



MAKE A STATEMENT: DESCRIPTIVE -NON-JUDGMENTAL – EMPATHETIC

**Four steps
of empathetic
language**

I saw . . .
(describe what
happened)

“YOU DIDN’T
INVITE ME TO
YOUR PARTY.”

I felt . . .
(describe how you
felt when you saw
what you saw)

“ I FELT UPSET.
I THOUGHT
WE WERE
FRIENDS.”

I need . . .
(describe what
you need/would
like)

“ I NEED TO
KNOW IF
YOU’RE MAD
AT ME.”

I request . . .
(make a request
for the future)

“NEXT TIME,
WILL YOU LET
ME KNOW
WHEN YOU’RE
MAD?”

**Four steps
of empathetic language**

I saw . . .
(describe what
happened)

I felt . . .
(describe how
you felt when you
saw what you
saw)

I need . . .
(describe what
you
need/would
like)

I request . . .
(make a request
for the future)

A student does not do well on a test.

A girl who heard some gossip appears upset.

A rumor about you is spreading around the school.

You were in a fight with your best friend at lunch today.

You liked your new shoes when you put them on this morning, but somebody made fun of them.

You thought you would make the basketball team, but you got cut.

One student is left out of a soccer game at recess.

Two girls are gossiping about a third girl as she unexpectedly passes, overhearing them.

A student is repeatedly asked to share his homework with friends, even though the work is supposed to be done independently.

A student is being pressured to join a gang.

A boy with poor social skills tends to ostracize himself from the group with awkward, annoying, or slightly antisocial behavior. The group wants to help, but isn't sure how.

What imprint are you leaving?







