IS IT REALLY JUST BLACK OR WHITE

https://youtu.be/dOkyKvYFnSs

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

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HOW MUCH CAN I TAKE
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

- 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

Listening skills
Tap/clap/drum

Assertive vs. Aggressive
MAKE A STATEMENT: DESCRIPTIVE - NON-JUDGMENTAL – EMPATHETIC

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)

“YOU DIDN’T INVITE ME TO YOUR PARTY.”

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

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

“NEXT TIME, WILL YOU LET ME KNOW WHEN YOU’RE MAD?”
Four steps of empathetic language

1. I saw . . .
   (describe what happened)

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

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

4. 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?