

Resources and notes based on the presentation : Nurturing Our Children’s Emotional Intelligence, June 9, 2020, advertised via School Talk and ACMPTA.

Notes:

Second Step Curriculum	Tara Brach’s RAIN Acronym (mindfulness for adults)	Ms. Reeser’s Version for Children adapted from Second Step and Tara Brach’s RAIN acronym
STOP	<p>R=RECOGNIZE</p> <p>Pause and ask yourself: What am I feeling?</p>	<p>Name it: There are four basic emotions: glad sad, mad afraid. Expand the vocabulary for older students because there are so many nuances for feelings.</p>
NAME YOUR FEELING	<p>A=ALLOW</p> <p>Allow the feeling; let it be; welcome it; “This too belongs.” Do not judge it.</p>	<p>Claim it: Accept the feeling by welcoming it as a friend or visitor that has come to give you important information. Do not label it as good or bad; label it as comfortable or uncomfortable.</p>
CALM DOWN	<p>I=INVESTIGATE</p> <p>Be curious about the feeling; where is it strongest in the body?; how is it manifesting itself?</p>	<p>Frame it: Try to identify where you are feeling it the strongest in your body. Talk about it; then take the feeling outside of yourself so that you don’t identify with it. If the feeling were the weather what would it be?; what color would it be; what temperature would it be? ; what animal would it be? What is the size of that animal? Where is that animal? What is it doing? You can adapt this part to whatever your child’s interest is.</p>
	<p>N=NURTURE</p> <p>Speak kindly and lovingly to yourself. Place hand over heart or on head, wherever the feeling is manifesting itself. Do not identify with the feeling.</p>	<p>Tame it: Deep breaths, movement, talking about it, asking for help, standing up for yourself, creative play: art, music, dance, draw the worry bully, make an anger monster out of play doh or clay, write about it, etc.</p>

Scroll down for resources:

Resources for Parents:

- <https://www.secondstep.org>
- <https://www.facebook.com/tarabrach/> or <https://imcw.org>
- Emotional Intelligence. By Daniel Goleman
- <https://casel.org> (Social-emotional learning)
- <https://onbeing.org/programs/resmaa-menakem-notice-the-rage-notice-the-silence/> Appropriate for the time, and interestingly enough this therapist and author talks about the importance of awareness of feelings in our body.

Resources for Children:

- Listening to My Body by Gabi Garcia
- Visiting Feelings by Lauren Rubenstein
- The Color Monster: A Story About Emotions
- How Are You Peeling?