Links for Today’s Resources

Me Moments Virtual Hub:
www.healthiergeneration.org/momentos-mios
www.healthiergeneration.org/me-moments

Action Center Sign Up:
www.healthiergeneration.org/app
Modeling the Path to Self-Regulation for Students Through Me Moments

May 26, 2021

kp.org/thrivingschools
Housekeeping

• Everyone is muted upon entry.
• Use the “chat” feature to engage. Select “Everyone” to share out.
• This webinar is being recorded.
• The slide deck and recording will be available within a week on our website kp.org/thrivingschools
Objectives

• Define self-regulation.
• Utilize strategies from the Me Moments resource to help develop the social-emotional skills of self-regulation.
• Identify how adultism creates a barrier for young people to self-regulate.
• Identify strategies to share power and co-regulate with young people.
• Make a plan to co-create strategies for self-regulation for students.
About Kaiser Permanente

217K employees and 22K physicians deliver high-quality care to members and on the front lines of COVID-19 response.

12.3M people get care + coverage from Kaiser Permanente.

8 regions:
- Colorado
- Georgia
- Hawaii
- Mid-Atlantic States
- Northern California
- Southern California
- Northwest
- Washington

39 hospitals + 701 medical offices.

Exceptionally prepared:
- Telehealth options
- Consolidation to meet critical needs
- Careful supply management

COVID-19 response,

kp.org/thrivingschools
Kaiser Permanente supports schools in these unprecedented times

**RECIPROCAL IMPACT**
Recognize health impacts educational attainment and education impacts life-long health.

**CARING FOR THE EDUCATION COMMUNITY**
Understand the education landscape has changed drastically in response to COVID-19.

**ORGANIZATIONAL PARTNERS**
Activating partnerships with school health experts to provide support to schools, districts, educators & families.

kp.org/thrivingschools
Modeling the Path to Self-Regulation for Students Through Me Moments

MAY 26, 2021
Today’s Presenters

Alexis Lassus  
Alexis.Lassus@healthiergeneration.org  
RISE Virtual Program Manager  
She/Her/Hers

Jason Marshall  
Jason.Marshall@healthiergeneration.org  
Social-Emotional Health Content Manager  
He/Him/His
We’re on a mission to empower kids to develop lifelong healthy habits by ensuring the environments that surround them support their physical, social, and emotional health.
COVID-19

School/Work

News

Relationships

Family

Self-Regulation

The ability to identify and effectively manage emotions.
Taking a Me Moment

I feel...
Right now, I am feeling ...

<table>
<thead>
<tr>
<th>Happy</th>
<th>Excited</th>
<th>Silly</th>
<th>Energized</th>
</tr>
</thead>
<tbody>
<tr>
<td>Confident</td>
<td>Loved</td>
<td>Grateful</td>
<td>Surprised</td>
</tr>
<tr>
<td>Thoughtful</td>
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<td>Tired</td>
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<tr>
<td>Bored</td>
<td>Sad</td>
<td>Jealous</td>
<td>Disappointed</td>
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<tr>
<td>Sick</td>
<td>Frustrated</td>
<td>Worried</td>
<td>Angry</td>
</tr>
</tbody>
</table>

Participation Prompt: Use the chat box to respond.
Taking a Me Moment

I feel...

I will try...
My Best Self

Take a moment to pause. If you’d like you can close your eyes, soften your focus or lower your gaze. Imagine your best self. What does that:

• Look like?    • Feel like?    • Sound like?

Ask yourself: Am I being my best self in this moment? What do I need to do differently to be my best self?

I will try...
Taking a Me Moment

I feel...

I will try...

I feel...
<table>
<thead>
<tr>
<th>Feeling</th>
<th>Emoji</th>
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</thead>
<tbody>
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<td>Happy</td>
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**Participation Prompt:** Use the chat box to respond.
Taking a Me Moment

I feel...

I will try...

I feel...

Am I ready to return?
Holistic Approach to Self-Regulation

NOTICE  BREATHE  MOVE  CREATE  THINK
Think about a young person in your life.

**Directions**

1. For 30 seconds, write down what they have been juggling during the past few weeks.

2. What do you notice?

3. Share in the chat box.
Kids Do Well If They Can

ADAPTED FROM: ROSS GREENE
Barriers in the Learning Environment
What is one barrier that keeps kids from self-regulating during the school day?

Use the chat box to respond.
Adultism

- The behaviors and attitudes based on the assumption that adults are better than young people and entitled to act upon young people without their agreement.

CREDIT: THE FREE CHILD PROJECT
DEFINITION

Adultism

- The behaviors and attitudes based on the assumption that adults are better than young people and entitled to act upon young people without their agreement.

- This mistreatment is reinforced by social institutions, laws, customs, and attitudes.

CREDIT: THE FREE CHILD PROJECT
How did adultism show up for me yesterday/today?

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong></td>
<td>Used authority vs. co-creating</td>
</tr>
<tr>
<td><strong>2</strong></td>
<td>Shut down a student</td>
</tr>
<tr>
<td><strong>3</strong></td>
<td>Believed an adult over a student</td>
</tr>
<tr>
<td><strong>4</strong></td>
<td>Took playtime or resting time away</td>
</tr>
<tr>
<td><strong>5</strong></td>
<td>Wasn’t able to say, “I don’t know,” out of fear</td>
</tr>
<tr>
<td><strong>6</strong></td>
<td>Labeled based on performance</td>
</tr>
<tr>
<td><strong>7</strong></td>
<td>Thought, “You’re too young to understand”</td>
</tr>
<tr>
<td><strong>8</strong></td>
<td>Other</td>
</tr>
</tbody>
</table>

*Participation Prompt: Share a number in the chat box.*
How do we empower kids to self-regulate?
On-Going Practices

Co-Create
On-Going Practices

Co-Create

Interrogate
On-Going Practices

Co-Create

Interrogate

Affirm
Co-Create

- Students can lead the creation of classroom norms around taking Me Moments.
- Ask students to consider their own holistic strategies and teach mini-lessons to their classmates to model new strategies.

Feel free to share how you Co-Create in the chat
Interrogate

- Get curious about misbehavior.
- Revisit how often students take a Me Moment.
- Your assumptions about self-regulation.

Feel free to share how you Interrogate in the chat
Affirm

- Model your own regulation!

- Celebrate and flag for students when you observe them self-regulate (they might not even know they’re doing it).

Feel free to share how you Affirm in the chat
Which of these comes with ease?
What feels more challenging?

Co-Create  Interrogate  Affirm

Participation Prompt: Use the chat box to respond.
Virtual Me Moments Hub

healthiergeneration.org/me-moments
healthiergeneration.org/momentos-mios
Additional resources

Available now at [kp.org/thrivingschools](http://kp.org/thrivingschools)

- **Download** the *Planning for the Next Normal at School Playbook*
- **Look for recordings of each** webinar
- **Take and share** our engaging, interactive e-learning modules for educators - *Ready, Set, RISE!*

Coming soon:

- **Find** the slide deck and recording of this webinar (within a week)
We want to hear from you

• Two easy options:
  • Open your smartphone camera and focus it on the QR code and then click on the notification that pops up
  • Use the link - https://survey.alchemer.com/s3/6253025/Reset-for-Readiness