

Frameworks EQ COMMUNITY NEWSLETTER™

June 2022
Vol 3 Issue 1

EMOTIONAL INTELLIGENCE (EQ)
& SUMMER SELF-CARE FOR YOUR EQ



WHAT DOES SUMMER SELF-CARE FOR YOUR EQ LOOK LIKE?

by *Brian Schank, Senior SEL Program Specialist*

Ahh summer, that time for educators and administrators to relax, recharge, and not think about school as much (or not at all). We all wait for it, anticipate it, and once that last day of school is over, there it is. Somewhat like New Year's resolutions, we might have plans for our recharge and reboot, but is there follow through and an actual achievable plan in place for success with our summer goals? In this issue of the EQ Community Newsletter™, we are going to highlight "Summer Self-Care for your EQ". Practicing self-care is essential for everyone, but especially educators, administrators, and all school personnel. In this issue, we will talk about having a plan and setting goals for your summer self-care, along with ways to stick with the plan and achieve the recharge you so desperately need. So, as you settle into summer and start your self-care plans, read on for more tips, resources, and strategies to achieve the results you need to be your best self and to be there fully for everyone around you. Remember you are worth it, and self-care isn't selfish. Have a great summer!!

EARLY LEARNING

Self-care can start as early as the preschool years. Parents can model self-care to toddlers and Pre-K children through a variety of modeling techniques. First, utilize taking the time to express to your young child when and why you are practicing self-care. For example, "Mommy worked hard this week and is tired-so I am going to take a bath to feel calm and relaxed." Other ways to show young children what self-care means is to use books and movies to show how others take care of themselves. You can do this by reading a book to your child and pausing to point out how the characters have/are practicing their own self-care, what techniques they are using, and why it works. The idea is to start helping your child understand as early as possible that self-care is important and should be a priority in their lives (as well as your own)!

ELEMENTARY SCHOOL

Elementary school children are at an age where you can not only model what self-care looks like, but also explain to them why it's so important. You can foster their own attempts at practicing self-care by setting aside 5 minutes daily and asking them what they would like to do during that time to practice their own self-care (and providing choices for them to pick from). Over time, they will be able to decide what works best for them. You can also help your child understand what they are feeling by helping them to expand their emotional vocabulary – you can use this [wheel of emotions](#) – which in turn, will help them be able to understand when they need to take some time to practice self-care.

MIDDLE SCHOOL

As children enter middle school and develop more independence, they can take greater initiative and ownership over their self-care practice. Adults can support young adolescents with this by asking "How can I help?" or "What are you needing right now?" to guide them in selecting the best choice rather than giving a suggestion of what we think is best. Another option is to co-create a chart or list of healthy self-care activities with your children and visibly display it so they have a menu of options to select from when needed. In this way, we can help guide our children to select healthy and balanced self-care habits they can build on as they grow older.

HIGH SCHOOL

Being a teenager brings on many changes and challenges that a strong self-care practice can help manage. High schoolers' self-care practices can seem foreign or even counter-intuitive to adults – endless social engagements, sleeping at odd times, or retreating to their room for solitude. Sometimes these activities can be just what your teen needs to recharge after a stressful school year. Teenage brains are still developing, so they may need adult support and guidance to find their rejuvenating balance between being overprogrammed and under stimulated. This summer, encourage your teen to strive for a well-rounded balance that includes physical activity, socialization, screen-free time, and relaxation.

COPING SKILLS & ACTIVITIES



IDEAS FOR A SUMMER BUCKET LIST

by Carolyn Tompkins

SEL Program Specialist

Summer provides many opportunities for us to create memories with family, friends, and practice self-care. Some families create summer “bucket lists” filled with fun activities to experience together. Perhaps this summer would also be a great time for you to create a personal summer “self-care bucket list.” Some ideas to consider putting on your self-care bucket list include:

- Engage in a physical activity that is fun
- Make time away from phones and screens
- Engage your intelligence in a new area (e.g., go to a museum, sports event, theater performances, etc.)
- Make time for self-reflection
- Give yourself affirmations and praise
- Keep a gratitude journal
- Identify projects or tasks that are exciting and rewarding

Enjoy your summer of making memories, reflection, and self-care. For additional self-care activity ideas, please visit our [Educator Resources website page](#)



HOW TO FIND IDEAS FOR GOOD SELF-CARE PRACTICES

by Mabel Filpo

SEL Program Specialist-Early Childhood

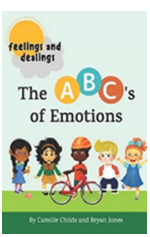
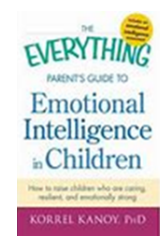
As the warmest months of the year approach, it's a wonderful time to create a balance between daily routines and self-care practices. At times you might find yourself pushing in one direction and must reset to find your stability. This time is essential for managing stress, recharging, and finding your true potential. Now, you can identify which areas of self-care practices are the best and which ones need to be worked on. Below are some ideas you can incorporate for self-care practices:

- Identify priorities: This is about finding those areas or practices that need more focus or time to complete.
- Take a break: Allow yourself to rest and recharge to continue being at your best for your busy schedule.
- Practice positive self-talk: Look at your values, strengths, and successes and use phrases to compliment and acknowledge yourself. Positive self-talk can be a great practice even if things are not going as planned. Use words that would help you transform unexpected outcomes into life learning experiences.
- Strengthen family relationships: Plan activities and families' routines that engage family members through meaningful conversations, fun memories, and supportive relationships.

To access free resources or purchase resources for home, classroom, or office use please visit our website:



www.myframeworks.org



RESOURCES AND READINGS

by Elizabeth Molitor

SEL Programs Specialist

Summer is a great time for self-care and building emotional intelligence (EQ). Social emotional learning is a continuous journey for every age. Make time for mindfulness practices throughout the week by reading about mindfulness with your child. Discuss what self-care looks like for them and for you. Use this time to reset, re-evaluate and grow together.

Parent Articles:

- [Mindfulness for Kids](#) (Mindful)
- [Self-Care for Kids by Age: Everything You Need to Know](#) (ChildSavers)

Children's Books:

- *The ABC's of Emotion* by: Camille Childs + Bryan Jones
- *Mindful Movements* by: Thich Nhat Hanh
- *The Mindful Dragon* by: Steve Herman
- *Sitting Still like a Frog* by: Eline Snel
- *The Lemonade Hurricane* by: Lida Morelli
- *Charlotte and the Quiet Place* by: Deborah Sosin
- *Take the Time* by: Maud Roegiers
- *Planting Seeds* by: Thich Nhat Hanh

CONNECT WITH US:

- Frameworks of Tampa Bay
- @Frameworks_TB
- Frameworks of Tampa Bay
- @FrameworksofTampaBay
- Frameworks of Tampa Bay

MAKE AN IMPACT