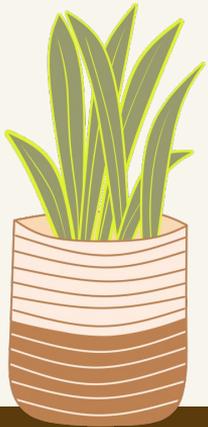


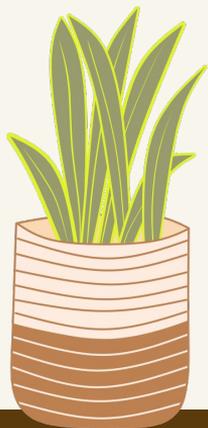
# YOU are the KEY Element in your HOME

- BPW Parent Workshops -



# Usted es la persona más importante en su hogar

– BPW Talleres para Padres de familia –



# We are here to...

- **Change our ENERGY! Use a little self-care everyday**
- **Improve and build our relationships with our children**
- **Create a culture of support for each other as parents and educators**
- **Model positive behavior**

# Estamos aquí reunidos para...

- **Cambiar nuestra energía! Usar un poco de auto cuidado cada día**
- **Crear armonía en la relación con nuestros hijos**
- **Crear una cultura de apoyo y comunidad de padres y educadores**
- **Modelar comportamientos positivos**

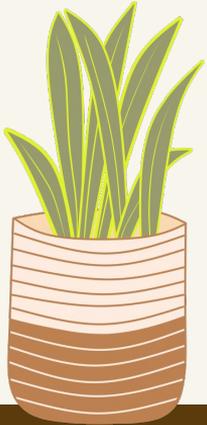
# Overview of 10 Parent WS

Slide 6	<b>SELF CARE / AUTOCUIDADO</b>
Slide 14	<b>Brain-Gut Connection: Creating Joy</b>
Slide 18	<b>Team Building / Trabajo en Equipo</b>
Slide 22	<b>Neuroplasticity / Neuroplasticidad</b>
Slide 27	<b>Emotional Wellness / Bienestar Emocional</b>

Slide 39	<b>Confidence &amp; Self Esteem / Confianza y Autoestima</b>
Slide 43	<b>Generating Gratitude / Generando La Gracitud</b>
Slide 47	<b>Body Language Matters / El lenguaje Corporal Importa</b>
Slide 51	<b>Active Listening / La Escucha Activa</b>
Slide 55	<b>De-escalate Conflict/ Reducir el Conflicto</b>

# SELF CARE / AUTOCAUIDADO

– BPW Parent Workshops –



# SELF CARE: Parent Workshop Flow

- **Welcome** (5 min)
  - **Sharing Good News**
  - **Introduction to Session topic/theme**
- **Self-Care: Let's Change Our Energy!** (10-15 min)
  - **Basic Stretching and Joint Rotation**
  - **3-6-0 game and focus on generating heat in the core**
  - **Belly Breathing with 4-part breathing**
  - **Energy Ball Meditation with Brain Screen**
- **Brain Breaks** (15-20 min)
  - **Harmony Claps**
  - **1-minute exercise**
  - **Partner Balancing**
  - **Partner Push**
  - **3-6-0 (as practiced above)**
- **Discussion** (slides 8-13) 10 min
- **Wrap-Up / Sharing:** Takeaways & Final Questions
  - **Why is self-care essential?**
  - **Why prioritize it (for self/ family)? How to establish self-care routines into our busy life?**

# Self-Care - Oxygen Mask & Water Up Fire Down



- **C -Cool** (your head should be cool)
- **O - Open** (your heart/chest should be open)
- **W - Warm** (your abdomen should be warm)

**WHY?** Self-care isn't a luxury; it's a necessity. You can't serve from an empty cup! You must fill your cup up first! In other words, you need to take care of your own energy, stress, and health, in order to best care for your loved ones.

# Autocuidado - La Máscara de Oxígeno y Agua Arriba / Fuego Abajo

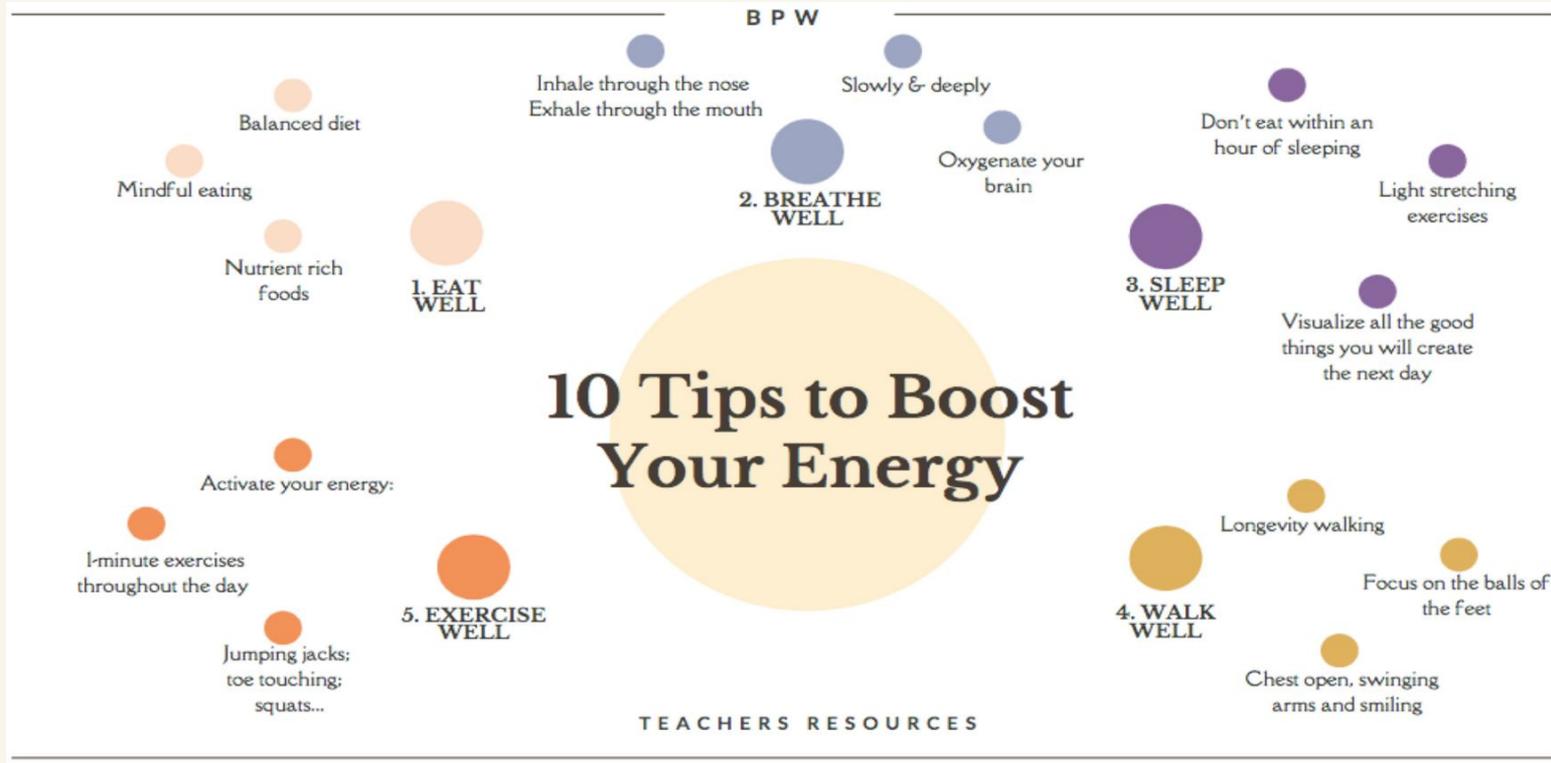


- **C - Cool** (la cabeza fresca)
- **O - Open** (corazón abierto)
- **W - Warm** (abdomen cálido)

**¿PORQUÉ?** Autocuidado no es un lujo, es una necesidad. ¡No se puede servir de una taza vacía! ¡Tienes que llenar tu taza primero! Esto significa que necesitas cuidar tu propia energía, estrés, y salud, para cuidar mejor tus seres queridos.

# 10 Tips for improving health and wellbeing (self-care)

## 10 Consejos para mejorar la salud y el bienestar (autocuidado)



# 10 Tips to Boost Your Energy

Instead of complaining  
creatively discuss  
empowering solutions

Focus on positive  
things

## 6. SPEAK WELL

Good News  
creates  
a good brain.

Smile & Laugh

Boosts the immune  
system

## 7. PLAY WELL

Decreases stress hormones &  
increases energy level.

Try some Brain  
Power exercises!

## 10. TAKE A BRAIN BREAK!

Challenge your brain  
with a new mental  
fitness exercise

Refresh your body  
and your brain

Fights off fatigue

## 8. DRINK WATER

Energy boost

Alleviates headaches  
increases metabolism

## 9. BRAIN POWER BAKERY

Relax  
shoulders & neck

Release tension

One-minute  
massages

# With Great Power Comes Great Responsibility

“I’ve come to the frightening conclusion that I am the decisive element in the classroom. It’s my personal approach that creates the climate. It’s my daily mood that makes the weather. As a teacher, I possess a tremendous power to make a child’s life miserable or joyous. I can be a tool of torture or an instrument of inspiration. I can humiliate or heal. In all situations, it is **my** response that decides whether a crisis will be escalated or de-escalated and a child humanized or dehumanized.”

- Haim Ginott, Psychologist & Educator

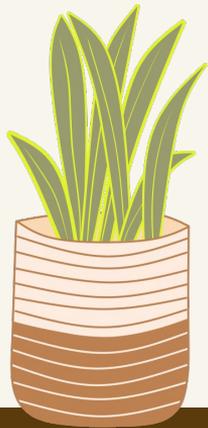
# Con Grán Poder Viene Grán Responsabilidad

“He llegado a la aterradora conclusión de que yo soy el elemento decisivo en el aula de los estudiantes. Es mi enfoque personal lo que crea el clima. Es mi estado de ánimo diario lo que hace el clima. Como maestro, poseo un tremendo poder para hacer que la vida de un niño sea miserable o feliz. Puedo ser una herramienta de tortura o un instrumento de inspiración. Puedo humillar o curar. En todas las situaciones, es **mi** respuesta la que decide si una crisis aumentará o disminuirá y si un niño será humanizado o deshumanizado”

- Haim Ginott, Psychologist & Educator

# Brain-Gut Connection: Creating Joy

- BPW Parent Workshops -

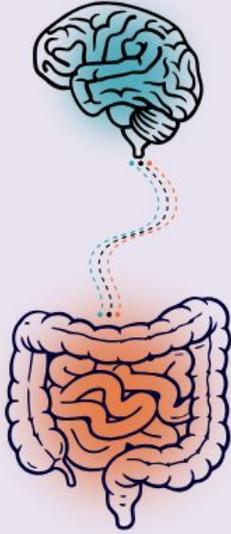


# Brain-Gut Connection: Creating Joy: Parent Workshop Flow

- **Welcome** (5 min)
  - **Sharing Good News**
  - **Introduction to Session topic/theme**
- **Self-Care: Let's Change Our Energy!** (15 min)
  - **Stretching: neck, chest, side-stretch (to open up / flow of energy between lower abdomen, chest, and brain)**
  - **Balancing Poses with Abdominal Breathing (or the slower) Belly Breathing**
  - **Body Tapping (chest and lower abdomen)**
  - **Brain Tapping with slow Belly Breathing**
  - **Deep abdominal Breathing**
- **Brain Breaks** (15-20 min)
  - **Twist & Clap**
  - **Back To Back Clapping**
  - **Sky Earth Friend**
  - **London Bridge**
- **Discussion** (slides 16 & 17)
- **Wrap-Up / Sharing:** Takeaways & Final Questions
  - **What is at least 1 exercise you are going to practice yourself and with your child(ren)?**

# How can we create more JOY?

The Brain-Gut Connection

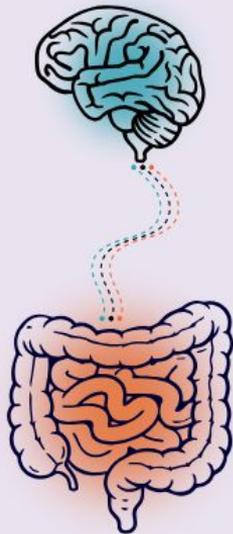


**Our body actually creates joy naturally, let's use it!**

- The belly houses about 75% of the body's immune system.
- Your gut produces over 90 percent of the body's **serotonin**, the happiness hormone and 50% of **dopamine**, the joy hormone.
- The gut brain, the Enteric Nervous System (ENS), closely communicates with the brain in your head through a direct information superhighway (the brain-gut axis).

# ¿Cómo Podemos Crear Más Alegría?

The Brain-Gut Connection

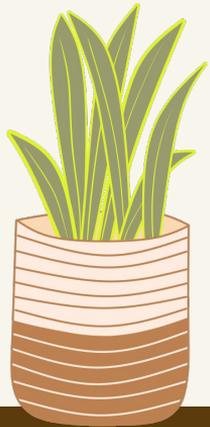


**Nuestro cuerpo realmente crea alegría de forma natural, así que ¡usemos esto!**

- El vientre alberga aproximadamente 75% del sistema inmunológico del cuerpo.
- El intestino produce más del 90% de la **serotonina** del cuerpo (la hormona de la felicidad), y el 50% de la **dopamina** (la hormona de la alegría).
- EL cerebro intestinal, el Sistema Nervioso Entérico (SNE), se comunica estrechamente con el cerebro en la cabeza a través de una autopista de información directa (el eje cerebro-intestino).

# Team Building / Trabajo en Equipo

– BPW Parent Workshops –



# Team Building: Parent Workshop Flow

- **Welcome** (5 min)
  - **Sharing Good News**
  - **Introduction to Session topic/theme**
- **Self-Care: Let's Change Our Energy!** (15 min)
  - **Stretching: neck, chest, side-stretch (to open up / allow for flow of energy between lower abdomen, chest, and brain)**
  - **Balancing Poses with Abdominal Breathing (or the slower) Belly Breathing**
  - **Body Tapping (chest and lower abdomen)**
  - **Brain Tapping with slow Belly Breathing**
- **Brain Breaks** (15-20 min)
  - **3-6-0**
  - **Core Power Memory Game**
  - **Deep abdominal Breathing**
- **Discussion** (slides 20 & 21) 5-10 min
- **Wrap-Up / Sharing:** Takeaways & Final Questions
  - **How else do you find that joy naturally arises in your interactions with your children? Do you like to play music and dance together? Do you like to cook together?**

# Team Building: Doing Brain Breaks help build rapport



## Why Mindful Play together?

- Connection, fun & joy, **increase** endorphins, serotonin, dopamine, oxytocin, and **decrease** stress & anxiety
- Leads to **increased** engagement, motivation, ability to focus and access higher level thinking
- Physical exercise improves blood circulation
- Brain-Derived Neurotrophic Factor (BDNF)
- High levels of rapport & trust = safety and relaxed alertness
- This allows students to feel safe to be vulnerable and engaged in “productive struggle”

# Trabajo en Equipo: Descansos Cerebrales ayuda a construir buenas relaciones

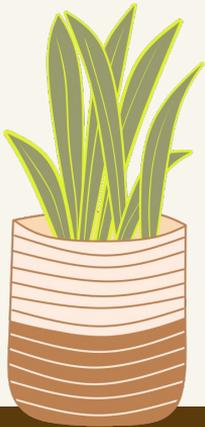


## ¿Porque el Juego con Plena Atención?

- La conexión, la diversión, y la alegría aumentan las endorfinas, la serotonina, la dopamina, la oxitocina, y reducen el estrés y la ansiedad
- Conduce a un aumento en la participación social, la motivación, la capacidad de concentrar, y el acceso a niveles más altos de pensamiento.
- El ejercicio físico mejora la circulación del sangre
- Factor Neurotrópico Derivado del Cerebro (BDNF)
- Niveles elevados de buenas relaciones y confianza = seguridad y alerta relajada
- Esto permite a los estudiantes sentirse seguros para ser vulnerable y participar en la “lucha productiva”

# Neuroplasticity & Productive Struggle Neuroplasticidad & Lucha Productiva

– BPW Parent Workshops –



# Neuroplasticity & Productive Struggle: Parent Workshop Flow

- **Welcome** (5 min)
  - **Sharing Good News**
  - **Introduction to Session topic/theme**
- **Self-Care: Let's Change Our Energy!** (15 min)
  - **Plates**
  - **1-Minute Exercise**
  - **Paint The Fence & Wash The Window** (*with deep, slow breathing*)
  - **Infinity Drawing** (with deep, slow breathing)
- **Brain Breaks** (15-20 min)
  - **Brain Power Says**
  - **Pinky Thumb**
  - **Wow-Wow** (on their thighs, core or heart area)
  - **Music Conductor**
- **Discussion** (slides 24 & 25) 10 min
- **Wrap-Up / Sharing:** Takeaways & Final Questions
  - **Do we want our children to feel confident to work things out and persevere through challenges by themselves?**  
**How does neuroplasticity and productive struggle help our kids know they can keep going?**

# Neuroplasticity & the Importance of Productive Struggle

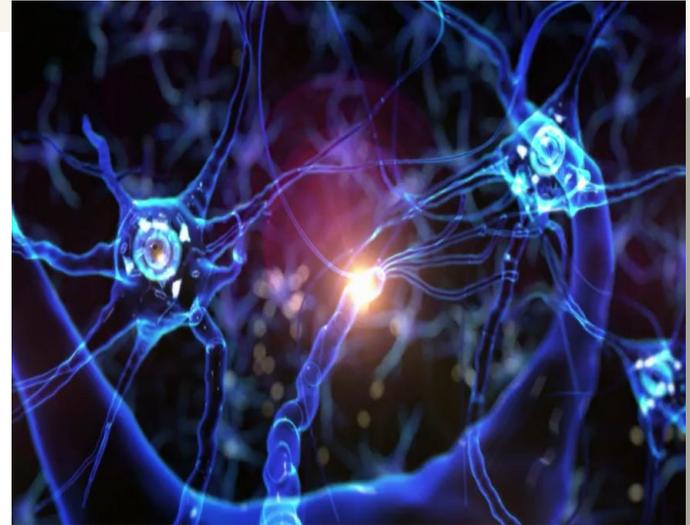
## What is Productive Struggle?

**The idea that students engage in effortful practice to build their skills and move them beyond passive learning**

When the brain is learning something new it clusters neurons together to create a neural pathway similar to a footpath through a forest.

The brain's main purpose is to get smarter and keep thriving in life. Brain growth is stimulated when we have to figure out something new, engage in a complex task, or complete a puzzle.

As parents, we can begin at an early age to help our children become independent learners and that they can “TRUST THEIR BRAIN!”



# Neuroplasticidad y la Importancia de la Lucha Productiva



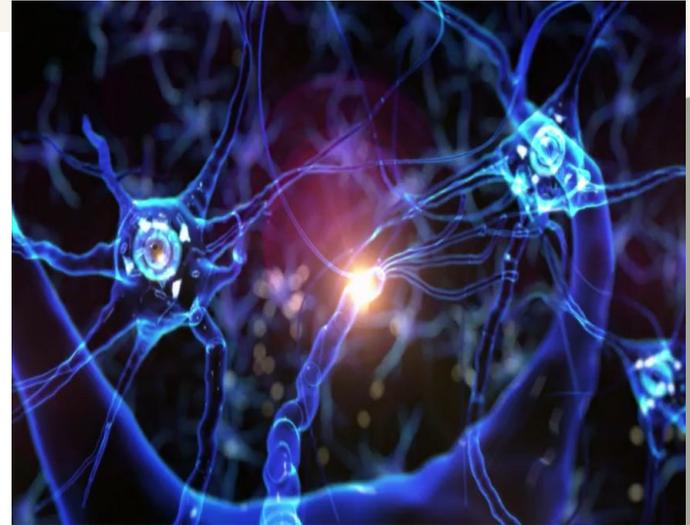
## ¿Qué significa “La Lucha Productiva”?

La idea que personas se involucren en práctica con esfuerzo para aumentar sus habilidades y mover esas habilidades más allá del aprendizaje pasiva

Cuando el cerebro está aprendiendo algo nuevo, agrupa las neuronas para crear una vía neuronal similar a un sendero a través de un bosque.

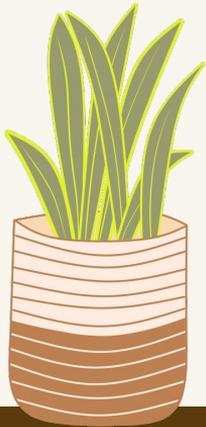
El propósito principal del cerebro es volverse más inteligente y próspero en la vida. El crecimiento del cerebro se estimula cuando tenemos que descubrir algo nuevo, participar en una tarea compleja o completar un rompecabezas.

Como padres, podemos comenzar a una edad temprana a criar nuestros hijos para ser independientes y que puedan "CONFIAR EN SU CEREBRO".



# Emotional Wellness / Bienestar Emocional

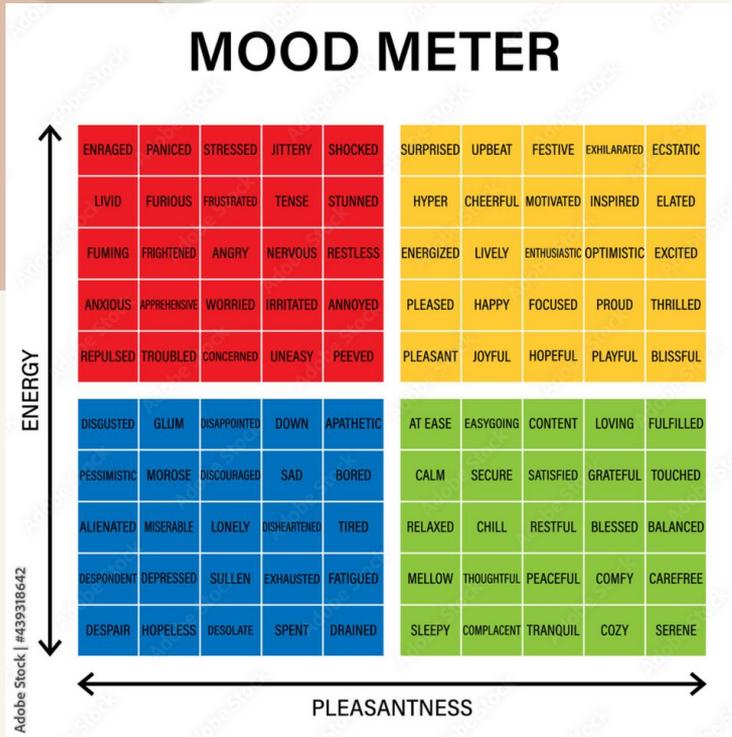
– BPW Parent Workshops –



# Emotional Wellness: Parent Workshop Flow

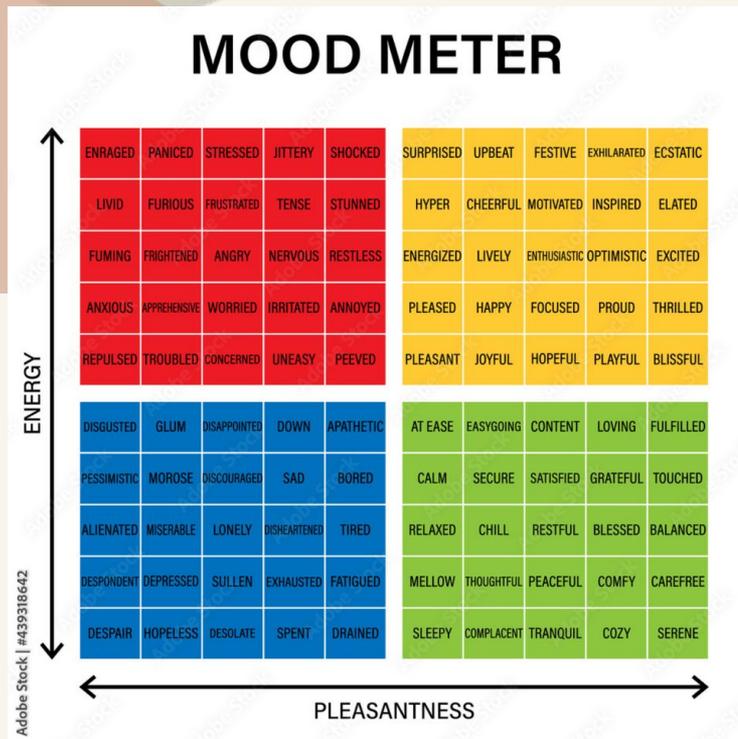
- **Welcome** (5 min)
  - **Sharing Good News**
  - **Introduction to Session topic/theme**
- **Self-Care: Let's Change Our Energy!** (15 min)
  - **Chest opening stretch / exercise (heart & lungs)**
  - **Deep side-stretching (stomach & liver)**
  - **Toe Touching (kidneys)**
  - **Deep Abdominal Breathing (activates parasympathetic nervous system)**
- **Brain Breaks** (10 min)
  - **Bow and Arrow**
  - **Clapping Machine**
  - **Partner Side Stretch**
  - **Smile & Breathe with Gratitude Meditation**
- **Discussion** (slides 28-38) (15 min)
- **Wrap-Up / Sharing:** Takeaways & Final Questions
  - How can we **respond** in a healthier way to intense emotions instead of **suppressing** them or **exploding**?

# Developing a Healthy Relationship with Emotions



- Emotions are **natural** and always **changing**
- Emotions can be either **harmful** or **beneficial** to our health
- **We have the power to manage, release, and create emotions**, using the following steps: (using RULER's Mood Meter)
  - Identify
  - Accept
  - Release
  - Create

# Desarrollar Una Relación Sana con las Emociones



- Las emociones son naturales y siempre están cambiando.
- Las emociones pueden ser o perjudiciales o beneficiosas para nuestra salud.
- **Tenemos el poder de gestionar, liberar, y crear emociones**, siguiendo los siguientes pasos:
  - Identificar (se puede utilizar el “Medidor del Estado de Ánimo” de RULER)
  - Aceptar
  - Liberar
  - Crear

# Step 1: Identify the Emotion(s)

...How do you know when you are **angry**?!

...Emotions live in the body!

...And by **connecting** to our body, we can identify our emotions

# Paso #1: Identificar Sus Emociones

...¿Cómo sabes que te sientes **enojado**?

...¡Las emociones residen en el cuerpo!

...Y conectándonos con nuestro cuerpo, podemos identificar nuestras emociones.

# Asian Health Theory



## ORGANS & EMOTIONS



**LIVER**  
ANGER, IRRITABLE



**STOMACH**  
WORRY, OVERTHINK



**HEART**  
OVERJOY, IMPATIENCE



**LUNG**  
GRIEF, DEPRESSION



**KIDNEY**  
FEAR, INSECURITY



## ORGANS & EMOTIONS



**HÍGADO**  
ENOJO, IRRITABLE



**ESTÓMAGO**  
PREOCUPACIÓN, CAVILACIONES



**CORAZÓN**  
DEMASIADO ALEGRÍA,  
IMPACIENCIA



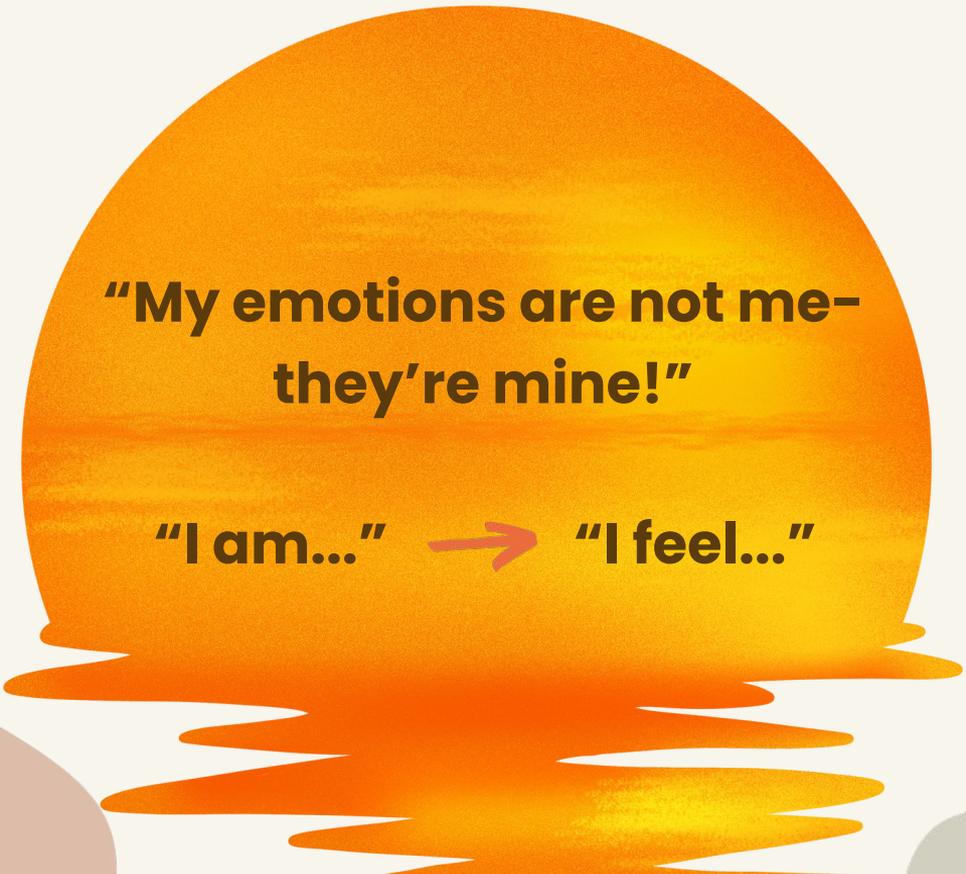
**PULMONES**  
DUELO, DEPRESIÓN



**RIÑONES**  
MIEDO, INSEGURIDAD



# Step #2: Accept Our Emotions

A large, bright orange sun with a textured, grainy surface is the central focus. Below the sun, there are several horizontal, wavy lines in shades of orange and yellow, representing water or a reflection. The background is white with some faint, abstract shapes in light brown and grey at the bottom corners.

**"My emotions are not me-  
they're mine!"**

**"I am..." → "I feel..."**

# Paso #2: Aceptar Nuestras Emociones



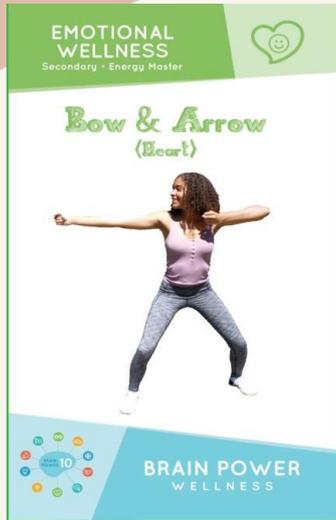
**"Mis emociones no son yo-  
¡son mías!**

**"Yo soy..."**

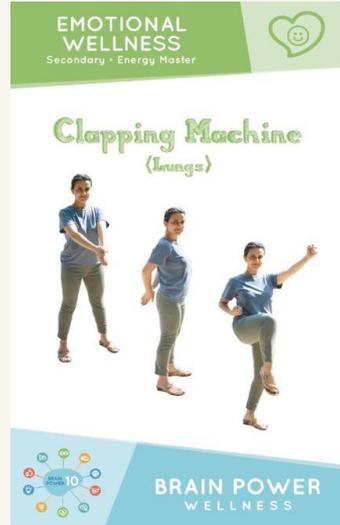


**"Yo me  
siento..."**

# Step #3: Release Our Emotions



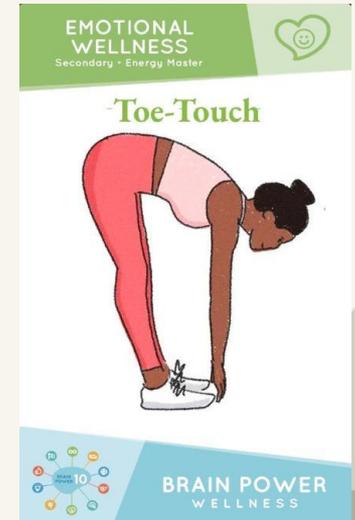
**Release Stress  
(Heart)**



**Release Sadness  
(Lungs)**

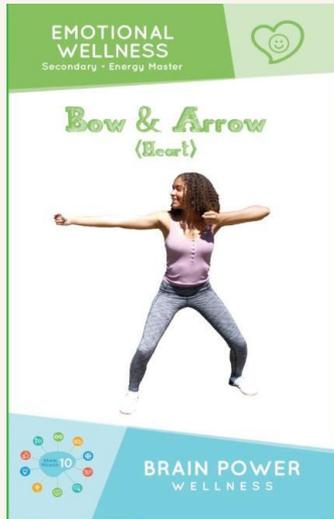


**Release Anxiety (Stomach)  
and Anger (Liver)**

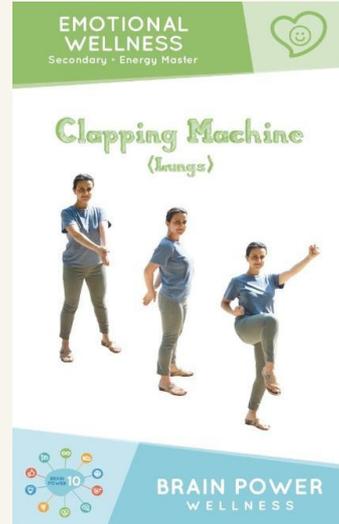


**Release Fear  
(Kidneys)**

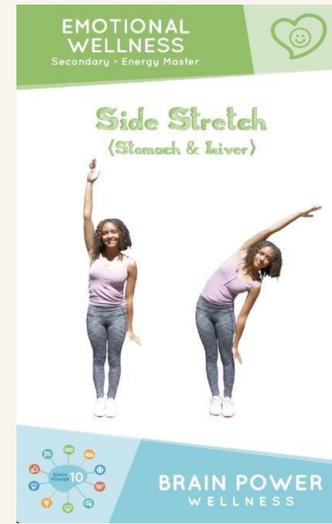
# Paso #3: Liberar Nuestras Emociones



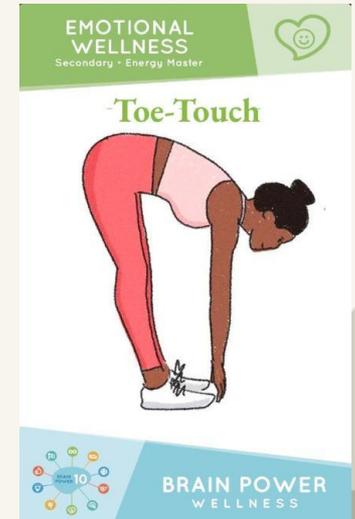
**Liberar el Estrés  
(Corazón)**



**Liberar la Tristeza  
(Pulmones)**



**Liberar la Ansiedad  
(Estómago) y la Ira (Hígado)**

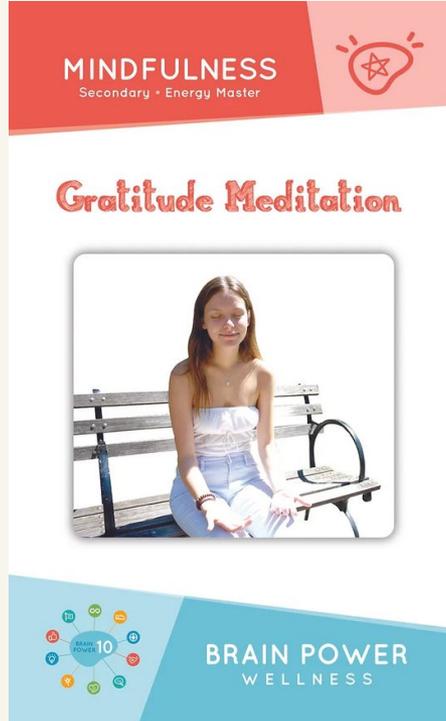


**Liberar el Miedo  
(Riñones)**

# Step #4: Create Our Emotions

**“Happy actions  
create happiness!”**

**“Grateful actions  
create gratitude!”**



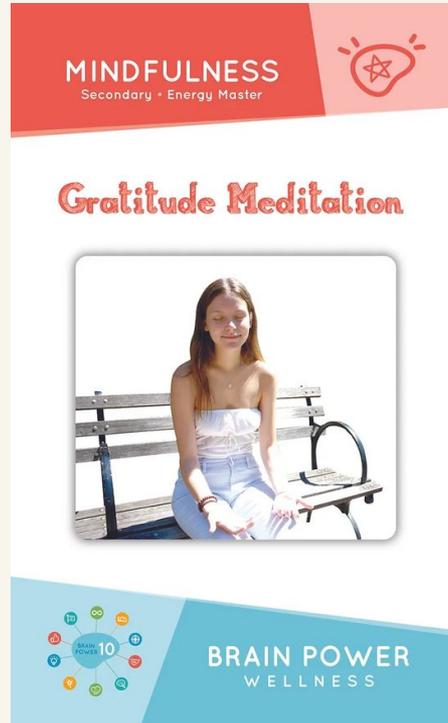
**“Peaceful actions  
create peace!”**

**“Loving actions  
create love!”**

# Paso #4 Crear Nuestras Emociones

**“¡Las acciones felices crean felicidad!”**

**“¡Las acciones agradecidas crean gratitud!”**

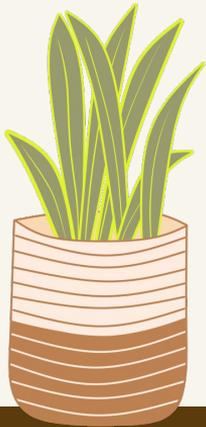


**“¡Las acciones pacíficas crean paz!”**

**“¡Las acciones amorosas crean amor!”**

# Confidence & Self Esteem / Confianza y Autoestima

– BPW Parent Workshops –



# Confidence & Self-Esteem: Parent Workshop Flow

- **Welcome** (5 min)
  - **Sharing Good News**
  - **Introduction to Session topic/theme**
- **Self-Care: Let's Change Our Energy!** (15 min)
  - **Joint Rotation, chest opening exercises, stretching**
  - **Flying Eagle with Self-Declarations**
  - **Mindfulness (Smile + Breathe w/4-Part Breathing)**
  - **Compliment Game: Offer a compliment to ourselves and to someone else in our life**
- **Brain Breaks** (15-20 min)
  - **Confidence Acrostic**
  - **Sing, Dance, Joke**
  - **Inviting your child to teach / lead you or any other family members through any BPW activity**
  - **Flying Eagle with Self-Declarations (practiced above)**
  - **Compliment Game (practiced above)**
- **Discussion** (slides 41-42) 10 min
- **Wrap-Up / Sharing:** Takeaways & Final Questions
  - **What are ways to encourage your children that build on their confidence?**

# Generating Confidence & Self Esteem



**Declarations:**  
**I am HOPE**  
**I am KINDNESS**  
**I am PEACE**

## **4 : 1 Principal**

**Catch your kids "being good" 4 times more often than you criticize negative behavior.**

By consistently pointing out what children do right, you can guide them to grow those qualities and behaviors, and develop positive attitudes. No matter how constructive the feedback: if we fail to recognize our children's attributes, we run the risk of undermining their confidence.

## **Empower with Choice**

It is natural and healthy for children and adolescents to desire autonomy, but they of course still need structure and guidance. They thrive when they have clear but limited choices that allow them to feel empowered, while remaining in alignment with the desire and wisdom of their parents, teachers, etc..

# Generando Confianza & Autoestima



**Declaraciones:**  
**Soy ESPERANZA**  
**Soy BONDAD**  
**Soy PAZ**

## Principio 4 : 1

**Atrapa a tus niños “haciendo algo bueno” cuatro veces más a menudo de lo que criticas su comportamiento negativo.**

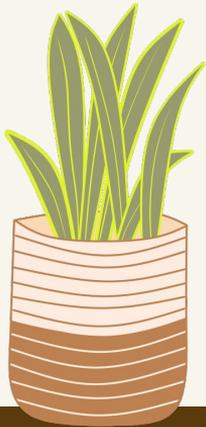
Al señalar consistentemente lo que hacen bien tus niños, puedes guiarlos para que crezcan esas cualidades y comportamientos, y desarrollen actitudes positivas. No importa cuán constructiva sean nuestros comentarios: si no reconocemos los atributos de nuestros hijos, corremos el riesgo de socavar su confianza.

## Empoderamiento a través de la Elección

Es natural y saludable que los niños y adolescentes deseen autonomía, pero por supuesto aún necesitan estructura y orientación. Prosperan cuando tienen opciones claras pero limitadas que les permiten sentirse empoderados, al tiempo que permanecen alineados con el deseo y la sabiduría de sus padres, maestros, etc..

# Generating Gratitude/ Generando La Gracitud

– BPW Parent Workshops –



# Generating Gratitude: Parent Workshop Flow

- **Welcome** (5 min)
  - **Sharing Good News**
  - **Introduction to Session topic/theme**
- **Self-Care: Let's Change Our Energy!** (15 min)
  - **Joint Rotation, chest opening exercises**
  - **Organ stretching** (*focusing on gratitude for their body, breath, etc*)
  - **Body Tapping** (*focusing on gratitude for their body, breath, etc*)
  - **Mindfulness (Brain Tapping and 4-Part Breathing)**
  - **Gratitude Meditation**
- **Brain Breaks** (15-20 min)
  - **Partner Balance** (sending gratitude and loving-kindness into partner's hands)
  - **Bow & Arrow** (sending an arrow of Gratitude!)
  - **Tap & Sweep** (with deep breathing, humming or “aaaah” sound)
  - **Brain Power Bakery** (by yourself or with your family members: Hug them, hold their hands, rub their back and/or hear / hug themselves)
  - **Brain Screen\* & Gratitude Meditation\***
- **Discussion** (slides 45 & 46) 10 min
- **Wrap-Up / Sharing:** Takeaways & Final Questions
  - **How can cultivating an “attitude of gratitude” help your mental and physical health?**
  - **How can we add more gratitude into our lives? How can we incorporate gratitude practices into our lives?**
  - **When is a good time to express gratitude to yourself and their children?**

# Generating Gratitude



Express your gratitude with **Gratitude Meditation** and the **Compliment Game**: remember to compliment yourself first!

## **WHY PRACTICE THESE ACTIVITIES? Because they:**

Lowers cortisol levels; decreases stress, anxiety & depression; decreases greed, jealousy, and aggression; helps us release anger, resentment, sadness, & fear;

Increases empathy & generosity; opens our heart to love, joy, and peace; allows us to forgive more quickly and easily; cultivates & strengthens relationships;

Rewires our brain to lean towards positive thoughts and behaviors; boosts our immune system; & improves overall physical & psychological health.

# Generando La Gratitude



Expresa tu gratitud con **la Meditación de Gratitude y el Juego de Cumplidos**: ¡recuerda a dar un cumplido a ti mismo primero!

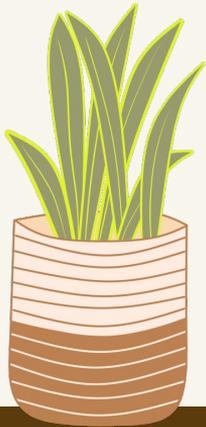
**¿POR QUÉ PRACTICAR ESTAS ACTIVIDADES? Porque ellas:**  
Reducen los niveles de cortisol; disminuyen el estrés, la ansiedad y la depresión; disminuyen la codicia, los celos y la agresión; nos ayudan a liberar la ira, el resentimiento, la tristeza, y el miedo;

Aumentan la empatía y la generosidad; abren nuestro corazón al amor, la alegría y la paz; nos permiten perdonar más rápida y fácilmente; cultivan y fortalecen las relaciones;

Reconfiguran nuestro cerebro para inclinarnos hacia pensamientos y comportamientos positivos; estimulan el sistema inmunológico y mejoran la salud física y psicológica en general.

# Body Language Matters / El lenguaje Corporal Importa

– BPW Parent Workshops –



# Body Language Matters: Parent Workshop Flow

- **Welcome** (5 min)
  - **Sharing Good News**
  - **Introduction to Session topic/theme**
- **Self-Care: Let's Change Our Energy!** (15 min)
  - **Stretching**
  - **Plates**
  - **1-Minute Exercise**
  - **4-Part Breathing**
  - **Smile & Breathe**
  - **Put own hands on heart or self-hug**
- **Brain Breaks** (15-20 min)
  - **Partner Side Stretch (helping each other release anxiety and anger)**
  - **Toe-Touching with slow breathing (helps release fear)**
  - **Shaking (helps release excess physical, emotional, and mental energy)**
  - **Brain Tapping (calms the brain)**
  - **Energy Ball Meditation (send send loving energy to each other at the end)**
- **Discussion** (slides 49 & 50) 10 min
- **Wrap-Up / Sharing:** Takeaways & Final Questions
  - **What does the body language we currently use communicate to our children?**
  - **How can we change our body language to communicate more effectively with our children?**

# Body Language Matters



Proximity, eye contact, and non-threatening body language convey **respect and dignity**

Try these:

- Slowly walking towards them / sitting next to them
- Making eye contact from across the room
- Using their name in a sentence
- Gently touching their shoulder
- Softening your tone of voice
- Offering choices or not : Emotionally steady and clear



**WHY?** The messages we send with our bodies delivers a much louder message to kids than what we say out loud.

# El Lenguaje Corporal Importa



La proximidad, el contacto visual y el lenguaje corporal no amenazante transmiten **respeto** y **dignidad**.

Prueba estos:

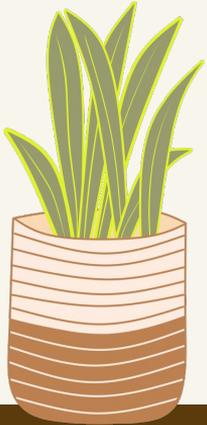
- Caminando lentamente hacia ellos / sentándose a su lado
- Hacer contacto visual desde el otro lado de la habitación
- Usando su nombre en una oración
- Tocando suavemente su hombro
- Suavizar tu tono de voz
- Proponiendo opciones o no : Estabilidad emocional

**¿Por qué?** Los mensajes que enviamos con nuestros cuerpos transmiten un mensaje mucho más fuerte a los niños que lo que decimos en voz alta.



# Active Listening / La Escucha Activa

– BPW Parent Workshops –



# Active Listening: Parent Workshop Flow

- **Welcome** (5 min)
  - **Sharing Good News**
  - **Introduction to Session topic/theme**
- **Self-Care: Let's Change Our Energy!** (15 min)
  - **Rotation & Stretching**
  - **Toe-Touching with slow breathing**
  - **1-Minute Exercise: Chest Opening & or lunges**
  - **Body Tapping**
  - **Brain Tapping with 4-Part Breathing**
  - **Self Declarations (w/own hands on their heart)**
- **Brain Breaks** (15-20 min)
  - **Brain Power Says**
  - **London Bridge with Partner Squats**
  - **Back to Back Clapping**
  - **Brain Power Bakery**
  - **Compliment Game: let them compliment themselves and another family member**
- **Discussion** (slides 53 & 54) 10 min
- **Wrap-Up / Sharing:** Takeaways & Final Questions
  - **How does it feel for you when you need someone to listen, but they are not giving you eye contact or when they immediately begin talking or offering their opinion about what you just said?**

# The Importance of Active Listening



## Game suggestions

Brain Power Says  
 Popcorn Storytelling

Active listening involves:

1. Building Trust: Let them feel heard
2. Demonstrating Interest
3. Using Non-Verbal Cues
4. Waiting To Talk
5. Asking Questions
6. Share Similar Experiences
7. Paraphrase

**WHY?** Active listening shows that you've been focused on what the other person is saying. Active listening helps to demonstrate and build relationships. When children's basic need for a supportive caregiver is met, they are better able to seek out experiences and try new or difficult things because they have a secure base from which to explore.

# La importancia de la escucha activa



## Sugerencias de juegos

Brain Power dice  
Narración de palomitas de maíz

La escucha activa implica:

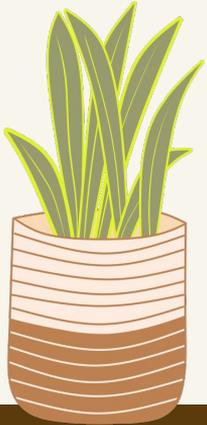
1. Generar confianza: Que se sienten escuchados
2. Demuestre interés: Empatía emocional
3. Señales no verbales: contacto en sus ojos
4. Esperando para hablar
5. Hacer preguntas relevantes
6. Comparte experiencias similares
7. Paráfrasis: Señal que entendió

**¿POR QUÉ?** La escucha activa muestra que te has concentrado en lo que dice la otra persona. La escucha activa ayuda a demostrar y construir relaciones. Cuando se satisface la necesidad básica de los niños de un cuidador que los apoye, están en mejores condiciones de buscar experiencias y probar cosas nuevas o difíciles porque tienen una base segura desde la cual explorar.

# Modeling the Choice to De-escalate Conflict/ Modelar la Elección para Reducir el Conflicto



**- BPW Parent Workshops -**



# Modeling the Choice to De-escalate Conflict: Parent Workshop Flow

- **Welcome** (5 min)
  - **Sharing Good News**
  - **Introduction to Session topic/theme**
- **Self-Care: Let's Change Our Energy!** (10 min)
  - **1- Minute exercise**
  - **Clapping Machine**
  - **Shaking**
  - **Energy Ball Meditation**
- **Brain Breaks** (15 min)
  - **Push-ups**
  - **Partner Push**
  - **Plates**
  - **Brain Tapping**
  - **Smile & Breathe**
- **Discussion** (slides 57-65) (15 min)
- **Wrap-Up / Sharing:** Takeaways & Final Questions
  - **What is an alternative to yelling, blaming, shaming, or making our children feel badly when they have done something incorrectly or undesirable?**

# Modeling the Choice to De-Escalate Conflict

**Model how to manage your emotions.** Take a few breaths before speaking. Utilize BPW exercises as needed to change your energy first, then you can address the situation with a cool head.

- Choose to improve on your relationship with your child / students
- Practice apologizing
- Notice their improvement
- Give them a hug or some affection / high fives
- Always ask questions to find out how they would get tasks done; give them choice.
- Giving Choices, Natural Consequences, & Logical Consequences

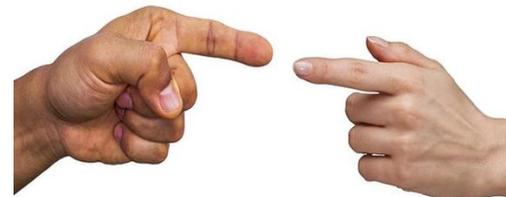


**Why?** Blaming and scolding makes the child feel badly about their personal worth.

# Sesión: Modelar la elección para reducir el conflicto

**Modele cómo manejar sus emociones.** Tome algunas respiraciones antes de hablar. Utilice los ejercicios de BPW según sea necesario para cambiar su energía primero, luego podrá abordar la situación con la cabeza fría.

- Elija mejorar su relación con su hijo
- Practica disculparte
- Note su mejoría
- Dales un abrazo o algo de cariño.
- Siempre haga preguntas para averiguar cómo harían las tareas; déle a su hijo opciones.
- Dar opciones, consecuencias naturales y consecuencias lógicas



**¿Por qué?** Culpar y regañar hace que el niño se sienta mal acerca de su valor personal.

## Specific tips for de-escalating conflict with your child(ren):

### 1. Apologize for blaming, shaming, or yelling at them

- Ex: I'm sorry I lost my temper and sounded so angry at you. Let me start again...
- Ex: I'm sorry for saying such an unkind thing to you. That wasn't the right way to start this important conversation.
- Ex: I'm sorry if it sounded like I was calling you a bad person. You aren't. But your behavior just now was not good, so we need to talk about it.

### 1. Discúlpate por culparlos, avergonzarles o gritarles

- Por ejemplo: Siento haber perdido los nervios y haber sonado tan enfadado contigo. Permíteme empezar de nuevo...
- Por ejemplo: Siento haberte dicho algo tan poco amable. No era la forma correcta de empezar esta conversación tan importante.
- Por ejemplo: Lo siento si sonó como si te estuviera llamando mala persona. No lo eres. Pero tu comportamiento de hace un momento no ha sido bueno, así que tenemos que hablar de ello.

## Specific tips for de-escalating conflict with your child(ren):

### 2. Offer them some form of affection

- Ex: May I give you a hug, high five, hold your hand, put my hand on your back

### 2. Ofréceles alguna forma de afecto

- Por ejemplo: ¿Puedo darte un abrazo, chocar los cinco, cogerte de la mano, poner mi mano en tu espalda?

## Specific tips for de-escalating conflict with your child(ren):

### 3. Choose a mindfulness exercise to practice together

- Ex: 4-Part Breathing and/or Brain Tapping
- Ex: BPW's Emotional Wellness stretches
- Ex: Self-declarations, such as "I am calm", "I'm ready to have a conversation now."

### 3. Elegir un ejercicio de atención plena para practicarlo juntos

- Por ejemplo: Respiración en 4 partes y/o Tapping cerebral
- Por ejemplo: Estiramientos de bienestar emocional de BPW
- Por ejemplo: Autodeclaraciones, como "Estoy tranquilo", "Estoy preparado para tener una conversación ahora"

## Specific tips for de-escalating conflict with your child(ren):

### 4. Acknowledge any positive choice(s) or effort(s) they made

- Ex: "I appreciate that you \_\_\_\_\_ (insert a positive choice/behavior/effort). However... (transition into tip #5)
- Ex: "Thank you for \_\_\_\_\_ (insert a positive choice/behavior/effort). However... (transition into tip #5)

### 4. Reconozca cualquier elección o esfuerzo positivo que hayan hecho

- Por ejemplo: "Te agradezco que \_\_\_\_\_ (inserte una elección/comportamiento/esfuerzo positivo). Sin embargo... (transición al consejo #5)
- Por ejemplo: "Gracias por \_\_\_\_\_ (inserte una elección/comportamiento/esfuerzo positivo). Sin embargo... (transición al consejo #5)

## Specific tips for de-escalating conflict with your child(ren):

### 5. Give Natural and Logical Consequences (give choices when possible)

- Natural Ex: You threw your toy/phone against the wall when you got angry. Now it's broken, so you don't get to play with/use it anymore.
- Logical Ex: "You didn't do [whatever the task was], so now you have to do that instead of \_\_\_\_\_ (playing with your friends, toys, video games, etc)

### 5. Da consecuencias naturales y lógicas (da opciones cuando sea posible)

- Ejemplo natural: Tiraste tu juguete/teléfono contra la pared cuando te enfadaste. Ahora está roto, así que ya no puedes jugar con él.
- Ejemplo lógico: No has hecho [cualquiera que sea la tarea], así que ahora tienes que hacer eso en lugar de \_\_\_\_\_ (jugar con tus amigos, juguetes, videojuegos, etc.)

## Specific tips for de-escalating conflict with your child(ren):

### 6. Reconciliation + Reparations

- Ex: Do you understand why \_\_\_\_\_ (other person) feels the way they do?
- Ex: Can you think of anything you can do, to make the situation better for \_\_\_\_\_ {the other person}?
- Ex: “How do you think you can fix the problem we now have?”

### 6. Reconciliación + Reparaciones

- Por ejemplo: ¿Entiendes por qué \_\_\_\_\_ (la otra persona) se siente como se siente?
- Por ejemplo: ¿Se te ocurre algo que puedas hacer para mejorar la situación de \_\_\_\_\_ {la otra persona}?
- Por ejemplo: “¿Cómo crees que puedes arreglar el problema que tenemos ahora?”

## Specific tips for de-escalating conflict with your child(ren):

7. **If they made an undesirable behavior choice, ask them how they could have expressed themselves in a healthier way? How could they have made a better choice / how can they make a better choice next time?**
  - Ex: Do you see how the way you handled this situation didn't work out very well? If you had a do-over, what would you do differently?
  - Ex: Can you think of another way you could have handled things, that would've turned out better for everyone.
  
7. **Si han elegido un comportamiento indeseable, pregúntales cómo podrían haberse expresado de una forma más sana. ¿Cómo podrían haber elegido mejor / cómo podrían elegir mejor la próxima vez?**
  - Por ejemplo: ¿Ves cómo la forma en que manejaste esta situación no funcionó muy bien? Si pudieras volver a hacerlo, ¿qué harías de forma diferente?
  - Por ejemplo: ¿Se te ocurre alguna otra forma en que podrías haber manejado las cosas, que hubiera resultado mejor para todos?