

COLORADO DEPARTMENT OF EDUCATION

## 2017 State Meeting

Preschool Special Education and Child Find



### LEADING IN A SOCIAL AGE

March 2, 2017

# HOW TO ACHIEVE MEANINGFUL OUTCOMES

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[https://prekhandandplay.com/  
2017cde-state-meeting/](https://prekhandandplay.com/2017cde-state-meeting/)



#### Self-Awareness Flipped Learning Activities

• A colleague of mine, Jonathan Fields, wrote a book titled, "[How to Live A Good Life](#)". In one of his chapters (*Know What Matters*), he provides a set of steps to help identify what you value most, and then how to make decisions that are in line with your values. The ability is a necessary skill for an effective leaders. In this flipped activity, you are invited to read Jonathan's chapter, follow the four steps found at the end of the chapter, and then see if you are able to begin "saying yes to those thing that genuinely matter most to you."

Chapter Pages: [1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [7](#) [8](#)

• Looking to change something about you, your life, your work? Try the WOOP method developed and researched by Oettingen and colleagues. Click [here](#) to learn more, and [here](#) to access and try out the free app. I'll demonstrate how I've used the method to "turn down the shark music" when we gather on March 2nd.

• Want to explore tools and tips for helping children identify and build their character strengths? Check out the [Character Lab](#). Surf around the site and bring one idea with you to the conference.

#### Handouts (print or keep in digital format)

- Essence Glossary - Printable [\[pdf\]](#)
- Self-Assessment Key - Printable [\[pdf\]](#)
- Self-Assessment At-A-Glance - Printable [\[pdf\]](#)
- Superpowers Categories - Printable [\[pdf\]](#)
- Mindful Inquires Sampler Pack - **Digital** only [\[pdf\]](#)
- Emotional Vocabulary Words - Printable [\[pdf\]](#)

#### Supplemental Resources

- Learn more about your strengths-take the free VIA assessment [\[link\]](#)
- Teach others about Superpowers-share the Self-Assessment [\[link\]](#)
- Learn more on the *Workbook of Human Superpowers* [\[link\]](#)
- Learn how to keep a gratitude journal [\[link\]](#)

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## SEL'S OF AN EFFECTIVE SOCIAL LEADER

- Self-Awareness
- Self-Regulation
- Situational Awareness
- Social Awareness
- Spirituality



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## Self-Awareness

- Recognize and understand own emotions
- Capitalize upon strengths
- Recognize own biases, emotional triggers, & limitations
- Knowledge that, ultimately, we have control over our emotions & how we respond to situations



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## WHAT DO WE GET?

- 01** Increased working memory
- 02** Cognitive openness
- 03** Optimal immune system functioning
- 04** Ability to handle complex tasks
- 05** Creativity
- 06** Openness to people & emotions

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## Self-Awareness Strategies



Let your vision drive you actions



Turn down the shark music



Work from a place of compassion

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# EXAMPLE

I want to work and live from a place of hope...where I employ a growth mindset and help others find solutions despite conflicting policies and challenging circumstances.

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## TAMING THE SHARKS

●  
What is your wish?

●  
What is the best outcome?

●  
What is your main inner obstacle?

●  
What is your wish?  
"If... (obstacle), then I will ...  
(action or thought)."

A screenshot of a mobile application interface. At the top left is a back arrow and at the top right is a close 'X' button. The main content area has a light blue background and contains the text: "Your If-then plan" followed by "If 'Feeling sorry for myself', then I will 'Appreciate more intentionally'". Below this text is a dark blue button labeled "Continue". At the bottom center is the "woop" logo, which consists of a blue cloud icon above the word "woop" in a lowercase, sans-serif font. In the bottom right corner, there is a small circular icon with "1X" inside.

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*Coaching with Compassion not compliance*

- What is your vision for the future of your team?
- Where do I bring compassion and empathy to your relationships with families/colleagues/kids?
- What is working in the team?
- When are you at your best, at work? At home
- What do I wish for at work? At home?
- Describe the situation (who is there, what are you doing) if everything unfolded perfectly.

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## Self- Assessment

Find  
your...

**Human Superpowers**

Know  
your...

**Human Superpowers**

Use  
your...

**Human Superpowers**

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PROMOTING SOCIAL-EMOTIONAL INTELLIGENCE ACROSS THE LIFESPAN

Adaptability  
Advocacy  
Appreciation  
Attention  
Bravery  
Charity  
Civility  
Compassion  
Creativity  
Curiosity  
Discernment

Empathy  
Engagement  
Fairness  
Forgiveness  
Gratitude  
Honesty  
Hope  
Humor  
Kindness  
Love

Love of Learning  
Patience  
Persistence  
Reliance  
Resilience  
Responsibility  
Self-Regulation  
Teamwork  
Tolerance  
Trust  
Zest

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# The Workbook of Human Superpowers



Mayra Porrata, M.Ed. &  
Kristie Pretti-Frontczak, Ph.D.



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**Essence Attributes**  
**Real Common Core**  
**Superpowers**



# Self-Regulation

- Ability to adapt and manage change
- Ability to understand the best response for the situation
- Ability to control emotional reactions in order to respond in productive and authentic ways

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USING SELF-REGULATION SKILLS TO RESPOND TO CHALLENGES



**SOLUTION #1:  
KNOW WHEN TO  
HOLD 'EM (BE  
PART OF THE  
CONVERSATION)**

**SOLUTION #2:  
KNOW WHEN TO  
FOLD 'EM (KNOW  
HOW TO ADAPT)**

**SOLUTION #3:  
KNOW WHEN TO  
WALK AWAY (BE  
PREPARED TO  
OPT-OUT)**

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## Situational Awareness

- Ability to see and understand what is happening, why it is happening, and what is likely to happen next
- Mindful of what is going on in terms of issues, concerns, relationships, and group dynamics
- Ability to predict and take action regarding future events.

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## Social Awareness

- Ability to consider what others want/need and then to take action to meet those needs
- Ability to demonstrate empathy
- Ability to engage in active listening and effective communication skills to meet the needs of others

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## Spirituality

- Connects with self, others, content, and contexts
- Works from a place of authenticity
- Promotes positive change by connecting and collaborating

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# HABITS....

- Slow the body & focus the mind
- Engage in physical activity
- Interact & be a part of nature
- Promote optimism and hope
- Engage in acts of self-kindness

[HTTP://PREKTEACHANDPLAY.COM/PODCAST8/](http://PREKTEACHANDPLAY.COM/PODCAST8/)

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Redefining inclusion.  
Reclaiming children's right to learn through play.*

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# DEEP DIVE

WITH **KPF** Kristie Prett-Frontczak

Transforming ECE Practices

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