

NOVEMBER/DECEMBER 2020

# IN THE LOOP

Social-Emotional and Anti-Bias Active Learning Activities



*exhale*  
A well-being app for  
BIWOC by BIWOC

Available for  
[iOS](#) and  
[Android](#)

**Exhale app inspires self-care,  
mindfulness, and rest  
through practices like Soul  
Medicine Meditation and  
Ancestors Guided Imagining.**

## Keep Hope Alive - Rev. Jesse Jackson

One of the definitions of the word “hope” in the Merriam-Webster dictionary is “desire accompanied by expectation of or belief in fulfillment.” During the twin pandemics, our limits as human beings have been tested. The theme of this edition of “In the Loop” is hope. We desire to support you to either increase or restore hope in yourselves, children, families you serve, our community and the future. Hope against all hope. Read and be inspired.

-DEEL Coaches

## Peace Corner

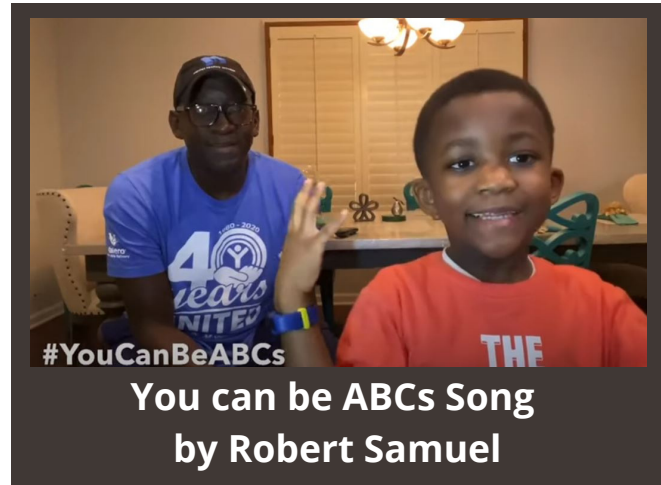


Play is hard work, and that is children's job. Just as adults need time to step away from work, there will be times when children will need to do the same too.

We should shift the focus from time-out to a place where children can find a sense of belonging, identify feelings, regulate their emotions, and empower themselves to problem-solve.

Click on the picture above for a 12-minute training video on using the "peace corner", which focuses on healing rather than punishment. A few extra tips:

- Have children help create that space and come up with ideas of how they could use that space.
- Model how to use the peace corner - children learn through modeling.
- Engage in self-talk to make your self-regulation process visible: e.g. "I am going to have my quiet time".



**Our natural environment can offer many teachings to help us heal, restore and balance. Here is a resource to use plant teachings from Oak trees to guide our social emotional well-being.**

Developed by GRuB: Garden Raised Bounty, Olympia, WA

## OAK

I grow slowly—making deep roots, hard wood, thick bark, tough leaves, and nutritious nuts. My patient efforts help me get through challenges and create a supportive environment for species around me.



- *Can I remember a time when someone was patient with me? How did that make me feel?*
- *When I am feeling impatient and frustrated, can I: STOP for a moment, take a few deep breaths, think about my long-term goals, and act mindfully from a place of calm?*

## Savoring Walk

**Set aside 20 minutes to take a walk outside by yourself every day for a week.**

**Try to stick to this schedule unless the weather is extremely bad. You can still do this exercise in a light rain—provided you have a decent umbrella and rain jacket.**

