

From : NAFCS Social Workers and Case Managers

MENTAL HEALTH RESOURCES FOR TEACHERS/ STAFF

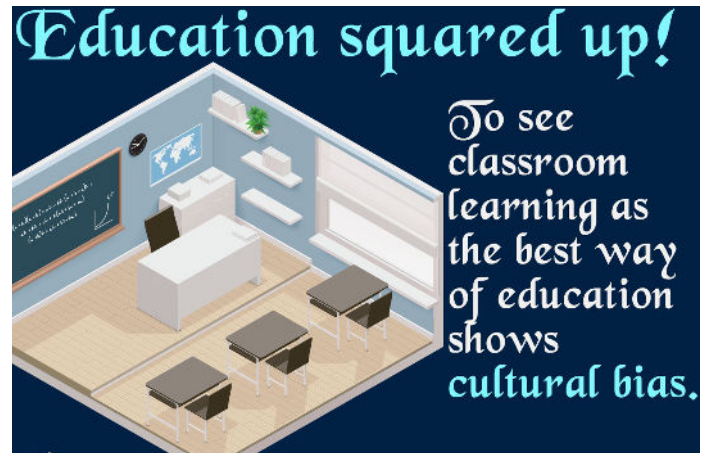
Cultural Competency



WHAT IS CULTURAL COMPETENCY?

- Includes skills that enable individuals to increase their understanding & appreciation of cultural differences & similarities.
- Allows teachers to understand, appreciate, & work with students of cultural other than our own.
- Involves the willingness & ability of a system to value the importance of culture in the delivery of education to the entire school population.

Cultural Bias



Cultural bias is treating people differently based on their cultural background.

Includes: misconceptions, prejudices, or beliefs that we possess towards other people, communities, or countries.

Resources:

- How to Avoid Cultural Bias in the Classroom (synonym.com)
- <https://www.learningforjustice.org/professional-development/test-yourself-for-hidden-bias>

5 WAYS TO PRACTICE CULTURAL COMPETENCY IN CLASSROOMS

1. Encourage & model respectful behavior.
2. Emphasize commonalities with new peers.
3. Promote an equitable relationship between peers & partner classrooms.
4. Encourage students to approach differences with curiosity & kindness.
5. Respond to generalizations stereotypes by emphasizing individual differences & encouraging critical thinking & perspective taking.





From : NAFCS Social Workers and Case Managers MENTAL HEALTH RESOURCES FOR PARENTS & FAMILIES

MINDFULNESS PRACTICES FOR FAMILIES WHEN PARENTS AND CHILDREN ARE FEELING BIG EMOTIONS, IT'S GOOD TO FIND SOME CALM. SIMPLE MINDFULNESS ACTIVITIES CAN HELP.



Balloon



S.T.A.R.



Pretzel



Drain

How do you feel?



Angry



Scared



Sad



Happy



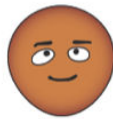
Frustrated



Anxious



Disappointed



Calm

• Using this chart that depicts all 8 Feeling Buddies help children identify their emotions. *Ages 3 and older*

- Self-regulation
- Emotional awareness
- Fussing and fits
- Self-control
- Emotional intelligence
- Social-emotional learning

RESOURCES TO HANDLE THE UPSET & CONFLICT THAT COMES YOUR WAY

- <https://consciousdiscipline.com/free-resources>
- <https://consciousdiscipline.com/resources/how-do-you-feel-chart/>



Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "sssshhh" sound and release all your muscles, draining out the stress.



S.T.A.R.

Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.



Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.



Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbpbpbpbpb" sound.