



Promoting Key Life Skills In the Classroom



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Curricula Concepts

Learning Objectives

- Understand the benefits of the REACH program
- Identify the importance of key life skills and use a variety of strategies to help promote those skills





Icebreaker

What is one skill you have that you are thankful for?



Goal

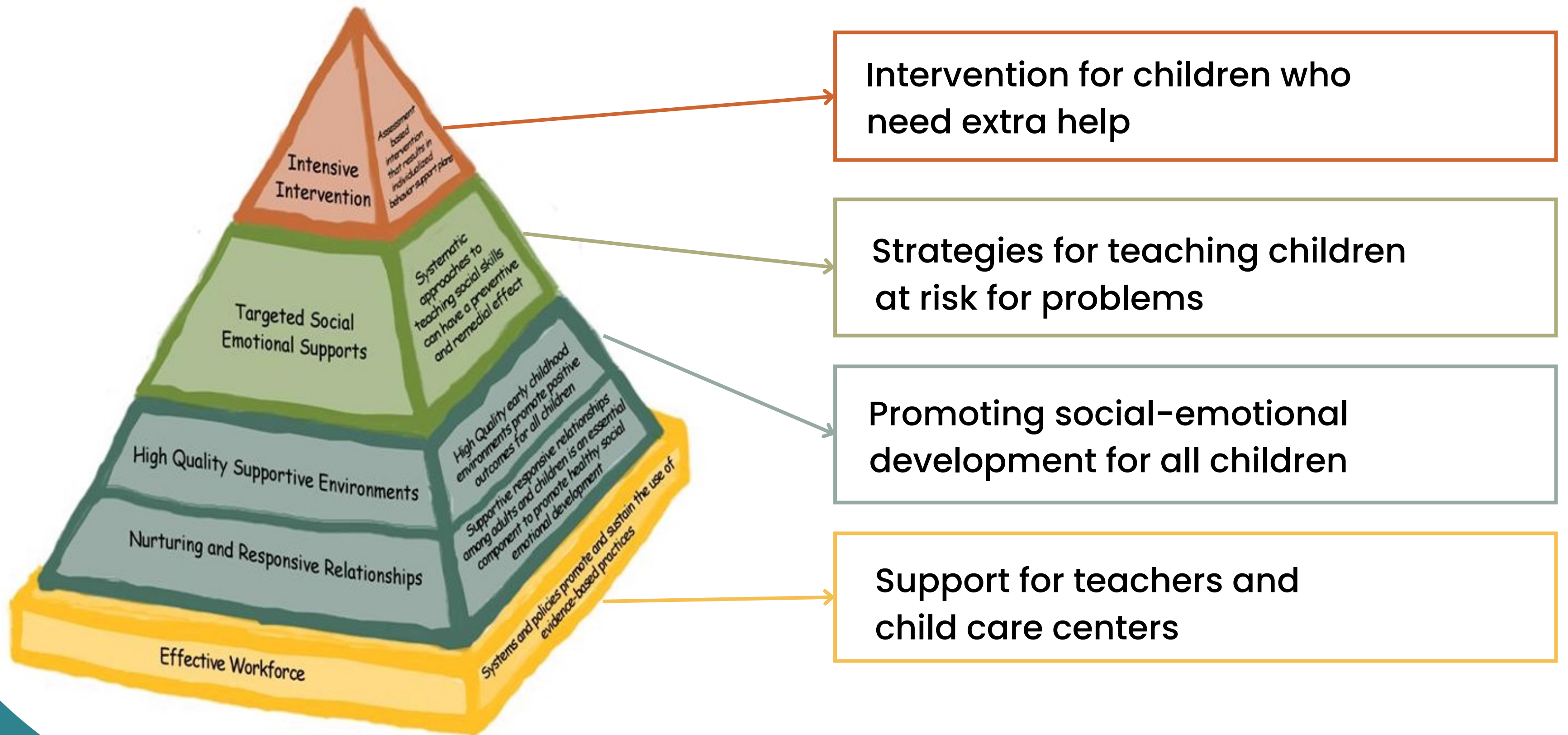
To increase teacher capacity to support optimal early childhood mental health & positive behavior through a 6-month partnership.



Features

- No cost to eligible child care centers
- We bring the training to you at times you choose
- 2 Director Workshops
- 6 Teacher Workshops
- Family training sessions
- Materials & toolkits for each classroom
- Follow-up coaching

The Pyramid Model



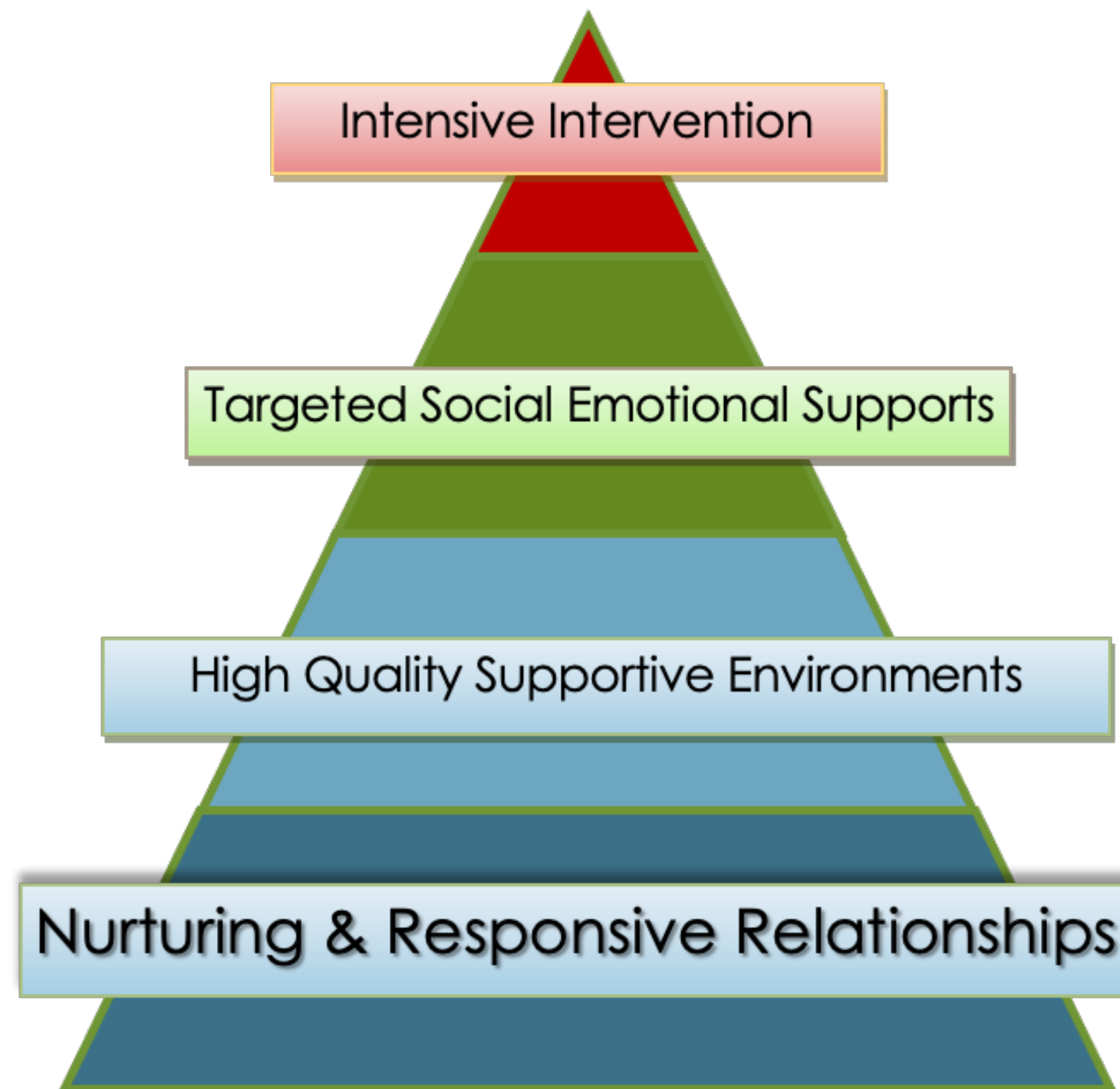
Key Life Skills

- Asking adult for help
- Use feeling words
- Recognize own feelings
- Recognize others feelings
- Pretend play with peers
- Listening to others
- Problem solving
- Calming down
- Following rules
- Sense of humor
- Focused attention
- Sharing, taking turns
- Asking peer to join play
- Joining another in play
- Making play suggestions
- Helping others
- Negotiating; cooperating
- Being able to say "no"
- Offering to help
- Showing empathy



The Foundation:

Building a Nurturing Relationship with Each Child



- Interactions with adults build the architecture of the developing brain.
- Over 700,000 neural connection per second.
- The quality of the relationship has major influence on what connections are formed.



<http://developingchild.harvard.edu/>

<https://www.zerotothree.org/>

<https://ccf.georgetown.edu/subtopic/early-childhood/>

Discussion

How do you intentionally build a positive, warm nurturing relationship with:

An Infant?



A Toddler?



A Preschooler?



High Quality Supportive Environments



- Classroom arrangement
- Engaging toys and materials
- Labeled shelving
- Schedule, routines, and transitions



Hand Washing Activity

Write down the steps and/or the number of steps it takes to successfully wash your hands.



Targeted Social Emotional Supports




- Recognize own feelings
- Recognize others feelings
- Solve problems
- Make choices
- Take turns
- Share
- Ask a peer to play
- Follow rules

Teaching Feelings


The People on the Bus

The people on the bus feel proud, proud, proud
proud, proud, proud, proud, proud
The people on the bus feel proud, proud, proud
Until their feelings change.

The people on the bus feel shy, shy, shy
shy, shy, shy, shy, shy, shy
The people on the bus feel shy, shy, shy
Until their feelings change.



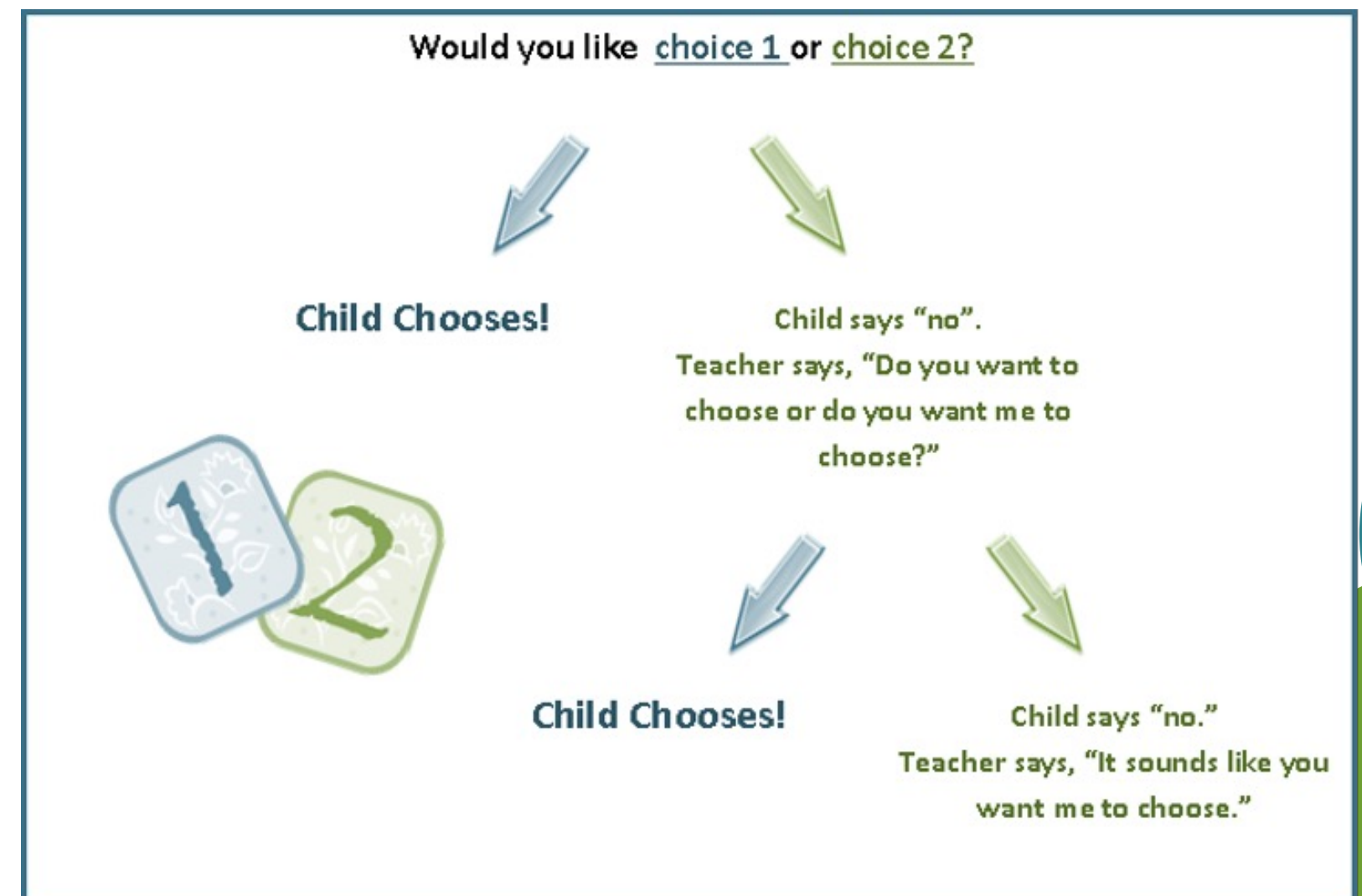
Ask a child to point to a face on your Emotions Poster.
Repeat, allowing the children to make faces using
different "feeling" words.
To the tune of "Wheels on the Bus"



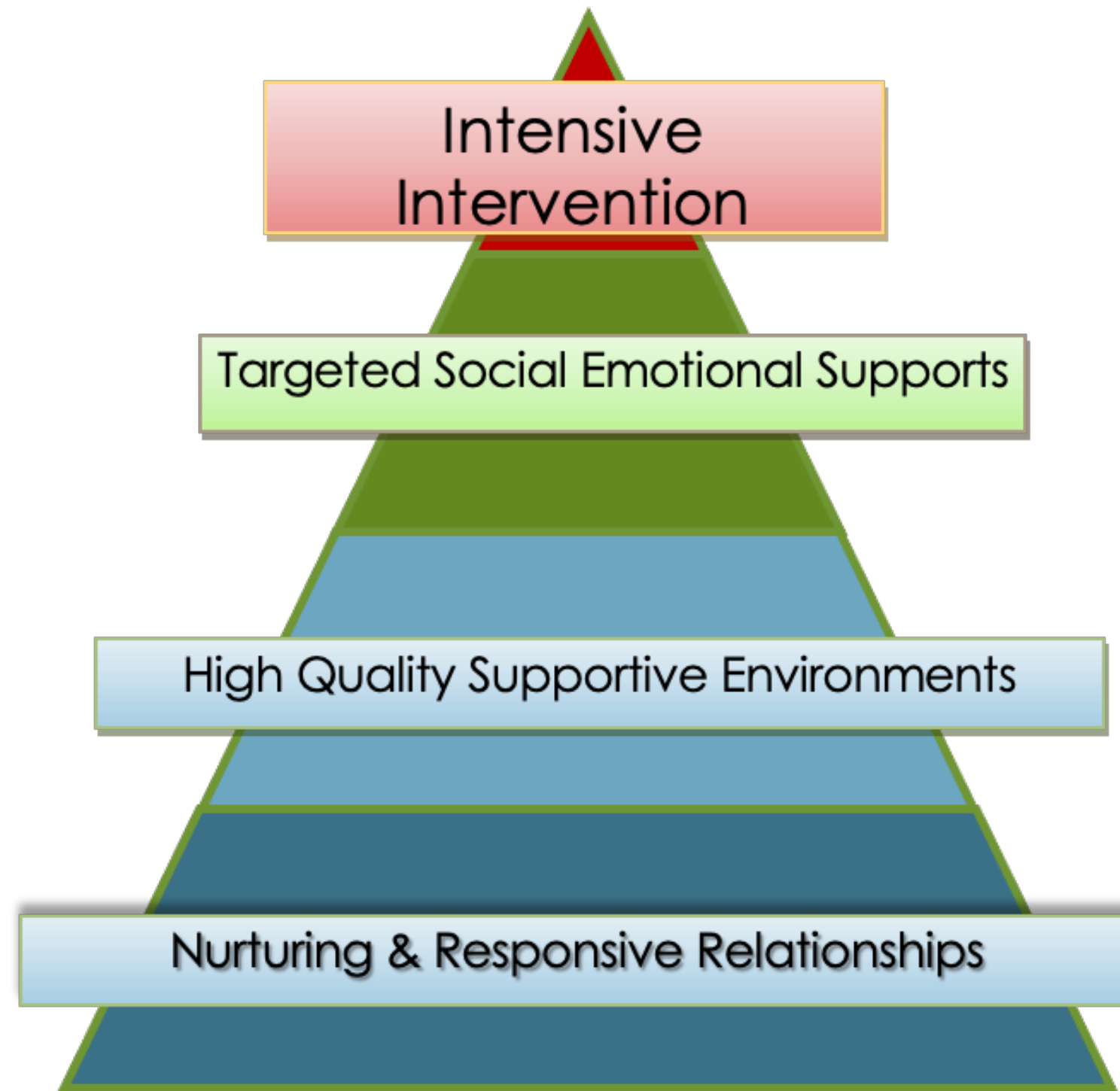
Teach Making Choices

Elements of a Good Choice:

- Free choice vs. Limited Choice
- Genuine vs. Undesirable
- Age appropriate
- Appropriate for the individual child
- Acceptable to teacher
- Safe



Intensive Interventions

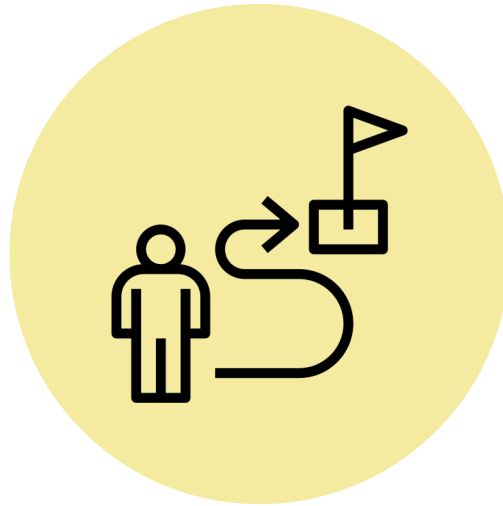


Making & using a plan for intensive individualized intervention for a child with challenging behavior could make a difference in the life path this child goes down.

Intervention Strategies

- ABC Approach
- Calm down spaces
- Calm down strategies
- Teaching Strategies
- Partnering with Parents
- Behavior Help

REACH Director Workshops



Director Workshop #1

Creating Your Center's Plan to Support Children's Social Emotional Development



Director Workshop #2

Nurturing Staff to Nurture Children

REACH Teacher Workshops

#1 A Nurturing Relationship with Every Child

#2 Routines, Schedules and Rituals

#3 Talking About Feelings and Solving Problems

#4 Positive Attention

#5 Choices

#6 Advanced Strategies



Coaching



REACHing Parents Sessions

#1 The Best Homework for School Success

#4 Using Positive Attention Effectively

#2 Routines and Rituals

#5 Teaching Children Choices

#3 Teaching Feelings and Solving Problems

#6 Extra Help



REACH Training Opportunities



REACH & REACHing Parents



JOIN OUR WAITLIST





Questions?

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