

ASSET At-Home Toolkit

Five concrete stress-reducing tools to practice with your children



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March 13th, 2020

To Our Community:

We know anxiety and emotions are high right now. In an effort to support our ASSET community, we want to offer a free ASSET At-Home Toolkit with some resources and concrete stress-reducing tools (in both English and Spanish) families can use with their children while schools are closed.

On page 2, we've included Dr. Daniel Siegel's "Handy" Model of the Brain. This poster provides a nice visual of what happens when the brain is stressed versus when the brain is calm. Go to <http://bit.ly/handmodelofbrain> to watch Dr. Siegel explain this hand model in clear, easy terms. During high-stress times, we find that this model helps children understand what is going on in their brain and bodies.

Pages 3-8 features scripts of five quick, concrete stress-reducing tools. We selected these five tools in particular because we believe they can help you and your families cope during this time of uncertainty. Each tool takes 5-10 minutes to implement, and all you need to do is read the script to your child (and participate alongside them if you'd like!). You will need paper and a writing utensil for the last two tools (Gratitude Flip and Take Two).

We will also host a 45-minute webinar next week to guide families through these tools on Tuesday, March 17th at 5pm MT/7pm ET. Everyone is invited! Please use this link to join us: <http://bit.ly/assetathome>.

Feel free to share this free resource with other friends and family members. And if you can't make the webinar or need more support, please email us.

Stay Well,



Tessa Zimmerman & Gina Leach

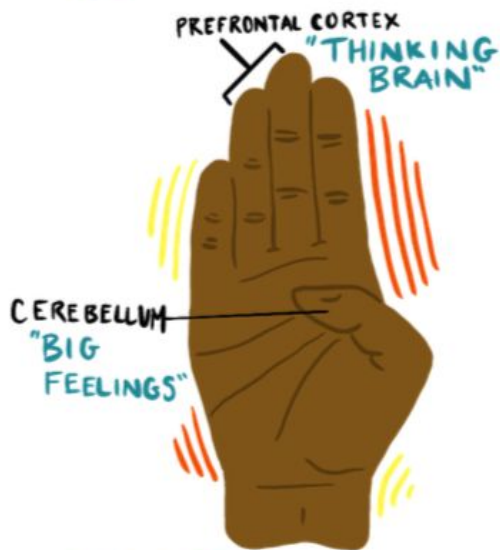
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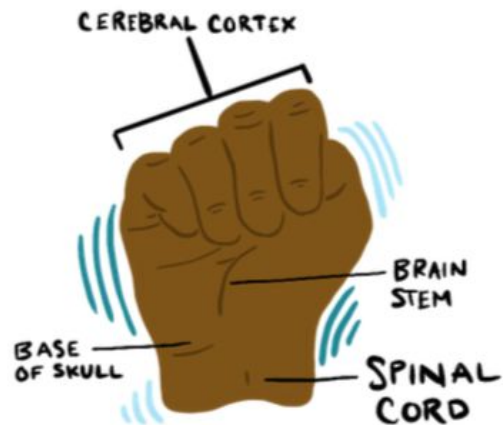
ASSET Education is a Denver-based nonprofit that equips educators with stress reducing tools for their classrooms. Learn more about our tools at www.asset-edu.org.

FLIPPING your lid



FLIPPED LID

You lose access to your prefrontal cortex, your "thinking brain." Your amygdala activates the fight, flight, freeze response, and you operate from a place of fear.



CALM MIND

Since all of the parts of your brain are working in harmony, you feel calm, balanced, and alert yet relaxed.



Finger Breathing

Finger Breathing	Respiración con dedos
<p>1. Find a comfortable, upright position, and take a deep breath. Soften your gaze, and shift your focus to your fingers.</p> <p>2. Hold your right thumb in front of you. Take a hold of your right thumb with your left hand. As you hold your thumb, take a deep breath in through your nose, pause, then exhale through your mouth.</p> <p>3. Now, we are going to do the reverse. Hold your left thumb with your right hand this time. Again, take a deep breath in, pause, then exhale the breath as you continue to hold your left thumb.</p> <p>4. Repeat with each finger on each hand.</p>	<p>1. Encuentre una posición erguida y cómoda, y respire profundamente. Suavice su mirada y cambie su enfoque a los dedos.</p> <p>2. Ponga su pulgar derecho enfrente de usted. Agarre el pulgar derecho con la mano izquierda. Mientras agarre el pulgar, respire profundamente por la nariz, haga una pausa y luego exhale por la boca.</p> <p>3. Ahora, vamos a hacer lo contrario. Esta vez, agarre el pulgar izquierdo con la mano derecha. De nuevo, respire profundamente, haga una pausa y luego exhale mientras usted continúe agarrar el pulgar izquierdo.</p> <p>4. Repita con cada dedo en cada mano.</p>

Grounding 5-4-3-2-1

Grounding 5-4-3-2-1	Bien fundado 5-4-3-2-1
<ol style="list-style-type: none"> 1. Write down 5 things you can see in the room. 2. Write down 4 things you can physically feel, such as your clothes or your pencil. 3. Write down 3 things you can hear in this moment. 4. Write down 2 things that you're grateful for. 5. Write down 1 thing that makes you unique. <p>Make a mental note to yourself: which sensory experience works best to ground you? Sight, touch, or sound? In the future, you can adapt this tool to focus only on the senses that work best for you.</p>	<ol style="list-style-type: none"> 1. Escriba 5 cosas que puede ver en la aula. 2. Escriba 4 cosas que puede sentir físicamente, como la ropa o su lápiz. 3. Escriba 3 cosas que puede escuchar en este momento. 4. Escriba 2 cosas por las que está agradecido. 5. Escriba 1 cosa que lo haga único. <p>Haga una nota mental: ¿cuál experiencia sensorial funciona mejor para ponerte a tierra? ¿La vista, el tacto o el sonido? En el futuro, puede adaptar esta herramienta para centrarse solo en los sentidos que mejor se adapten a usted.</p>

Hand Tracing

Hand Tracing	Trasa la mano
<ol style="list-style-type: none"> 1. Soften your body and find an upright posture where you feel comfortable, grounded, and alert yet relaxed--your Mindfulness posture. Gently shift your gaze to your desk. 2. Start by placing your left hand on your desk. 3. Then, place your right hand's pointer finger on the right side of your left wrist. 4. With this tool, you'll run your right finger along the perimeter of your left hand--as if you're tracing your hand with a pencil--and breathe up and down each finger. 5. Let's begin. Slowly inhale as you trace your right finger up your left thumb, pause at the top, then exhale as your trace down it. 6. Slowly breathe in as you draw up the next finger, pause, and slowly breathe out on your way down. 7. Continue this process for the last three fingers of this hand, then switch hands. Alternate hands during this exercise as we practice for 45 more seconds. 8. Finish your last Hand Tracing cycle, and then return your attention to the front of the classroom. 	<ol style="list-style-type: none"> 1. Suavice su cuerpo y encuentre una posición cómoda y vertical, fundados y alertó/a pero relajado/a-- y consiente de su postura. Lentamente traiga su vista hacia su escritorio. 2. Empiece por poniendo su mano izquierda en su escritorio. 3. Luego, ponga el dedo señalador de su mano derecha en el lado izquierdo de su muñeca. 4. Con esta herramienta, va ha correr su dedo sobre el perímetro de su mano izquierda-- como si estuviera trazando su mano con un lápiz-- y respira arriba y abajo en cada dedo. 5. Empecemos. Lentamente inhale ha como trace su dedo derecho hacia arriba de su pulgar izquierdo, deténgase arriba, luego exhale ha como trace hacia abajo de el. 6. Lentamente respire conforme dibuje hacia arriba de su próximo dedo. deténgase, y lentamente exhale en su camino para bajo. 7. Siga este proceso para los tres últimos dedos de esta mano, luego cambie de mano. Manos alternativas durante este ejercicio conforme practicamos for 45 segundos más.

8. Termine su última mano con el ciclo de trazando, y luego regrese su atención al frente del salón.



Gratitude Flip

Gratitude Flip	El agradecimiento volteado
<p>What challenges can you be thankful for? Today, we are going to list why we are grateful for the negative or challenging events, people, or situations in our lives. An example would be that I'm grateful for my friends who didn't invite me out to dinner because now I know how not to treat people.</p> <p>For the next two minutes, try your best to find the good in as many challenging situations as you can. Use the sentence structure, "I am grateful for _____ because _____."</p>	<p>¿De cuáles desafíos puede estar agradecido? Hoy, vamos a enumerar por qué estamos agradecidos por los eventos, personas o situaciones negativas o desafiantes en nuestras vidas. Un ejemplo sería que estoy agradecido por mis amigos que no me invitaron a cenar porque ahora sé cómo no tratar a las personas.</p> <p>Por los próximos dos minutos, trate de encontrar lo bueno en tantas situaciones difíciles como pueda. Use la estructura de la frase, "Estoy agradecido/a por _____ porque _____".</p>

Take Two

Take Two	Toma dos
<ol style="list-style-type: none"> 1. First, let's understand the concept of cognitive reappraisal. Essentially, when faced with a tricky or challenging situation, the goal is to intentionally reevaluate or reframe the situation in a more neutral or positive direction. Let's go through an example together. Say someone cuts you off on the highway and your initial reaction--your first appraisal--was, "What a jerk! I hope someone cuts him off!" How could you reframe this situation to be more positive? What story could you tell yourself about this person that would make you feel less angry about them cutting you off? 2. Pick a recent moment where someone did or said something that frustrated you. Take a moment to write about this challenging situation. 3. What was your initial "appraisal" of your challenging moment? This was your first take of the situation. How did you automatically respond? 4. Now, take two. Consider another perspective--a "reappraisal." Write down a different perspective. 	<ol style="list-style-type: none"> 1. Primero, comprendamos el concepto de reevaluación cognitiva. Esencialmente, cuando se enfrenta a una situación difícil o desafiante, el objetivo es reevaluar o replantear intencionalmente la situación en una dirección más neutral o positiva. Veamos un ejemplo juntos. Digamos que alguien lo corte en la carretera y su reacción inicial, su primera evaluación, fue: "¡Qué idiota! ¡Espero que alguien lo corte a el/ella también!" ¿Cómo podría reformular esta situación para que sea más positiva? ¿Qué historia podrías contar sobre esta persona que se haga sentir menos enojado porque se cortó? 2. Elija un momento reciente donde alguien hizo o dijo algo que lo frustraba. Tómese un momento para escribir sobre esta difícil situación. 3. ¿Qué fue su "evaluación" inicial de su momento desafiante? Esta fue su primera imagen de la situación. ¿Cómo respondió automáticamente? 4. Ahora, toma dos. Considere otra perspectiva: una "reevaluación". Escribe una perspectiva diferente.