

From “How are you?” to “Where are you?” Using Images and Word Continuums in Grief and Trauma Support

Where are you?



Crystal clear

to

Clear as mud

Mindful Steps: scales/continuums	
What are they? Purpose?	
Things to ponder.	
Questions I have so far?	

No.	CASEL Domain	6th-8th (can easily meet all grade levels)
1	Self-Awareness	Recognize and label a variety of complex graded emotions in self and others.
2	Self-Management	Express emotions in an appropriate and respectful manner using a variety of modalities.
3	Self-Management	Identify what triggers a strong emotion and apply an appropriate calming or coping strategy to defuse the emotional trigger.
5	Social Awareness	Provide support and encouragement to others through perspective taking, empathy, and appreciation for diversity.

Getting Started/Moving Forward	
Where to start:	Explain- Inquire- Begin-
Progression:	Digging Deeper- Personalize- Self-anchor-

Ideas/Uses/ Resources	Examples	
“Bell ringer”	Post-it note on scale or non-linear. (apples/penguins)	
Pick-a-stick	On desk in office or classroom.	
Quick hallway checks	What car are you driving today?	
Manipulatives/ nonlinear	Actual objects. (Prickly critter - tennis ball)	
Alternative approach	Squiggly lines, Gas Gauge	
Topic-specific	Friendships/ Digital Citizenship/ Body Image/ Self-management/ Coping Strategies	
Lesson Plan	Daily Check-in Lesson Plan: individualized, tracking, action, involving others	
Content- Relevant	By discipline: figurative language, reactive metals, tempo, peace/conflict, integers, tonality/hue	

Self-Awareness/Self-Management	
What do you notice about yourself?	
What do you need?	
What are you going to do?	

Where are you now?



Your turn	
Takeaways?	
Ideas for implementation?	
Modifications for your needs?	
Questions?	

Contact me for more scales/resources/lesson plan help/questions/comments, etc!

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