



Social-Emotional-Behavioral Health

PLAEA SEBH Team News : December 2021 / January 2022

Self-Awareness

is the ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. It is the ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset".

Learning Targets:
Identifying Emotions
Accurate Self Perception
Self-Confidence

[Iowa SEL Competencies](#)

Energy Check-In

As the cartoon characters from *The Backyardigans* would sing ... we are in the "*thick of it*". We are also approaching the time of year, when many look forward to the upcoming break and might even be drafting out New Year's resolutions. Before writing out those resolutions, though, we invite you to first pause, consider a few tools for self-awareness, and select resolutions that are more meaningful and manageable. Consider Elena Aguilar's [Energy Check-in](#) for a quick assessment to hone in on which areas might need attention first. If you are wanting to dig even deeper, give Brene Brown's [Wholehearted Inventory](#) a try.

For Your Calendar:

Regional Youth MHFA Trainings:
[\(Info & Registration\)](#)
April 19
May 16
June 3

Comprehensive SEBH Planning Workshop:
[\(For District/Building Teams\)](#)
June 8-9

"Self awareness is the ability to take an honest look at your life without any attachment to it being right or wrong, good or bad." - Debbie Ford

Feeling Overwhelmed?

Who doesn't love a good TED talk? Laura Van Dernoot Lipsky's [Beyond the Cliff](#) has been a favorite for a few years now. Even though it's from 2015, you will likely find connections as Laura offers us a window into the cumulative toll that can occur when we are continuously exposed to the suffering, hardship, crisis or trauma of humans. Her book [The Age of Overwhelm](#) delves deeper and provides strategies to shift our thinking with intention and action. A few personal favorites, though, are her [Tiny Survival Guide](#) and [Map for Managing One's Day](#).

