



WESTERN JUSTICE CENTER

WEBINAR SERIES

COMFORT WITH CONFLICT:
HOW TO EMBRACE SELF-AWARENESS

DISCLAIMER

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ZOOM ETIQUETTE

CREATE COMMUNITY

Mute your microphones

Write down questions and notes

Use the Chat Box to pose questions



WESTERN JUSTICE CENTER

WJC **empowers** people to strengthen their communities by growing the **conflict resolution skills and capacity** of youth, educators, schools, and community partners.





WJC TRAINERS

**CONFLICT RESOLUTION
EDUCATION**

Shaune Gatlin, Program Director

Arturo Magaña, Program Coordinator

WWW.WESTERNJUSTICE.ORG

SPECIAL GUEST

TOOLS FOR PEACE

Mayme Donsker, Director of Facilitation

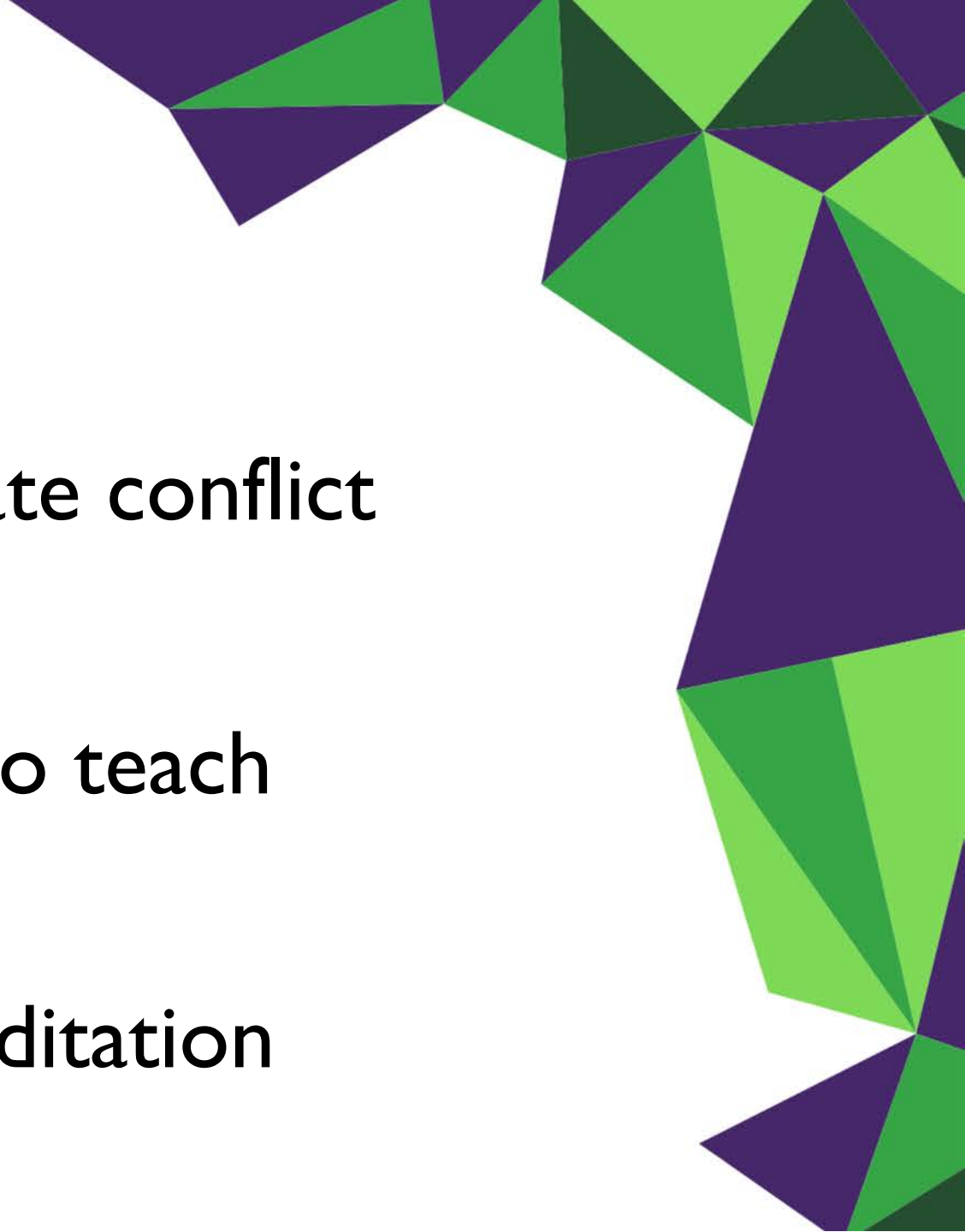
Tools for Peace is dedicated to strengthening and supporting emotional and social intelligence as well as academic and professional success.

WWW.TOOLSFORPEACE.ORG



TODAY'S LESSON

- Self awareness >>> Navigate conflict constructively
- How to use School Tools to teach self awareness
- Practice mindfulness & meditation



COMFORT WITH CONFLICT

CONFLICT IS

- Natural
- Uncomfortable
- Springs from our emotions and our perceptions



SELF AWARENESS

HELPS US

- Identify emotions
- Explore perceptions
- Get centered
- Shift our state of being
- Show up constructively in conflict



SOCIAL AND EMOTIONAL LEARNING (SEL) CORE COMPETENCIES*

- Self awareness
- Self management
- Social awareness
- Relationship skills
- Responsible decision-making

SELF AWARENESS BECOMING CONSCIOUS

- Emotions
- Perceptions



MINDFULNESS

FORM OF SELF AWARENESS

MINDFULNESS IS

- Paying attention
- Observing what is going on inside
- Observing what is going on outside
- Remaining open and withholding judgment

MEDITATION HELPS US

- Stay focused and present
- Cope with stress, anxiety, depression and other difficulties





CHECK IN



MY MIND FEELS...



GREAT



GOOD



MEH

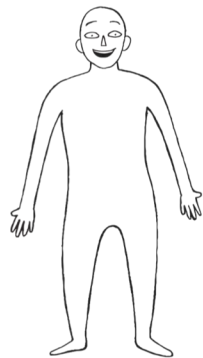


POOR

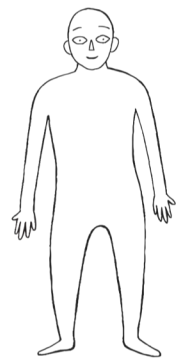


ROUGH

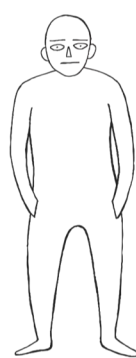
MY BODY FEELS...



GREAT



GOOD



MEH



POOR



ROUGH

I'M EMOTIONALLY...



Alive
Bubbly
Cheerful
Delighted
Excited
Great
Happy
Hyper
Joyful
Playful
Proud
Silly
Sparkly
Terrific



Calm
Caring
Comfortable
Confident
Content
Cozy
Grateful
Loving
Peaceful
Relaxed
Safe
Satisfied
Strong
Thankful



Afraid
Anxious
Concerned
Confused
Curious
Embarrassed
Nervous
Quiet
Shy
Small
Timid
Uncomfortable
Uneasy
Worried



Awful
Blue
Depressed
Disappointed
Down
Empty
Helpless
Hurt
Lonely
Lost
Sad
Sorry
Unhappy
Weird



Angry
Annoyed
Crabby
Fed up
Frustrated
Furious
Grumpy
Hot
Impatient
Jealous
Mad
Mean
Moody
Panicky

SELF AWARENESS HELPS US

- Identify emotions
- Explore perceptions
- Get centered
- Shift our state of being
- Show up constructively in conflict



SCHOOL TOOLS

- **Lesson Plans**
- **Handouts**
- **Videos**
- **Grades 4-12**



www.SchoolTools.info

MEDITATION

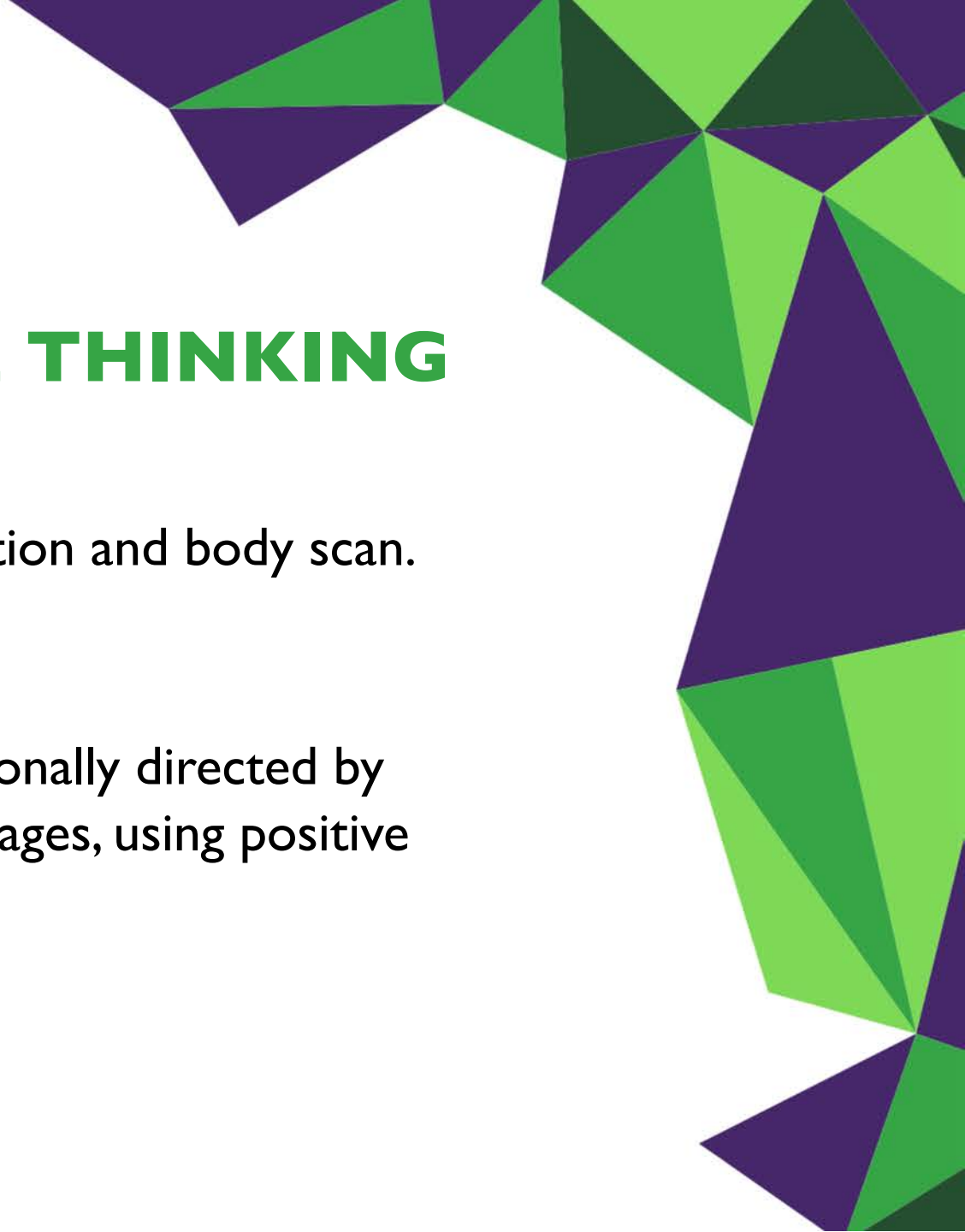
FOUNDATIONAL & ACTIVE THINKING

Foundational

Where we use mindful breathing, noting meditation and body scan.

Active Thinking Meditation

Where thoughts and the imagination are intentionally directed by thinking positive thoughts, visualizing positive images, using positive words, and feeling positive feelings.



SELF AWARENESS IN PRACTICE

- Classroom management
- Restorative practices
- Peer mediation
- School culture & climate



SELF AWARENESS

REVIEW

- Identify emotions
- Explore perceptions
- Get centered
- Shift our state of being
- Show up constructively in conflict



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**WHAT ARE YOU
TAKING AWAY
FROM TODAY'S WEBINAR?**



WESTERN JUSTICE CENTER'S

COFFEE TALK

CONNECT » SHARE » GROW

May 29, 2020 | 10:30 AM - 11:30 AM

Educators, grab a cup of your favorite coffee and join WJC for Coffee Talk. Fuel your day by collaborating with others in the field, sharing best practices, and learning how WJC programs can support you and your students.

REGISTER NOW!

westernjustice.org/upcomingevents/coffeetalkeducators

**CONNECT
SHARE
GROW**

CONNECT WITH US

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Funds raised support programs like School Tools.
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