

LUMEN: facilitator pre-training book study bookmark

PERMISSION
TO FEEL

UNLOCKING THE POWER OF EMOTIONS
TO HELP OUR KIDS, OURSELVES,
AND OUR SOCIETY THRIVE

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DIRECTOR, YALE CENTER FOR EMOTIONAL INTELLIGENCE
PROFESSOR, YALE CHILD STUDY CENTER

BOOK
STUDY

WEDNESDAY
April 28
(Book Sections I + II)

+

WEDNESDAY
May 19
(Book Section III)

via zoom
4-5:30 p.m.

*Attending both dates is
preferred, but not required.*

Please RSVP by April 15 at:
<https://dbqsch.org/3IQABs8>

front

LUMEN
FACILITATORS,

Thank you
for your commitment to
social-emotional learning in
Dubuque Community Schools.

Dr. Marc Brackett, the author
of *Permission to Feel*, is the
Director of the Yale Center
for Emotional Intelligence and
the creator of the Mood Meter.
While your attendance at the
Book Study (see other side)
is completely voluntary, the
discussion will complement
the LUMEN training. If you
are unable to attend the
study, please enjoy the book
at another time or feel free
to share with an interested
colleague.

The book and the
compensation for LUMEN
facilitators to attend the study
is provided by Mental Health
Disability Services of the East
Central Region.

Please RSVP by April 15 to be
added to the project.

back

LUMEN: postcard to participants from facilitator

By definition,
a **LUMEN** is a measurement
of how much light is emitted.
Collectively, the more lumens,
the **brighter** the light.


SOCIAL EMOTIONAL LEARNING

LUMEN
TRAINING

DATE:


START TIME:

LOCATION:

**Dubuque** COMMUNITY SCHOOLS

SOCIAL EMOTIONAL LEARNING

LUMEN
TRAINING



TO: _____

BUILDING: _____

FROM: _____

LUMEN: facilitator powerpoint

WELCOME

SESSION 1

LUMEN

TRAINING

We are so glad you are here!

Write your name on your place card large enough for everyone to read.

MY NAME IS:

During LUMEN, you'll illuminate the following social emotional learning areas:

Through **laser-focused learning** (which is also fun!) in these five social emotional competency areas, you'll **develop skills and strategies proven to provide positive benefits in your life!**

Self-Awareness

Self-Management

Social Awareness

Relationship Skills

Responsible Decision-Making

THE POWERPOINT

Individual Reflection	Partner Share	Group Discussion	Estimated Time	Workbook Page #
			<p>↑</p> <p>Your facilitators will be the timekeepers!</p>	

List of Values

Accountability	Efficiency	Intuition	Rigor
Achievement	Empathy	Joy	Self-awareness
Adaptability	Equality	Justice	Self-discipline
Adventure	Etiquette	Kindness	Self-expression
Admiration	Evidence	Knowledge	Self-reliance
Authenticity	Faith	Leadership	Serenity
Balance	Family	Legacy	Service
Beauty	Financial stability	Love	Simplicity
Belonging	Freedom	Loyalty	Spirituality
Career	Forgiveness	Making a difference	Sportsmanship
Calmness	Friendship	History	Stewardship
Caring	Fun	Humor	Strategic
Challenge	Future generations	Optimism	Success
Commitment	Generosity	Order	Teamwork
Community	Giving back	Courage	Truth
Compassion	Grace	Originality	Tradition
Confidence	Gratitude	Parenting	Tradition
Connection	Growth	Peace	Travel
Contentment	Health	Perseverance	Trust
Contribution	Home	Personal fulfillment	Truth
Consistency	Honesty	Power	Understanding
Competitiveness	Humor	Practicality	Unity
Cooperation	Hope	Brave	Values
Courage	Humility	Professionalism	Vulnerability
Creativity	Humor	Resilience	Wish being
Criticality	Independence	Resourcefulness	Wisdom

Circle **TEN** values.

MY VALUE IS:

Then, narrow your list to **THREE** and write them each on a card.

MY VALUE IS:

MY VALUE IS:

PERSONAL REFLECTION

Pick one or more of the icons to share with a partner. Enjoy!

Research proves that relishing and basking in our happy thoughts can increase happiness. So don't let the good things go too quickly!

PARTNER SHARE #5

Communication Styles:

1 Your facilitator will divide you into four groups and send each group to a poster listing one of the four styles.

2 Read your poster, discuss the questions on the poster and fill in your portion of the chart.

3 Decide on a reporter who will share out your ideas with the large group.

GROUP DISCUSSION

LUMEN: facilitator guide

Dubuque COMMUNITY SCHOOLS

SOCIAL EMOTIONAL LEARNING

LUMEN

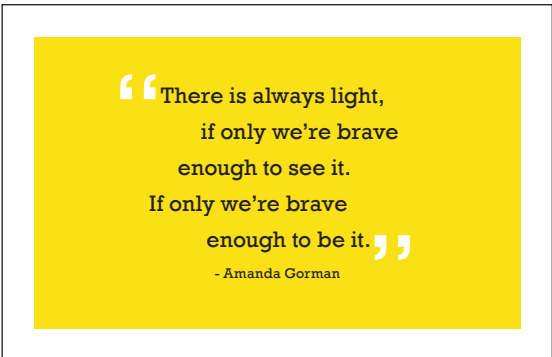
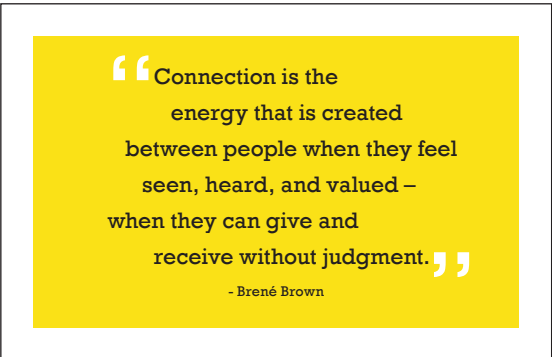
TRAINING

FACILITATOR

SESSION GUIDE

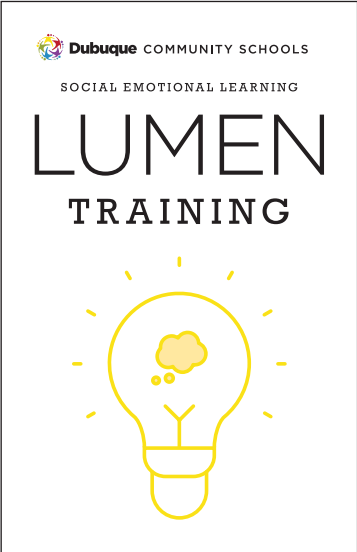
LUMEN: value cards

front of each card

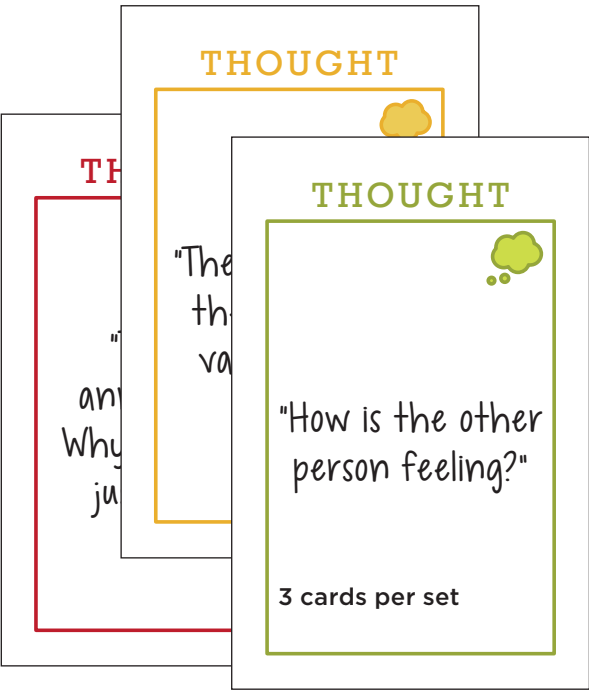


LUMEN: thought, feeling and action cards

front of each card



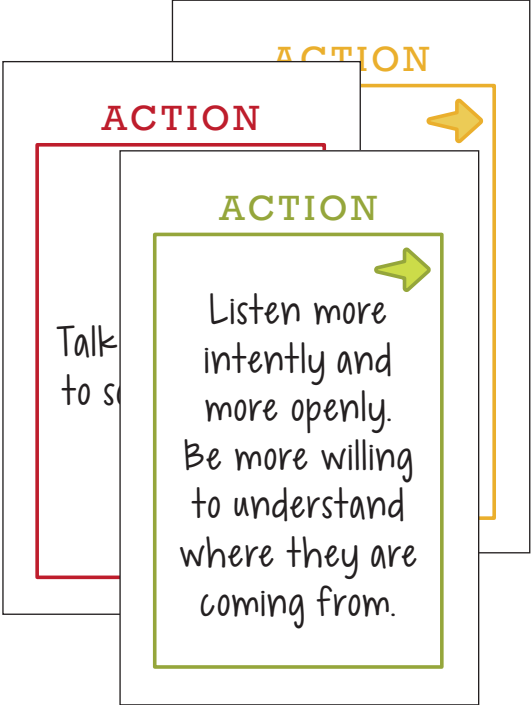
30 thought cards



30 feeling cards



30 action cards



RECHARGE: participant handout

Dubuque COMMUNITY SCHOOLS SOCIAL EMOTIONAL LEARNING TRAINING

LUMEN RECHARGE

Self-Management » NAVIGATING UNPLEASANT EMOTIONS

LEARNING TARGET

The learner will identify the benefits of expressing gratitude.

The learner will explore ways of expressing gratitude.

THINK ABOUT

Research suggests that positive emotions wear off quickly. We adapt to positive life circumstances and they do not seem as exciting. Instead of adapting to goodness, how can we celebrate goodness?

What would living a life of "pervasive thankfulness" look like? What are some examples?

Do you have a relationship that could be improved through gratitude?

DIG DEEPER

Watch the video *Four Lessons I've Learned About Gratitude* from Dr. Robert Emmons, a leading gratitude scholar.

Print *10 Ways to Become More Grateful* and post on your fridge.

Are you truly grateful for the good things in your life – or do you take them for granted? Take a *Gratitude Quiz* to find out.

Find these resources and more online at: www.dbschools.org/hub/lumen

PARTNER FIND

1. _____ 3. _____
2. _____ 4. _____

GRATITUDE

Do you wonder why practicing gratitude was included in the Lumen Self-Management Strategies? Gratitude is not just for Thanksgiving time! It has positive effects on our physical health, our psychological well-being and on our relationships with others (Emmon, n.d.). According to Dr. Robert Emmon, a leading expert on gratitude, simple gratitude cultivating practices can lead to health benefits:

Physical

- » Stronger immune systems
- » Less bothered by aches and pains
- » Lower blood pressure
- » Exercise more and take better care of their health
- » Sleep longer and feel more refreshed upon waking

Psychological

- » Higher levels of positive emotions
- » More alert, alive, and awake
- » More joy and pleasure
- » More optimism and happiness

Social

- » More helpful, generous, and compassionate
- » More forgiving
- » More outgoing
- » Feel less lonely and isolated (Emmon, n.d.).

Researchers have identified gratitude as having two parts:

- » an affirmation of goodness and
- » figuring out where the goodness comes from.

Think about these two parts as your facilitator leads you through the next activities.

ONE GOOD THING

1) good thing that happened to me:

how it made me feel:

what caused or made it happen:

Then you repeat this with a second and third good thing to get the most out of this strategy.

1) ex: Went for a walk after work. It felt good to breathe in the fresh air. The weather was perfect.

2) ex: Had supper with my parents. I felt relieved because my schedule was free.

3) ex: Went to my son's baseball game. I was proud of how he played. We practiced together at home all week.

In our day-to-day lives, it's easy to get caught up in the things that go wrong and feel like we're living under our own private rain cloud; at the same time, we tend to adapt to the good things and people in our lives, taking them for granted. This practice can help counterbalance those tendencies. Although emotions like disappointment are natural and serve an important purpose, it can be draining to focus all our attention on them. By remembering and listing three positive things that happened in your day—and considering what caused them—you tune into the sources of goodness in your life. It's a habit that can change the emotional tone of your life, energizing you with positive feelings of gratitude—which may be why this practice is associated with significant increases in happiness. (Greater Good Science Center, n.d).

RECHARGE: facilitator powerpoint

WELCOME

LUMEN

 RECHARGE

TOPIC: **GRATITUDE**

LUMEN RECHARGE

SOCIAL-EMOTIONAL LEARNING TRAINING

Mid-Management - Navigating Unpleasant Emotions

GRATITUDE

Do you remember why practicing gratitude was included in the current Self-Management Development course? It is not just for "boosting your mood." It has profound effects on our emotional health, our psychology, and our being as an individual and as others (Carmeli, 2012). According to Dr. Robert Emmons, a leading expert in gratitude, simple gratitude cultivating practice can lead to health benefits:

Physical

- Stronger immune systems
- Less vulnerability to stress and pain
- Lower blood pressure
- Exercise more and take better care of their health
- Sleep longer and feel more relaxed upon waking

Psychological

- Higher levels of positive emotions
- More self-love and pride
- More love and pleasure
- More optimism and happiness

Social

- More helpful, generous, and compassionate
- More forgiving
- More outgoing
- Feel less lonely and isolated (Emmons, n.d.)

Researcher has identified gratitude as having two parts:

- an affirmation of goodness and
- figuring out what the goodness comes from.

Thank about these two parts as your facilitator leads you through the next activities.

PARTNER FIND

	1	2
1		
2		

Find **4** discussion partners
and **write their names**
on your handout.

PARTNER FIND

LUMEN STRATEGY: SELF-MANAGEMENT

Express Gratitude

Start a *gratitude journal* reflecting 3 things a day you are grateful for.

Call, visit or send notes to those you are grateful for.

During meditation, imagine someone you are grateful for and send peace and love their way.

Practice self-love and self-care! Be gentle and kind with yourself and recognize the good you do.


Do acts of kindness and volunteer!

Self-Management

Navigating Unpleasant Emotions

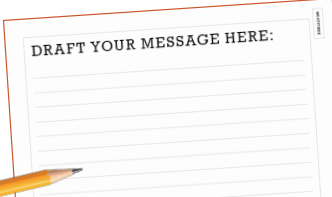
LUMEN **REVIEW**

**On the provided space
in your handout, draft
your own message.**





**Call your person
and read your letter.
You may text if you cannot
reach them by phone.**

DRAFT YOUR MESSAGE HERE:



PERSONAL REFLECTION



STRATEGY

Three Good Things

- 1. Give the event a title** (e.g., "I received a compliment on something I've been working hard on").
- 2. Write down exactly what happened** in as much detail as possible, including where you were, what you did or said, and, if others were involved, what they did or said.
- 3. Include how this event made you feel** at the time and how this event made you feel later (including now, as you remember it).
- 4. Explain what you think caused this event**—why it happened.
- 5. Use whatever writing style you please**, and don't worry about grammar or spelling. Use as much detail as you'd like.
- 6. If you find yourself focusing on negative feelings, try to refocus your mind on the good event** and the positive feelings that came with it. This can take effort but gets easier with practice and can make a real difference in how you feel.

Want to become energized with positive feelings of gratitude?

Try the **Three Good Things** strategy for a week using the sheet included in your workbook.

It only takes 10 minutes a day and research based to boost happiness.

Find this and more online at:

www.dbqschools.org/hub/lumen



SOCIAL EMOTIONAL LEARNING

LUMEN

TRAINING

designed to
brighten your
personal light
and
collective glow
of all staff

Home / The Hub / LUMEN

LUMEN

Illuminating YOU through Social Emotional Learning

The Dubuque Community School District provides an amazing educational experience because of you – and your colleagues on our team of professionals in all areas of the district.

Your light shines for our students and families – and, as a district, we are committed to keeping this light bright in both your professional and personal lives.

Enter LUMEN.

By definition, a lumen is a measurement of how much light is emitted. Collectively, the more lumens, the brighter the light.

The district's Social Emotional Learning LUMEN Training delivers a professional learning program designed to brighten your personal light, and our staff's collective glow, by focusing on your personal wellness.

Looking for resources for the LUMEN Training or a RECHARGE? Select from the following:

- [LUMEN: Training Resources | Presented August 2021](#)
- [LUMEN RECHARGE: Gratitude | Presented November 2021](#)

During LUMEN, you'll illuminate the following social emotional learning areas:

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making

Through laser-focused learning (which is also fun!) in these five social emotional competency areas, you'll develop skills and strategies proven to provide positive benefits in your life!

Resources / Bibliography


[View the complete list.](#)

Printable Resources

[Self-Regulation Strategies \(PDF\)](#)

training resources webpage: August 2021

training resources webpage: November 2021



SOCIAL EMOTIONAL LEARNING

LUMEN

TRAINING

designed to
brighten your
personal light
and
collective glow
of all staff

Home / The Hub / LUMEN / LUMEN: Training Resources

LUMEN: Training Resources

Following are resources for the Social Emotional Learning LUMEN Training presented August 2021

DIG DEEPER RESOURCES

Find all resources included in the training below.

INTRODUCTION

These three key organizations are referred to throughout the training:

- [The Emotional Intelligence Network Six Seconds](#)
- [Collaborative for Academic, Social and Emotional Learning \(CASEL\)](#)
- [Iowa Department of Education](#)

SELF-AWARENESS

Emotions, Feelings and Moods

- Bad mood? Read [10 Ways to Escape a Bad Mood Fast](#) to learn about common emotions that may be the cause.
- Watch [Experts in Emotion Interview with Dr. Jeanne Tsai](#) to explore emotions and culture.
- Explore the book [Permission To Feel](#) by Dr. Marc Brackett, Director of the Yale Center for Emotional Intelligence, along with the [book study questions \(PDF\)](#).
- BONUS: Watch [Yale Center for Emotional Intelligence: Mood Meter Overview](#) to learn about activities that complement each quadrant of the Mood Meter.

An Introduction to "Checking In"

- Work on expanding your emotional vocabulary and noticing your patterns by purchasing the [Mood Meter App](#).
- Try using [Plutchik's Interactive Wheel of Emotions](#) from Six

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[View the complete list.](#)

Printable Resources


[Self-Regulation Strategies \(PDF\)](#)

Training Documents

[Participant Workbook \(PDF\)](#)

[Facilitator Guide \(PDF\)](#)

[Facilitator PowerPoint \(PPT\)](#)



SOCIAL EMOTIONAL LEARNING

LUMEN

TRAINING

designed to
brighten your
personal light
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collective glow
of all staff

Home / The Hub / LUMEN / LUMEN RECHARGE: Gratitude

LUMEN RECHARGE: Gratitude

Following are resources for LUMEN RECHARGE: Gratitude Training presented November 2021

DIG DEEPER RESOURCES

SELF-MANAGEMENT: Navigating Unpleasant Emotions


- Watch the video [Four Lessons I've Learned About Gratitude](#) from Dr. Robert Emmons, a leading gratitude scholar.
- Print [10 Ways to Become More Grateful](#) and post on your fridge.
- Are you truly grateful for the good things in your life – or do you take them for granted? Take a [Gratitude Quiz](#) to find out.

PRINTABLE RESOURCES

[Download and print a Feeling Wheel](#) from The Gottman Institute.

VIDEO

Watch the video [An Experiment in Gratitude](#) from The Science of Happiness.



An Experiment in Gratitude | The Science of Happin... Watch later Share

WHAT MAKES YOU HAPPY?

Watch on YouTube