

KAHI PĀKELA
THE PLACE TO EXCEL

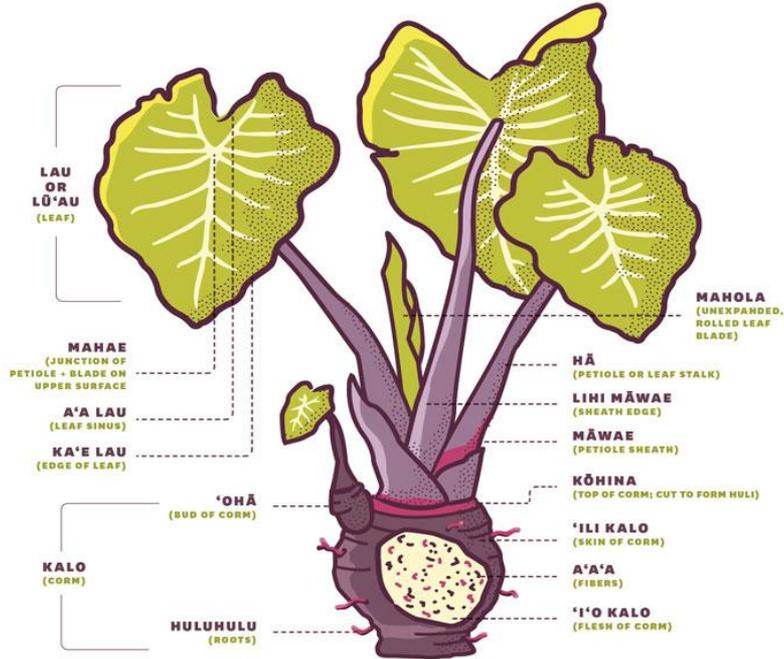
Hui 'Ohā



<p>GLO 1 Self-Directed Learner Kuleana Ihola</p> <p><i>Maia is a child, born to love. Her gaze is not for loved persons.</i></p> <p><i>Maia is a child, born to love. Her gaze is not for loved persons.</i></p>	<p>GLO 2 Community Contributor Mālama Kaiāulu</p> <p><i>Maia is a child, born to love. Her gaze is not for loved persons.</i></p> <p><i>Maia is a child, born to love. Her gaze is not for loved persons.</i></p>	<p>GLO 3 Complex Thinker Ho'okuano'o</p> <p><i>Maia is a child, born to love. Her gaze is not for loved persons.</i></p> <p><i>Maia is a child, born to love. Her gaze is not for loved persons.</i></p>	<p>GLO 4 Quality Producer Hana No'eau</p> <p><i>Maia is a child, born to love. Her gaze is not for loved persons.</i></p> <p><i>Maia is a child, born to love. Her gaze is not for loved persons.</i></p>	<p>GLO 5 Effective Communicator Kāka'ōlelo</p> <p><i>Maia is a child, born to love. Her gaze is not for loved persons.</i></p> <p><i>Maia is a child, born to love. Her gaze is not for loved persons.</i></p>	<p>GLO 6 Effective Citizen Kūpono Hana</p> <p><i>Maia is a child, born to love. Her gaze is not for loved persons.</i></p> <p><i>Maia is a child, born to love. Her gaze is not for loved persons.</i></p>
--	---	--	---	--	--



Hui 'Ohā



Hui 'Ohā

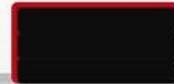
- joining of the 'ohā of the kalo
- the 'ohā are the baby shoots of the kalo and usually represent the keiki of the 'ohana, also the word from which 'ohana was derived
- our meeting purpose is to join together to support our keiki

Hui 'Ohā Norms

- Respect
- Responsibility
- Safety

Hui 'Ohā Norms

Respect	Speak and listen and chat with aloha Keep your mic muted during presentations
Responsibility	Honor meeting time start and end
Safety	Check surroundings Keep private information out of view



Hui 'Ohā 11/19/20 Agenda:

- 1. Introduction-Norms Review**
- 2. Updates & Resources**
- 3. Learning Target**
- 4. Sign in & Share**
- 5. Presentation: Positive Coping Skills**
- 6. Questions & Answers**
- 7. Sign out & Share**

Updates & Resources

keaaumiddle.org

Parent Corner Resources

Self-Care: routine activities as part of our lifestyle that change with our lifestyle

Coping Skills: tools we use to help manage stressful situations or overwhelming moments

Sign in and Share Questions:

1. Name one stressful situation when we could use a *positive coping skill*.

(Type your answer in the chat)

2. What do you usually do to cope in stressful situations?

Exercise? Read? Scream?

Complain? Breathe?

(Type your answer in the chat)



Positive Coping Skills

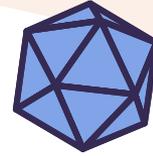


What are coping skills?



Problem-Focused

Problem-focused coping deals with stress in practical ways by aiming to remove the stressor through problem solving.



Emotion-Focused

Emotion-focused coping aims to reduce the negative emotions associated with stress.



Types of Positive Coping Skills



Self-soothing

Comforting yourself through your five senses



Distraction

Taking your mind off the problem for a while



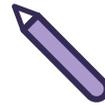
Opposite Action

Doing something opposite of your impulse that's consistent with a positive emotion



Emotional Awareness

Tools for identifying and expressing your feelings



Mindfulness

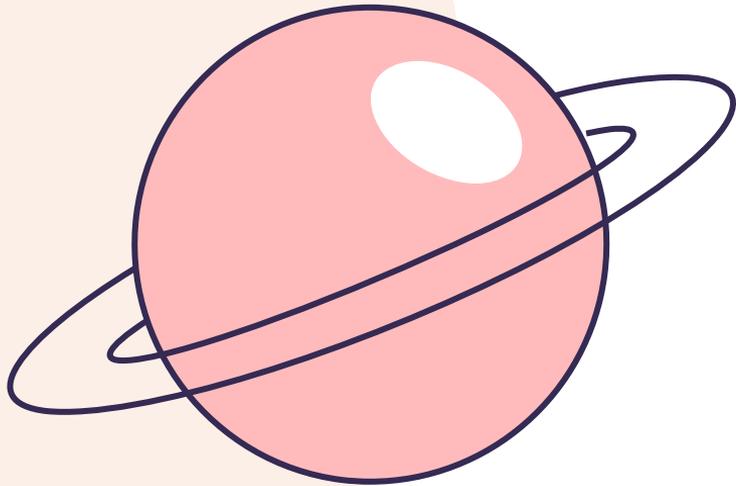
Tools for centering and grounding yourself in the present moment



Crisis Plan

Contact info of supports and resources

Self-Soothing



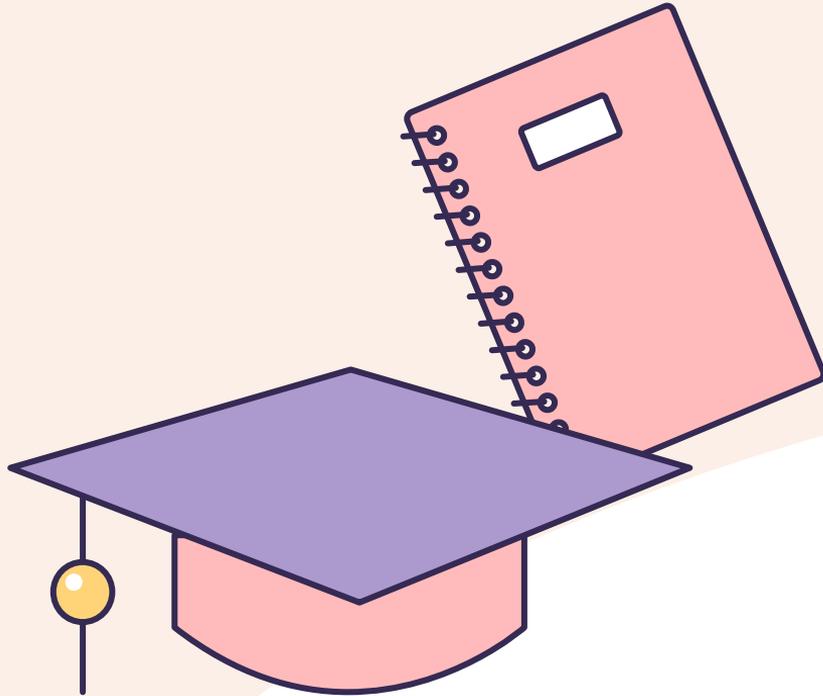
- Something to touch
 - Stuffed animals, stress ball
- Something to hear
 - Music, meditation guides
- Something to see
 - Happy pictures/videos
- Something to taste
 - Favorite snacks
- Something to smell
 - Candles, essential oils

Distraction

- Puzzles
- Reading
- Gardening
- Sewing



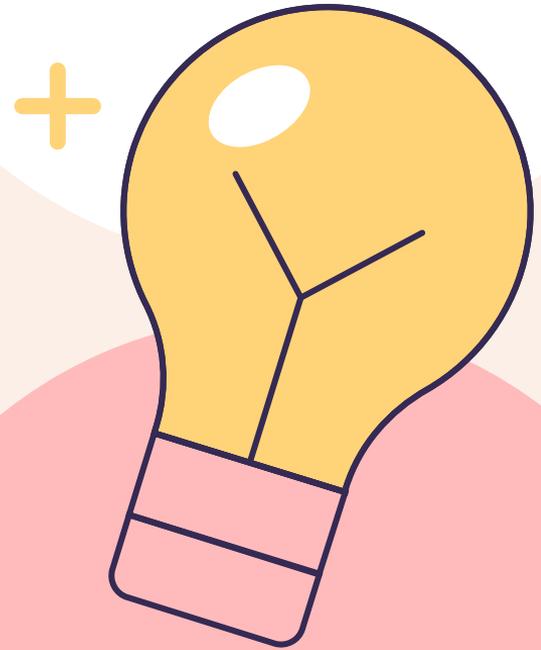
Opposite Action



- Affirmation and Inspiration
 - Looking at or drawing motivational statements or images
- Something funny or cheerful
 - TV show
 - Youtube
 - Books

Emotional Awareness

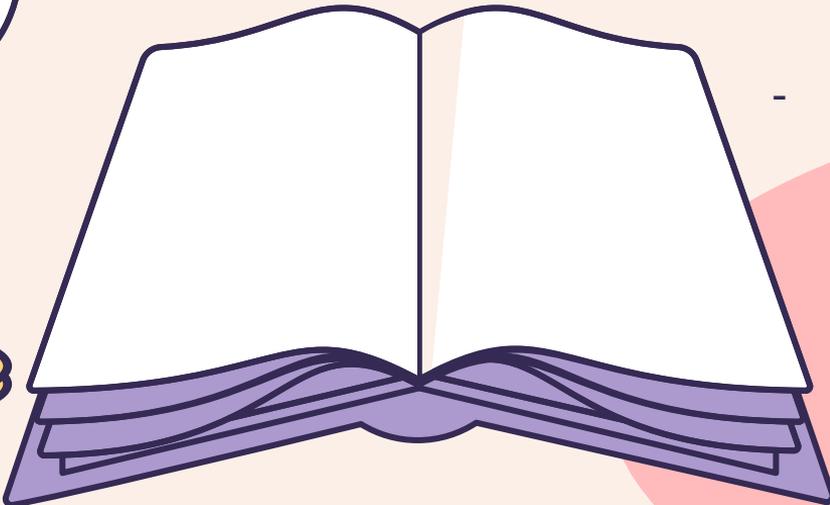
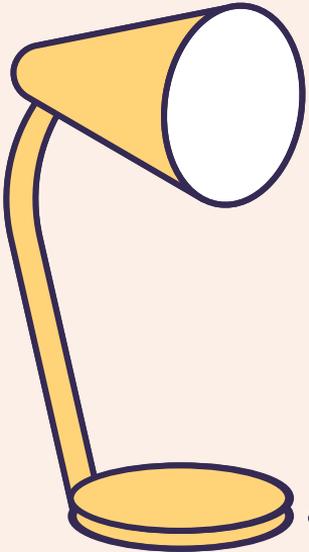
- Drawing your emotions
- Keeping a mindfulness journal



Mindfulness



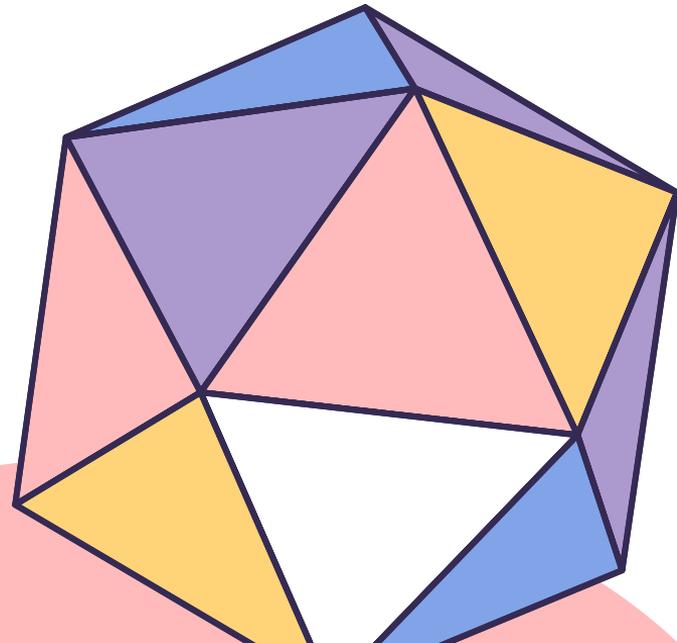
- Meditation or relaxation exercises
- Breathing exercises
- Manipulatives
 - Silly putty
 - Fidget toy



Crisis Plan

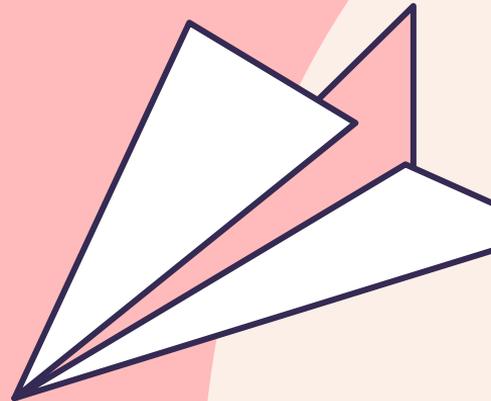


- Contact information
 - Family, friends, trusted adult
- Therapist/psychiatrist
- Hotline
- Crisis team
- 911



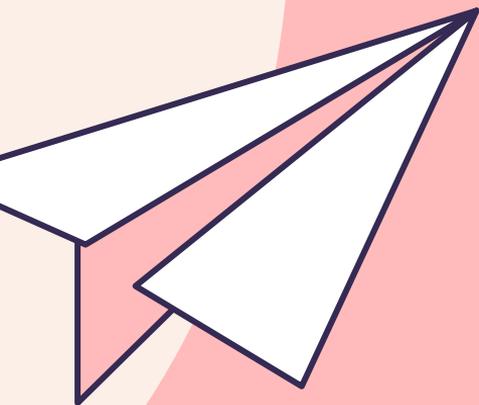


Mahalo!



Do you have any questions?

Please reach out to your child's school counselor!



CREDITS: This presentation template was created by **Slidesgo**, including icons by **Flaticon**, and infographics & images by **Freepik**.



Learning Target:

I can use *positive coping skills*.

Self-soothing	Touch, hear, see, taste, smell
Distraction	Puzzles, reading, gardening, sewing
Opposite Action	Read or watch something motivational or funny
Emotional Awareness	Drawing emotions, journaling
Mindfulness	Meditation, breathing, manipulatives
Crisis Plan	Contacts, therapist, hotline, crisis team, 911

Is your go-to coping skill a positive coping skill?



Learning Target:

I can use positive coping skills.

Exit Slip:

(Type your answer in the chat)

Name one *positive* coping skill you will use in stressful situations.

Mahalo!

Happy Thanksgiving!

