

Take 5! Self-Reg Asset-Building

A Hands-On Approach to Social-Emotional Learning

Self-Regulation & Social-Emotional Learning

Take 5! is a strengths-based, asset-building approach to self-regulation and social-emotional learning. It's a hands-on practical approach that helps children and youth thrive, growing essential capacities for learning, mental wellness, healthy relationships and lifelong development.

Drawing on leading edge knowledge and practice foundations in each of these key areas, Take 5! makes a unique and value-added contribution to current approaches to self-regulation and social-emotional learning.

The Take 5! Framework integrates five essential building blocks:

BE HERE	Mindful Awareness Assets
BE WITH	Interpersonal Effectiveness Assets
BE CALM	Emotion Regulation Assets
BE STRONG	Resilience & Thriving Assets
BE CHANGE	Connectedness & Contribution Assets



A Self-Regulation Approach for All Ages & Stages

The Take 5! approach is designed to begin in the early years, and follow a child throughout elementary, middle and high school. At each age and stage of development, learning is scaffolded to acknowledge current and growing strengths, and to offer support as new capacities are explored and developed. Best of all, it's a simple framework that young people can make their own.

Practical Tools for Educators

Take 5! offers practical supports to educators as they take steps to introduce Take 5! to their students. For example, the Take 5! Starter Kit:

- Provides a clear framework that helps educators to integrate self-reg learning into everyday classroom activities;
- Supports educators to take advantage of all of those 'teachable moments' that arise during a typical day – opportunities to expand thinking, practice skills, and grow capacity;
- Inspires confidence and creativity with simple, easy-to-use concepts and visuals;
- Provides learning objectives and activity ideas that are unique to the Take 5! approach, while encouraging educators to integrate activities and tools from other SEL resources.

A ‘Whole Child – Whole Community’ Approach

Take 5! stresses the importance of a ‘whole child’ approach to self-reg capacity-building, addressing *all* of the factors that influence an individual’s capacity to self-regulate including sensory experience, body & brain, emotions, mind, relationships & environment.

The Take 5! framework takes on a life of its own when children and youth are actively engaged. And it’s also a great way to get parents and other community members on board.

Responding to Trauma in the Classroom and Community

Adverse Childhood Experiences (ACEs), and the life-altering effects of early trauma, are of growing concern to educators and other professionals that support children and youth. Take 5! helps children grow self-reg assets that help to prevent and buffer the traumatic effects of adverse early experiences. Thriving is the capacity-building objective for *all* kids ... even those who have had adverse experiences.

Take 5! is Versatile and Adaptable

Take 5! is a flexible approach to self-regulation and social-emotional learning that can be adapted to fit the child, the curriculum, and the community. For example, it’s a good fit for schools that are taking first steps to introduce self-regulation and social-emotional learning. Take 5! is also a good fit for schools that have already adopted social-emotional learning programs and want to add new thinking & practice tools to enhance current activities. In fact, it’s a good fit in any professional context, promoting health, well-being and healthy development in children, youth, and adults alike.

Take 5! Self-Reg Asset-Building: Professional Development

The Take 5! Institute offers learning and support for the individuals and organizations that work with children, youth and families in diverse settings, including classroom teachers, counselors and administrators, child and youth workers, early childhood educators, mental health professionals, and social service providers, as well as those supporting youth who are engaged with the justice system.

More information can be found on our website: www.take5selfreg.com. Here you’ll find background on the Take 5! approach to self-regulation and social/emotional learning, as well as a growing collection of free downloadable resources.

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