

Take 5! Self-Reg Asset-Building: Ten Key Questions & Ten Key Messages

Ten Key Questions

What if ...

1. Students had a practical tool for social and emotional learning – a tool that is with them 24 hours a day?
2. Children could begin working with this tool in the early years, and continue to use the same practical approach in age- and stage appropriate ways - throughout elementary, middle and high school ... and on into adulthood?
3. What if parents could learn how to use the tool as well, reminding kids to use the self-reg skills they're learning in school? And boosting their own self-reg capacities at the same time ...
4. What if kids felt empowered by their amazing ability to self-regulate – to be the boss of their senses, their actions, their emotions, their minds ... and to bounce back when life brings adversity?
5. What if kids brought their natural curiosity to the concept of self-reg mastery ... How does it feel? How are things different? How can I feel this good more often?
6. Being self-regulated became as familiar a sensation to us as being hungry or being joyful – an everyday felt sense of what our bodies, emotions, minds and relationships feel like when we're able to monitor and modify our experience?
7. Educators had a capacity-building framework that integrates important insights from neuroscience and psychology ... that they can operationalize with a simple, easy to learn, and easy to teach approach to self-regulation and social and emotional learning?
8. The same capacity-building approach was designed to boost thriving *and* respond to trauma?
9. Educators could strengthen their own self-regulation competencies at the same time as they introduce capacity-building concepts and practices to their students?
10. Educators had opportunities for ongoing engagement and support – idea sharing, peer support and mentoring, access to a community of learning and practice?



10 Key Messages

1. Self-Regulation Capacity-Building Objectives

- Take 5! builds capacity for self-regulation ... the ability to *monitor* and *modify* our experiences in five key areas: mindful awareness, interpersonal effectiveness, emotion regulation, resilience & thriving, and connectedness & contribution.
- Emphasis on BE ... not just DO.
- Self-regulation capacities promote learning, mental wellness, healthy relationships & lifelong development.



2. Whole Child Approach:

- A holistic approach to self-regulation capacity-building that addresses the whole child: senses, body & brain, emotions, mind, relationships & environment.

3. A Self-Regulation Framework for All Ages & Stages

- The Take 5! Self-Reg Asset-Building Framework grows with children – starting in the early years ... through elementary, middle and high school ... and into adulthood.
- The same framework informs professional development.

4. Awareness is the Key Variable in Self-Regulation

- The Basic Recipe focuses on awareness, and its relationship to action.
- Awareness includes incoming information – about self, about world.
- Awareness also includes outgoing information – my perspective on self and world.
- The power of awareness: “What I can see, I can act on. And what I can act on, I can change.”
- Awareness changes as the mind grows and develops. Take 5! offers developmentally-aligned capacity-building.

5. Mind is the Self-Reg Power Tool

- Take 5! stresses the essential role that the mind plays in self-regulation.
- Awareness is a capacity of the mind.
- The capacity-building objective is to strengthen the mind's ability to be aware of, and influence, what's happening in our bodies (including brain), and in our relationships.
- Neuroplasticity of mind and brain: As Dan Siegel reminds, how we learn to focus the mind can change the brain and the body.

6. The Take 5! Hand Tool: Bringing the Invisible into Awareness

- Using the hand to build capacities of the mind.
- I can't see my mind, but I *can* see my hand.
- Again: What I can see, I can act on. And what I can act on, I can change.
- Awareness → skillful action in five key areas: mindful awareness, interpersonal effectiveness, emotion regulation, resilience & thriving, and connectedness & contribution.

7. Self-Reg Made Simple – 1, 2, 3 – Know, Grow & Flow the Assets

- A practical way to bring the Basic Recipe (Awareness + Action) to life.
- Learning Loops create feedback between states of awareness & moments of action.
- Practice, not perfect. Repetition is the key to neuroplasticity.
- Empowering: Puts kids in charge of their own learning & practice.
- Less need for adult intervention.

8. Integration, Integration, Integration

- Integration: The key to flow
- Dan Siegel on integration:
 - Linking differentiated parts into a functional whole.
 - It's the principle underlying health at all levels of our experience.
 - It's the underlying mechanism of self-regulation.
 - Self-regulation is self-integration.

9. Responding to Trauma with the Same Approach that Promotes Thriving

- People who have experienced trauma often have self-regulation deficits.
- Trauma contributes to health inequities.
- Take 5! integrates trauma-informed practice / trauma-responsive practice with everyday SEL and self-regulation capacity-building.
- The same self-reg assets that generate health, can also buffer and prevent the effects of trauma.
- Take 5! draws directly on key insights and innovations from Interpersonal Neurobiology and Dialectical Behavior Therapy, introducing hands-on practices that integrate both approaches.
- Take 5! focuses on *all* kids, not just *some* kids – reduce stigma of trauma, ACEs.
- Shared language & shared practices among professionals that serve children and families increases likelihood of success for all kids.
- Thriving is the capacity-building objective for all kids ... even those who have had adverse experiences ... as well as the adults that support them.

10. Take 5! Contributes to Thinking and Practice as SEL Evolves ...

- A holistic approach – whole child, whole school, whole community
- Flexible and adaptable to the child, the curriculum, and the circumstances; Not a program with set learning objectives and activities.
- Encourages educators to be creative and flexible, finding those teachable moments throughout the day.
- Promotes interdisciplinary learning and engagement.
- The Take 5! Self-Reg Asset-Building framework aligns with the core competencies identified by CASEL, as well as the competencies identified by CORE districts. In addition, the Take 5! assets help to prevent and buffer the effects of adversity and trauma.
- Aligns with Search Institute’s recent advice: “Educators should think more about creating social-emotional effects through *practices* that young people process as unintentional– woven together with academic content as much as possible ... and not separated out as their own explicit SEL building *programming*.” In other words, resist the temptation to create a new program.
- Take 5! offers a meta-framework that can articulate the high-level objectives of self-reg capacity-building (what we’re growing) *and* include the many wonderful programs and practices already in an educator’s SEL toolkit (how we’re growing it).
- Opportunity to expand the SEL discourse – engage in social-emotional learning in order to build capacity for self-regulation in key areas. Self-regulation is the ‘what.’ Social-emotional learning is the ‘how.’
- Child-centered, child-empowering. Using a framework that kids can understand and make their own, we put a child’s well-being into his/her own hands.