

## Take 5! Self-Reg Asset-Building

# Take 5! ... So All Kids Can Thrive!

## A Hands-On Practical Approach to Social and Emotional Learning

### Self-Regulation & Social-Emotional Learning

Take 5! is a strengths-based, asset-building approach to self-regulation & social and emotional learning (SEL). 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 integrative contribution to current approaches to SEL.

The Take 5! Framework builds mastery in five interconnected areas of social and emotional competency:

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



### Five Self-Reg Capacities that Everyone Needs

Here's a brief overview of the five self-reg assets:

- **BE HERE: Mindful Awareness** ... I can be fully present & aware of my own inner experiences ... my thoughts, feelings, attitudes & assumptions, for example ... and how they're connected to my body and my actions.
- **BE WITH: Interpersonal Effectiveness** ... I can be present with others, and see things from another person's perspective. I understand that what I do affects others, just as their actions affect me; this helps me to set healthy boundaries.
- **BE CALM: Emotion Regulation** ... I can pay attention to the signals my body is sending, and am learning to monitor and modify my responses. Using my self-reg skills, I'm less likely to be hijacked by sensory & emotional triggers.

- **BE STRONG: Resilience & Thriving** ... I'm better able to tolerate distress and resist urges. I'm learning to bounce back from adversity, and to make healthier choices. More and more, I'm able to say that "Life went sideways. But I didn't. At least not for long."
- **BE CHANGE: Connectedness & Contribution** ... I'm becoming confident that, even in difficult circumstances, positive change is possible. I know that what I do matters, and that I can make a difference in the world.

## Take 5! for Trauma and Thriving

The impact of childhood adversity is abundantly clear. The more adverse childhood experiences (ACEs) a young person has experienced, the higher the risk for physical and mental health challenges, behavior problems and learning problems. With such conclusive evidence, ACEs are now getting attention from educators, health professionals and policy makers alike. We want to protect kids from adverse experiences. *And* we want to give them some practical tools that they can use when adversity shows up in their lives.

Here's how Take 5! can make a difference. Kids who have experienced trauma often have self-regulation challenges. These challenges show up in classrooms and other community settings in ways that are familiar to educators and other professionals: executive function deficits, environmental sensitivities, sensory overload, distraction, stress, anxiety, depression, and anger are just a few examples. Obesity, high risk behaviors, substance abuse, self-harm and suicide are also associated with adverse childhood experiences and other trauma triggers. If unaddressed, these challenges can last a lifetime.

Take 5! is a very practical trauma-responsive approach, helping children and youth – as well as the adults that support them – to grow and strengthen their capacity to self-regulate. The same assets that generate health and thriving play an important role in buffering and preventing the adverse effects of trauma.



## Healthy Lives Start with Healthy Minds

Mental health is a growing concern among professionals who support young people, including educators and school counselors. On the other hand, mental wellness is highly correlated with learning, healthy relationships and lifelong development. The self-reg skills promoted by Take 5! help to strengthen mental well-being and, at the same time, offer a practical response to the mental health challenges facing young people today, including experiences of trauma.

More specifically, Take 5! is designed to integrate two highly-respected streams of research and evidence-based practice:

### *Interpersonal Neurobiology*

Take 5! incorporates insights and practices from Dr. Dan Siegel's work with Interpersonal Neurobiology (IN), emphasizing the roles that the mind, as well as the plasticity of the brain, play in regulating thoughts, emotions and behaviors ... even sensory experiences. Among other IN influences, Take 5! stresses the importance of awareness (self-awareness, other-awareness, and context-awareness), and the capacity to monitor and modify our experience (self-regulate). This is illustrated by the Take 5! Basic Recipe: Awareness + Action = Self-Regulation.



**The Basic Recipe**

### *Dialectical Behavior Therapy*

Take 5! is firmly grounded in the principles and practices of Dialectical Behavior Therapy (DBT), founded by University of Washington professor Dr. Marsha Linehan. DBT stresses mastery of the mental, emotional and behavioral skills that promote self-regulation: mindfulness, interpersonal effectiveness, emotion regulation and distress tolerance. And, as Linehan notes, while these skills are proven to be therapeutically effective, they are also valuable tools for fostering mental well-being and resilience in children, youth and adults alike.

On a practical note, the Take 5! Framework incorporates the primary DBT skills, along with one additional set of skills: Connectedness & Contribution. But, to clarify, Take 5! is all about capacity-building. It's not therapy. While some of us are qualified therapists, most aren't. We do, however, have an investment in preventing mental health challenges, and growing healthy minds. Of course, we want to use the very best evidence-based tools available. And even young kids can learn basic DBT-inspired skills, supported by the tools and activities in the Take 5! Starter Kit.



## A Self-Regulation Approach for All Ages & Stages

While Take 5! tools and activities can be introduced to young people at *any* age, the curriculum 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, with tools and activities for students ranging from Pre-K to Grade 8:

- Provides a clear framework that helps educators to integrate self-reg learning into everyday classroom activities, supported by an easy-to-teach curriculum, a practical and flexible Scope and Sequence, and plenty of engaging activities.
- 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.

Additional curricular resources include:

- Take 5! Self-Reg Asset-Building: A Practical Primer
- Self-Compassion Activity Kit (with activities for Pre-K through Middle School)
- META-Compassion Activity Kit (with activities for Elementary & Middle School students)

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

The Take 5! Institute offers training and ongoing 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](http://www.take5selfreg.com). Here you'll find background on the Take 5! approach to self-regulation & social and emotional learning, as well as a growing collection of free downloadable resources.

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