

# CARMEL CREEK GUIDANCE

## Social Emotional Learning

### About Miss Zandi

Viyan Zandi is our Carmel Creek School Psychologist. She helps the special education team in identification, referral and assessment of our students. She is a key component on our social and emotional program.

Viyan's name means "love and adoration" in Kurdish, which is her father's ethnicity and her mom is from Mexico. Viyan is fluent in Spanish as well.

Viyan loves to travel and shop, specially in London, England.



Second Step is the curriculum we use to teach social skills for academic success.

Unit 1. Skills for Learning

Unit 2. Empathy

Unit 3. Emotion Management

Unit 4. Problem Solving

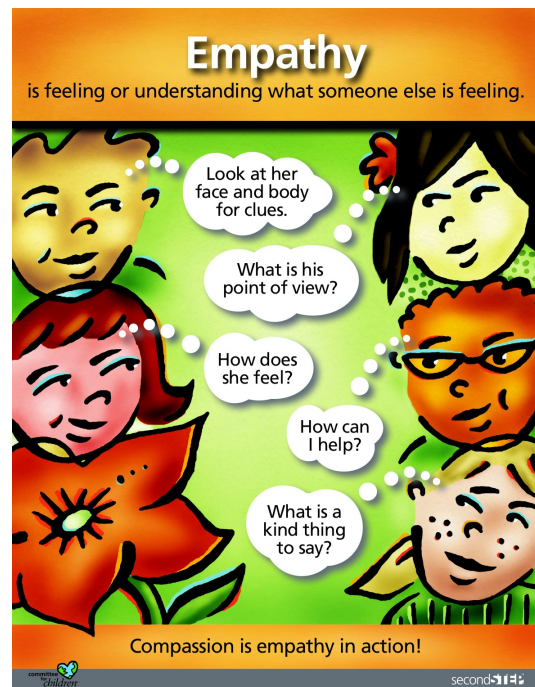
## Second Step

### Unit 2. Empathy

The students identify feelings based on physical, verbal and situational information. Some feelings are comfortable and others are uncomfortable. Everyone feels a variety of emotions. Accurately identifying others' feelings helps the student make and sustain friendships.

People have different feelings about the same situation, and these feelings change. Understanding and respecting others' feelings help students develop empathy and perspective taking. These are key skills to getting along with others and have a positive school climate.

Thanks PTA for your ongoing support!



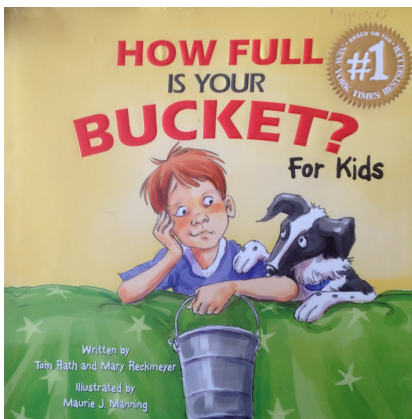


## January 26-30, 2015

The challenge is for every student to do 50 acts of kindness during the week.

We will provide the checklist and some activities.

You bring the heart!



## Picture Book Suggestion

### Looking ahead

#### Second Step

#### 3. Emotion Management

## Compassion

Empathy can motivate students to respond to others in a caring way. Compassion is empathy in action. Thinking of a helpful action helps students show they care, and this is the base of a caring community.

Using I messages helps students identify their feelings and communicate assertively.

"I feel....., when ....., because ....., I need/want ....."

## Accidents

Accidents happen and taking responsibility helps others not to jump to conclusions. An accident is when you do something you didn't mean to. Taking responsibility means to apologize:

- I am sorry for ...
- It was an accident/ I didn't mean to do it.
- Are you okay?/Can I help you? (Show care)

Experiencing difficult or uncomfortable feelings provides the opportunity to develop coping skills. Overwhelming and conflicting feelings need to be identified and have deeper understanding of the difficult situations. Focusing attention, listening, identifying personal feelings, maintaining self-control, taking responsibility, asking for help and problem solving are skills learned and practiced in a caring and compassionate community.

Please contact Hilda Majewski at [hildamajewski@sbsd.k12.ca.us](mailto:hildamajewski@sbsd.k12.ca.us) if you would like a feelings bingo game or children's books suggestions to enjoy reading with your child.

