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Raise Them Up- Part 1

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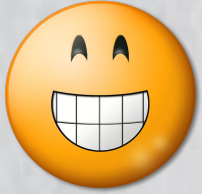
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A holistic approach to developing the next generation of mindful leaders.



Raise Them Up!!



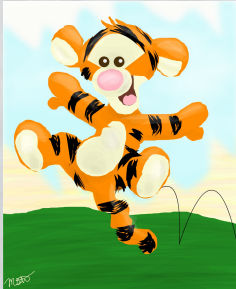
Getting to know you...

Introductions

What does love mean to you?



LOVE





The



kid-grit

Safe Space

Whiteboard



What does a Safe Space mean to you?

The Opportunity



1. Trainer/Facilitator
2. Content Creator
3. Admin/Project Support
4. Sales
5. Conferencing
6. Parent Student Assemblies
7. Support Role
8. 40 HOURS

Housekeeping



Mute

Chat

Reactions

Breakout Rooms

Presence



Discussion



What are your biggest challenges with student behavior and what strategies are you currently using?

Today's Agenda



5 STRATEGIES AND ACTIVITIES:

1. Mind
2. Body
3. Community, Connection, & Teamwork
4. Digital & Social Balance
5. Mastery of Learning/Real Life Applications/21st Century Skills
6. Reflection

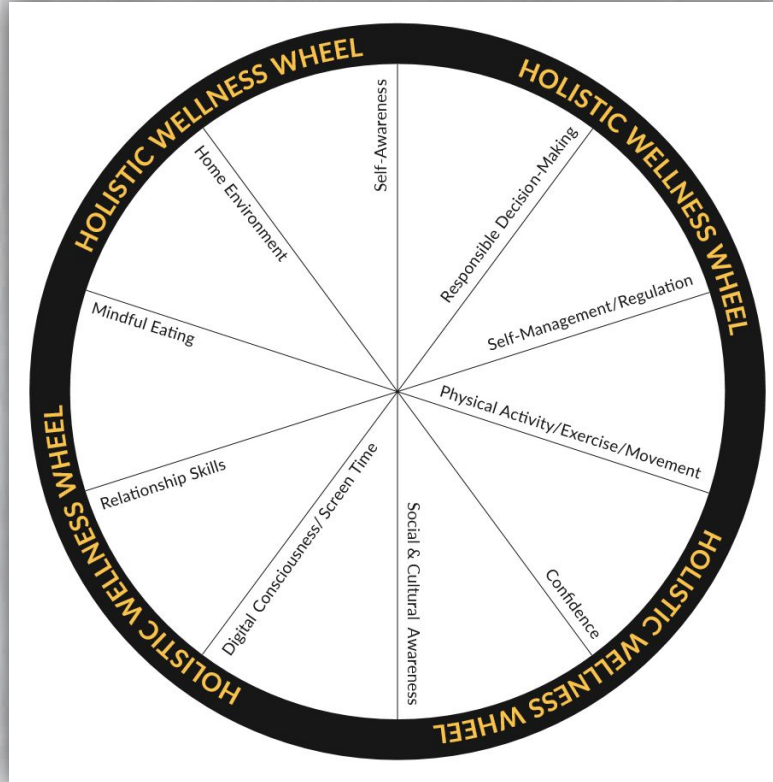
Bite-Sized Lessons



“Research has found that strong social-emotional skills are linked to better achievement, attendance, and mental health in students”

-Edweek, 2019

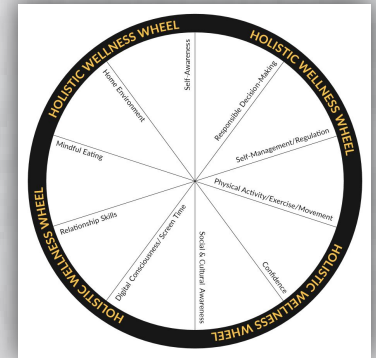
Holistic Wellness Wheel



Holistic Wellness Wheel



1. What did you see/observe?
2. What part of the wheel resonates with you personally?
3. How can you apply any of these concepts to yourself? With your students?
4. How quickly can you begin?



I am grateful for...



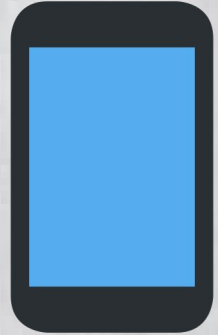
I appreciate you...



Think



Write



Text

What do you see?



Discussion



What are the consequences of poor social media etiquette?

Or too much usage on digital devices?

The Problem



- Digital Morphine
- Dopamine Release
- Irritable and addictive behaviors
- Must find balance

DIGITAL & SOCIAL MEDIA CONSCIOUSNESS

The Solution



A holistic approach to creating a well-rounded student.



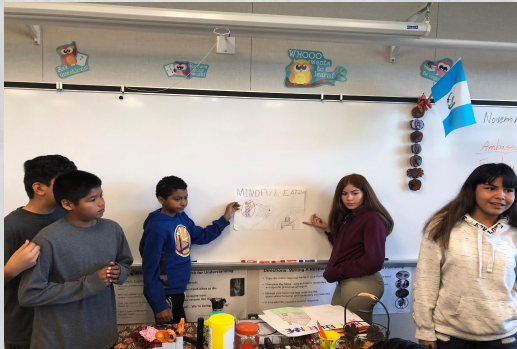
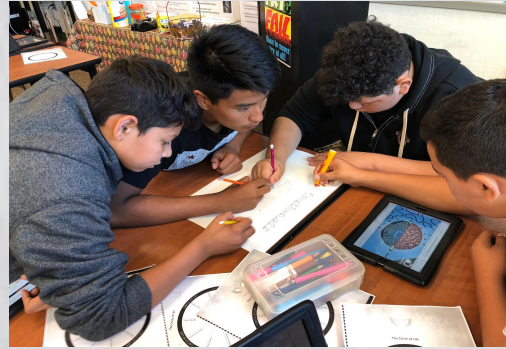
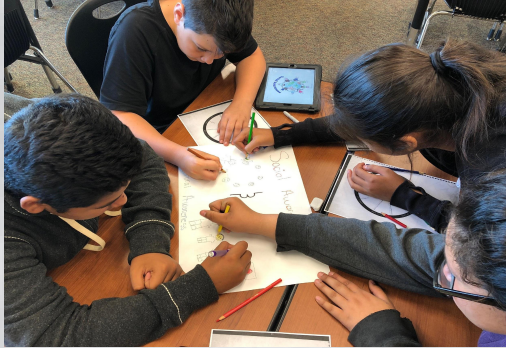
Use 5 strategies to increase awareness, connection, and commitment to the mental, physical, emotional, and spiritual aspects of their own development and growth.

SEL Competencies



www.casel.org

Activity-Based Learning



Create an Action Project



How do these activities translate?

How do you raise awareness and create community?

- PSA
- Poster Series
- Physical Activity Class
- Social Media Campaign
- Your idea here...

Action Projects



**Creekside Junior
High School**
Los Banos Unified
School District

Action Projects

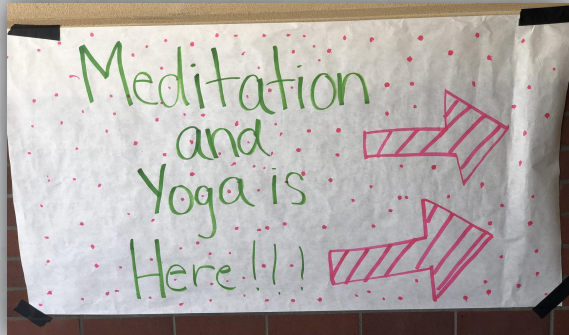
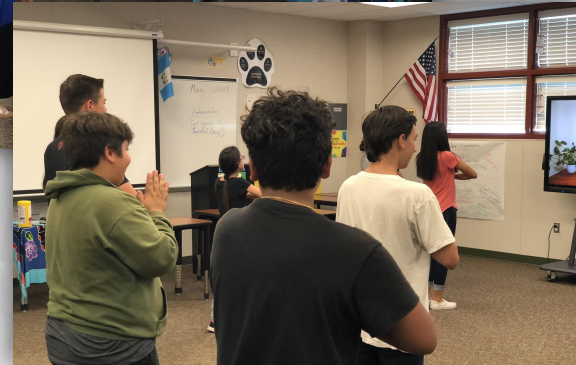


Creekside Junior High School
Los Banos Unified School District

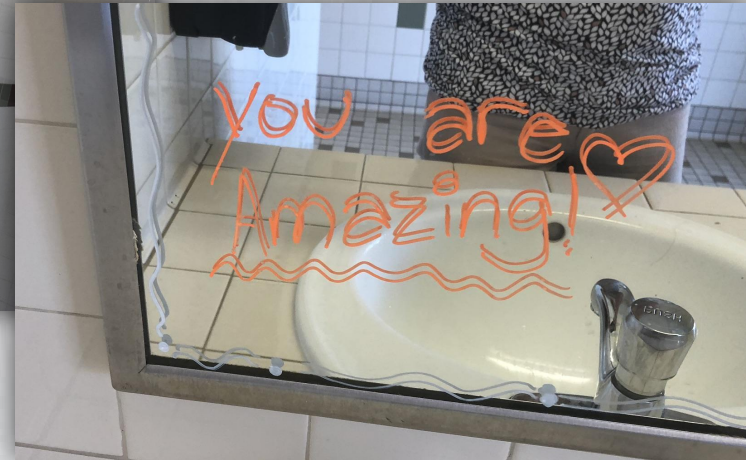
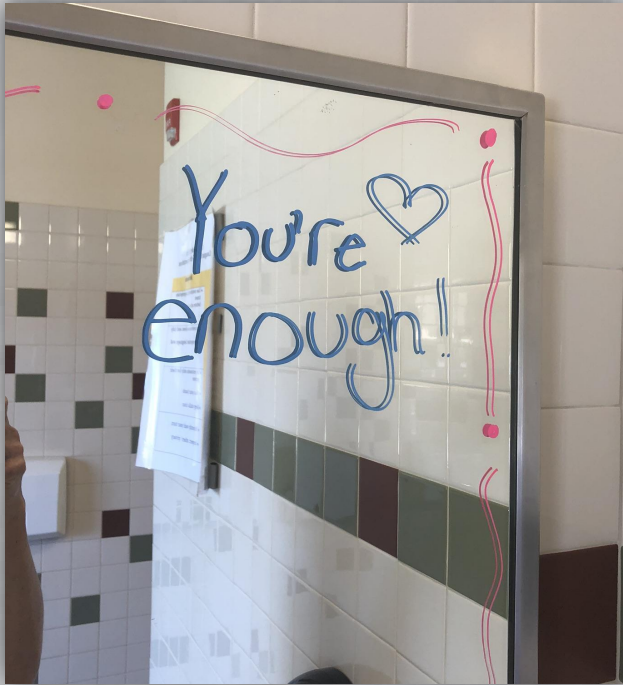
Action Projects



**Creekside Junior
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Action Projects



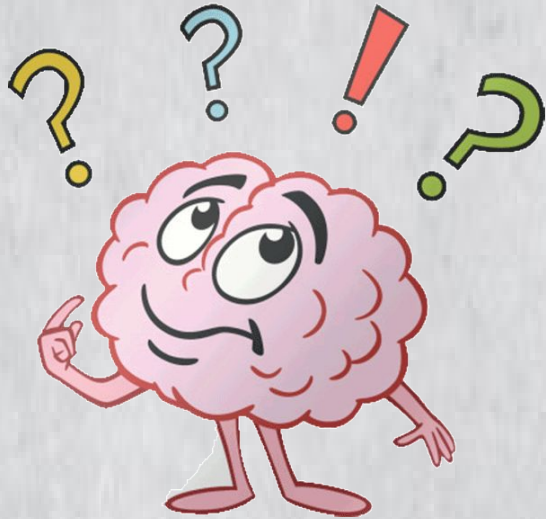
Creekside Junior High School
Los Banos Unified School District

Student Engagement



...looks like this!

Serious Conversations



You will have **deep** and **authentic *conversations*** with students.

If a student is going to harm themselves or others, you are a **mandated reporter**.

Result



When College, Career, Life-Skills, & Community Connections is combined with this new *holistically-designed* approach, your students become:

- More self-regulated and reliant
- More empathetic
- Think more about others
- More tolerant
- More connected
- More self-aware
- More balanced



21st Century Skill Builders

SUMMARY



Schools are more successful when they provide students with skill sets to address both **behavior** and **academic** skills.

When we can focus on the **whole child**, we honor every aspect of our student's progress.

We are building resilient learners and leaders.

FUN FACTS



Colleges are offering courses on mindfulness for teachers (self-care) and for teachers who teach kids.

You will see a growing trend, development, and focus on Mindfulness.

You are preparing your kids/students to be ahead of the game!

You are extraordinary!



They are watching you.

Lead them!



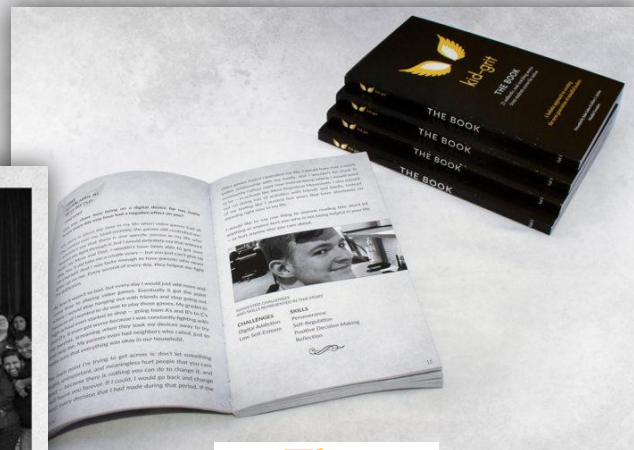
Curriculum



Professional Development



www.kid-grit.com



The Book

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Next Sessions



Training 3: Sunday, 2/28, 10am-12:30pm: Knowledge is Power

Training 4: Saturday, 3/6, 10am-12:30pm: Handbook Overview

Training 5: Sunday, 3/14, 10am-12:30pm: Dynamic Facilitator Tips

**Training 6: Saturday, 3/27, 10am-12:30pm: Supporting Staff Who Are Supporting Kids w/
Trauma**

Training 7: Sunday, 3/28, 10am-12:30pm: leader-grit