

Our support is making a HUGE impact in 2020!!



The following are quotes & highlights from recent mid-term reports:

Eastern Carver County Schools – District 112

“Thank you so much for your encouragement. I heard this morning that one of the individuals we trained on Friday (11/6) was able to apply the skills and tools taught in Mental Health First Aid. The individual was very grateful to have the training as they felt it made it more clear and secure regarding how to respond (complete a suicide risk assessment) to the student’s acute mental health needs. We are so grateful for this grant opportunity so that we can help give all of our staff the needed skills to support students.” Madalyn, Family School Coordinator

Paynesville Area Schools

A personal story: one family moved to our district this year and has been very impressed with our SEL commitment. The mom spoke to me at conferences and said that her kids come home using the language of the 7 Mindsets, talking about their Dream Teams, for example. She wondered if she could learn more about it. We had an extra copy of the book, so I loaned it to her. She was excited to read it. She and her family are embracing social-emotional learning together, which is so much easier, given that we have the resources to share across the grades, the District, and the staff. A common framework and common language goes a long way for promoting positive climate and culture. It helps this new family connect in an authentic way.

Lake Agassiz

The first few weeks of school, the students were introduced to the zones of regulation curriculum. This curriculum allows students to begin to identify their feelings, attach it to a color within a “zone” and begin to learn strategies within each zone. The watches were then introduced with matching zones. The students have been so excited to wear their watches and truly begin to “see” what zone their body is in, they have learned what their body looks like when in each zone and are increasing their ability to apply strategies.

One student stated the watches “*look cool and help me stay calm.*” Another student has begun to independently and consistently check his watch when a difficult task or

situation comes up. If his watch changes color he stops wherever he is in the room and begins taking deep breaths until his color changes back to blue. The students also love using the watches to see how a self-regulation skill impacts their body. One day the students ran around the room to get their heart rates up, then practiced taking quality deep breaths to see how quickly their heart rate came down. One student said “*can we try that again?*” another said “*wow, that is cool.*”

The students have been so excited to learn about their bodies and physically “see” what their body looks like when in the blue zone, yellow zone or in the red zone. To hear the excitement and understanding on their faces when using the watches has been incredibly impactful and encouraging to our team, especially in a year such as this. We are so grateful for the support PrairieCare has given us in pushing forward with a new way to provide student’s independence in self-regulation and success.

Le Seuer-Henderson

Though hybrid and distance learning has made implementation of new programs difficult for teachers, the 7 Mindsets curriculum is so easy to implement that it has fit right in. It has actually even helped prepare students to move from one platform to another, as teachers are able to relate some changes that occur regularly to the 7 mindsets curriculum. When our district transitioned from hybrid learning to distance learning, teachers reminded the students of the lessons they had done on thinking positively, acting and adjusting. They talked about how every failure is part of a success story and how every setback is an opportunity to find a silver lining. Having these conversations with students during these difficult times has been comforting for the students and helped them to stay focused on what they can control.

White Bear Lake Schools

“I am learning and enjoying the Conscious Discipline professional development tremendously. I have been teaching in special education for 15 years (setting III EBD) and believe that this is, hands down, the best training I have ever received. It takes so many ideas that my staff are already implementing, but dives deeper, making things so much more cohesive, gives better vocabulary and logic to pieces we have out there. It fits so well with Zones of Regulation, SuperFlex, ACES training, what we know about brain development, Love and Logic, skill building, CPI training, etc. I could spend the next few years re-watching and reading this training. I am so excited to use the new resources, ideas, and language this training provides. Thank you so much for this opportunity! I can't say enough positive things about it.” - Special Education Teacher at Lincoln Elementary



TEACHER GIVES ME MY
WATCH



I WEAR IT ON MY
WRIST



I KEEP IT SAFE ALL
AFTERNOON AND
WATCH HOW MY
BODY RESPONDS.



I GIVE IT BACK
BEFORE I GO