

Mindfulness & Emotional Competence

Green Chimneys Parent Training

12/15/2026

Presented by:



Logistics

We will be recording this presentation – please refrain from using your child's name or additional identifying information.

Please display your name (or parent of child's name) for attendance purposes, or send via chat to presenters.

Please send question via chat to presenters.

Please mute yourself to limit background noise when not participating in breakout groups or activities.

Please send us a private chat or email if you do not consent to this being recorded.



Objectives

Understand what Mindfulness and Emotional Competence are

Build Emotional Competence

Apply skills to parenting

Practice real-life strategies



What is Mindfulness

- Mindfulness is "paying attention to something, in a particular way, on purpose, in the moment, non-judgmentally." Jon Kabat-Zinn, 2003
- *Paying attention on purpose: Awareness of yourself, thoughts, feelings, environment. It's a "pause" from automatic reactions*
- *Being in the moment: No past or future, just here and now*
- *Observing in a non-judgmental way: No "good or bad", No "shoulds"*
- *Create space between feelings and reactions*



Cup of Hot Cocoa

- Sit on the floor or in a chair and close your eyes. Imagine you are holding a cup of warm cocoa in your hands.
- Bring the cup up to your nose and take a deep breath in, count 1,2,3,4,5, as you pretend to smell the steam rising from your cup.
- Then slowly blow on your hot cocoa to the count of 5 to cool it down.
- Repeat this a few times while focusing on your senses, thinking about how the hot cocoa smells, how it feels in your hands, and how it will taste.
- Notice what came up when you were taking those deep breaths



Why Mindfulness Matters

- Be in better control of your emotions and behavior
- Be happier, reduce suffering
- Be more effective, productive and focused
- Sleep better
- Be less stressed
- Be healthier
- Increase your compassion for yourself and others
- Respond instead of react
- Improve connection and increase patience

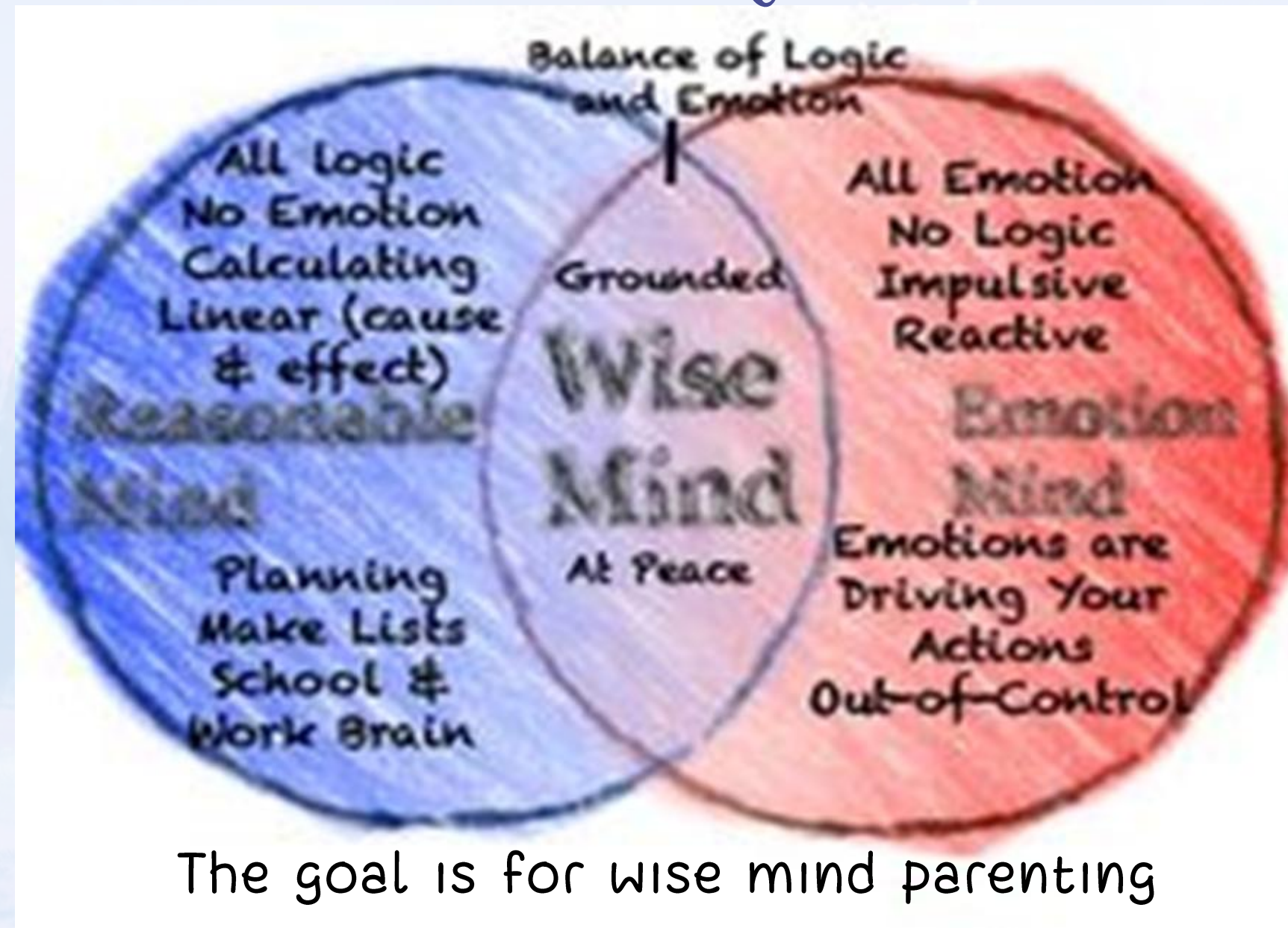


3 States of Mind

Emotion Mind:
Reactive

Reasonable Mind:
Logical

Wise Mind:
Balanced



Lets practice!

Your child
refuses to do
their homework.

What would be
your Emotion
Mind response?
What about your
Wise Mind?



Mindfulness skills

What Skill

Observe: Noticing what is happening inside or outside of yourself

Describe: Taking what you observed and turning it into words and labeling what you observed

Participate: Enter into your experiences whole-heartedly—jump in and stay present

How Skill

Non-judgmental: Do not judge or label your experiences as good or bad. Stick to the facts

Stay focused: Do only one thing at a time, avoid multitasking

Do what works: Focus on what will help you to achieve your goals



Judgments

- What are judgments?
- Judgements increase reactions
- Are they harmful or helpful?
- Practice a "non judgmental stance"
- The point is to notice!
- Catch yourself and reframe...

THE DIFFERENCE BETWEEN
A WEED AND A FLOWER
IS JUDGEMENT



Mindfulness vs. Mindlessness

The Role of Automatic Thoughts, Feelings & Behaviors






- Help us manage day-to-day life (cognitive capacity)
- Well-practiced and repeated
- Stable and highly resistant to change
- Automatic reactions vs Intentional responses
- Pause changes outcomes



Without Mindfulness

What do you think is happening in this slide....

WITHOUT MINDFULNESS

STIMULUS	REACTION	REACTION...
		



With Mindfulness

With mindfulness he is taking a “pause to slow down from his automatic power of thinking...



Mindfulness & Emotions



Understanding Emotions

You feel what you feel. There is nothing right or wrong about a feeling. It's how you respond to the emotion that matters!

What is emotional competence?

Emotional competence is based on a person's recognition of individual emotions, how emotions affect other people, and also based on the ability to maintain emotional control and adapt.

Mindfulness & Emotions



Use these four questions to help guide you

1. What am I feeling?
2. What does the child feel, need, or want?
3. How is the environment affecting the child?
4. How can I best respond and what helps?



The Story of Emotion

- Vulnerabilities
- Event
- Thoughts
- Emotions
- Body Sensations
- Action urge
- Action
- After Effects



Example:

It's time for homework and you ask your child to start their homework

- Vulnerabilities?
- Prompting Event?
- Thoughts?
- Emotions?
- Body Sensations?
- Action urge?
- Action?
- After Effects?



Changing the story with emotion regulation skills!

Emotion Regulation skills can be used at different stages of the chain to help you manage your emotions and respond to situations more effectively.



STOP Skill

S STOP – Notice that you are having a strong emotional urge

T Take a step back. Take a breath.

O Observe the situation, your own feelings and thoughts, catch judgments and “shoulds”

P Proceed Mindfully



The Wave Skill



- **Notice:** You are having a strong emotion
- **Remember:** You are not your feeling. You do not have to do what it wants.
- Let go of all thoughts about the emotion. Watch them drift away like a cloud. Do not judge the emotion. Do not analyze it. Do not push it away by distracting. Stay with it.
- Bring your mind to the way you feel. Find this feeling in your body. Attend to the sensations (e.g., burning, tightening).
- Notice the feeling coming and going like a wave.
- Notice the feeling getting weaker and weaker.
- Notice the emotion going away.



Opposite Action Skill:
If you want to change how
you feel, do something
different...

Example: Speak calmly instead of yelling when frustrated



Emotion	Emotion's Action Urge	Opposite Action
Sad	Be alone, stay in bed	Be around others, get active
Angry	Yell, attack, be judgmental	Be extra kind, no judgments, gently avoid
Frustrated	Give up	Try Even Harder
Betrayed	Hurt or revenge	Forgiveness
Worthless	Harm self	Help others
Fear	Run away, avoid	Stay and do what is fearful
Guilt	Repair transgression	Do what makes you feel guilty or ashamed
Shame	Hide	Be public



Reduce Vulnerabilities PLEASE Skill

What makes you more vulnerable to having a short temper, crying more often, avoiding emotionally triggering situations, etc.?



Common Vulnerabilities

- Hunger
- Tired
- Sick or in pain
- Burned out or overwhelmed with work/school
- Recent loss
- Social stressors; social isolation
- Financial stressors
- Influence of drugs/alcohol
- Not enough time for leisure or self-care

In order to help regulate your child, you have to start by regulating yourself



Accumulate Positives:

Be intentional about the positives!

What you focus on is what you will get more of. Increase positive emotions and boost your mood by accumulating small positive experiences daily!

- Connect with others, nature, animals etc.
- Work towards a goal that you can achieve today
- Do something for yourself
- Apply yourself (play a sport, hobby, etc)
- Have fun!



Cope Ahead Skill

- Do you ever anticipate a parenting situation being stressful?
- What are some things that you do to “cope ahead” and plan for hard moments?
- How can you plan to reduce vulnerabilities and accumulate positives for yourself leading up to a situation?

What is one challenge you can prepare for?



??

Question Time



Upcoming Trainings and Parent Support Groups!

Parent Training presented by Farm staff

January 5th 6:30pm – 8 pm

Parent Training (Crisis communication &

Prompting/Shaping)

January 19th 6:30pm - 8pm



Thank You

