

# GOD'S CREATION

Hey, everyone. My name is Rhyan Ramirez, but your students know me as Mr. Rhyan or Bro Rhy. I'm excited to partner with the Lumen Christi Academy and share these valuable social-emotional learning tools and faith-based solutions.

I come with 11 years of experience working in the adult mental health field and 20+ years of youth and young adult ministry, from parish-level to diocesan-level events. I was born and raised in Vallejo, Ca. and I'm part of the Sacramento

Diocese. My mission is to bring awareness to what social-emotional learning is and to provide tools and faith-based teachings to be a part of the solution. It is my belief that every student deserves to be safe, seen and heard.



*We'll send you a newsletter to accompany each workshop so you can follow along with the new SEL language and skills your students are practicing. Your ongoing support reinforces the workshop material and experience. When we all work together, we create deeper connections at home and in the classroom, and positively affect the school's culture.*



Bro Rhy

## SOCIAL-EMOTIONAL LEARNING

### The Check In

*Everyone has a balloon. It's where we hold all of the difficult feelings that we carry around with us throughout the day.*

MAD AFRAID  
EMBARRASSED  
LONELY SAD  
FRUSTRATED

Your students are practicing self-awareness and learning to recognize their feelings as soon as they begin to experience them. The "Check In" allows them to process the feelings and come up with healthy ways to manage them.

This tool also is also great for recognizing the behaviors/patterns that are unhealthy, hurtful and potentially make the situation worse.

*Some of the tools included here were inspired by Soul Shoppe*

### FOUR WAYS TO CHECK IN

- 1. Prayer Check In** (See Faith-Based Section)
- 2. Self Check In**
  - Place one hand on your heart and one hand on your stomach
  - Check in for physical feelings: *Am I feeling hot? Cold? Shaky? Electric?*
  - Check in with heart or emotional feelings: mad, sad, lonely, afraid, embarrassed, frustrated, etc.
- 3. One-on-One Check In**
  - Check In with an adult, teacher, friend
- 4. Group Check In**
  - Family, class, team, other small groups

# MIDDLE SCHOOLERS: JUST BE YOU

In addition to the Check In tool, the middle school students are using the "Camera of Truth" worksheet to dive deeper in exploring their truth and where they are in their journey without judgment.



Mr. Lozano's 8th Grade Class, St. Peter Martyr, Pittsburg, Ca.



## FAITH-BASED TEACHINGS

### Prayer Check In

It can be done anytime, anywhere.  
God always listens, no matter what our voice sounds like  
God does not judge  
God always wants to help



**DEAR GOD,  
I FEEL \_\_\_\_\_.  
BECAUSE \_\_\_\_\_.  
I NEED \_\_\_\_\_.  
GUIDE ME AND  
GIVE ME  
STRENGTH.  
AMEN.**

### Scriptures & Church Teachings

In the Book of Genesis 1:26-31, God created human beings in his image and likeness. He created us as "VERY GOOD," but we have all these feelings that sometimes prevent us from feeling that way. How do we get back to feeling the way we were created to be?

**"THEN GOD SAID: LET US  
MAKE HUMAN BEINGS IN  
OUR IMAGE, AFTER OUR  
LIKENESS."**

Book of Genesis 1:26

## CONNECTION SECTION

### USE THESE PHRASES TO CONTINUE THE CONVERSATION:

- *Can we Check In?*
- *Is your balloon empty or full?*
- *What feelings are in your balloon?*
- *What's the difference between leaking and emptying?*
- *How do you empty your balloon?*
- *Let's think of ways to empty our balloons*

Have your students help you  
fill in the blanks

1. **WHEN MY \_\_\_\_\_ IS \_\_\_\_\_,  
IT'S \_\_\_\_\_ TO \_\_\_\_\_.**
2. **GOD CREATED US IN  
HIS \_\_\_\_\_ AND \_\_\_\_\_.**
3. **GOD LOOKED AT  
EVERYTHING HE HAD  
MADE AND FOUND IT  
\_\_\_\_\_.**