

# Frameworks

# EQ COMMUNITY

# NEWSLETTER™

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EMOTIONAL INTELLIGENCE (EQ) & ACKNOWLEDGING A SUCCESSFUL YEAR



## ACKNOWLEDGING YOUR SUCCESSFUL YEAR

*by Brian Schank, Senior Education Program Specialist*

Here we are heading to the end of another school year, and we are taking a breath and going wow we made it. As we bring the year to a close let us not forget the successes and wonderful moments we had. A great place to start with is the growth we had as individuals and the growth our students made throughout the year, especially in emotional intelligence and handling emotions more effectively. The school year brings a flood of emotions from great joy and celebrations of accomplishments, to anxiousness, sadness, and regret of missed opportunities. Working from a strength-based focus for the school year allows you and your students to celebrate the successes and learn and build off the things that did not go as we planned. In thinking back on the school year, focus with a growth mindset, using the language not yet but I will get there vs. never and always. There is much to celebrate at the end of each school year, so go ahead and enjoy what you and your students accomplished.

### EARLY LEARNING

Even our youngest learners can benefit from acknowledging a successful school year! At this stage in their life, young children are exhibiting not only academic growth, but also growth in fine motor and gross motor development which can be mentally and emotionally draining for the child. Their little muscles are working so hard to master new skills! It's up to us to acknowledge their hard work and effort. When praising children, consider the following- body language-be near and get on children's eye level; eye contact- show you're paying attention and are interested; ask open-ended questions; document their effort-take pictures, videos and save their prized work! Our job as educators and parents is to recognize children's efforts as something valid and truthful.

### ELEMENTARY SCHOOL

Students in all grade levels, from preschool to high school, are extremely motivated by positive praise. Taking the time to recognize the excellent efforts of students expresses the importance of hard work, while also providing students with a positive self-worth and high level of accomplishment. This helps build character development and sustain meaningful student engagement. While it is important to acknowledge the efforts of our students year-round, it is especially crucial at the end of the school year to take the time to look back at all your students have accomplished during the year. Some teachers may choose to present students with superlatives, academic awards, incentives, or special talent awards. In other words, make sure to take the time to not only praise your students for all their hard work, but also make the time for FUN activities that celebrate their amazing efforts!

### MIDDLE SCHOOL

Help your student define success in their own words. How many joyful memories can they think of for this year? What are some of the challenges they've overcome? How did they feel at the beginning of the year versus the end? What friends have they made or new skills have they learned? Model the many ways they can view success and practice finding it together. Maybe success is the new way they handle stress or the moments they took to rest and be in the moment.

### HIGH SCHOOL

The older we get the larger our successes feel they need to be. Have your teen reframe success in their own words. Encourage your teen to look at their successes and break them down into all the wins and setbacks that they learned from to achieve their goal. List the skills you've seen them grow in this year. Share how you would like to celebrate with them!



# YOUR FAMILY SUCCESSES

by Mabel Filpo  
Community Programs Specialist

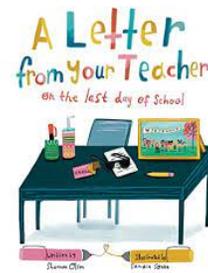
As we approach the end of the school year, it's a great opportunity to start thinking about celebrating our family's successes! This occasion allows us to reflect on the hard work and dedication that each member has put into both the small and big achievements. It marks the end of one phase and the start of another, which allows everyone to start transitioning into creating new goals. As you celebrate together, children feel proud of themselves and identify which practices they would like to use for the future. Additionally, families can learn together about what motivates them and how each member plays a crucial role in achieving their objectives. Here are some EQ-focused ideas to commemorate the successes of the year:

## ACKNOWLEDGE THE MOMENTS

by Melissa Hartnett  
Education Program Specialist

When we think of celebrations we usually think of the big moments in life. However, it is just as important to recognize the small triumphs, too, especially as another demanding school year winds down. An eWomenNetwork article details 5 reasons why these acknowledgements are important.

- Setting a mindset of positivity: The more wins you celebrate, the more positive you will feel.
- Increase motivation: Setting and reaching small goals regularly increases a feeling of accomplishment over time.
- Continue to learn and adapt: Reflection on successes as well as mistakes helps you learn what works and what needs to be done differently for success moving forward.
- Inspiring others: Sharing your wins helps to inspire and motivate others. It shows them what is possible.
- Confidence booster: As you recognize your own strengths you can be confident using them in the future.
- Building confidence: Encourage each family member to reflect on their contribution to achieving their goals. This fosters self-confidence and encourages individuals to take ownership of their success.
- Plan for a mindful moment with the family: Practicing a simple breathing exercise together helps everyone reflect on the outcomes of the year. It's an excellent way to center and ground the family, to reflect, and celebrate.
- Strengthen relationships: Acknowledging everyone who supported the family in achieving their goals, including siblings, parents, grandparents, teachers, and friends, helps each family member and others to feel valued and appreciated. It's a great way to strengthen relationships and promote a sense of gratitude.



## RESOURCES AND READINGS

by Brian Schank  
Senior Education Program Specialist

As you close out the school year and look to celebrate your accomplishments, get creative and have some fun with your celebrations even during exam prep and more.

The following resource comes to us from Edutopia, and is titled:

[8 Epic Ideas for Ending the School Year | Edutopia](#)

It has some great ideas for end of year celebrating and summing up the school year it was.

Another resource comes from Sign Up Genius:

[25 Fun Ways to Celebrate the End of the School Year \(signupgenius.com\)](#)

This features great ideas to send your students off for the summer and allows for fun and creativity.



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