

# Feel It to Lead It: Emotional Wellness Tools for Youth – and YOU!

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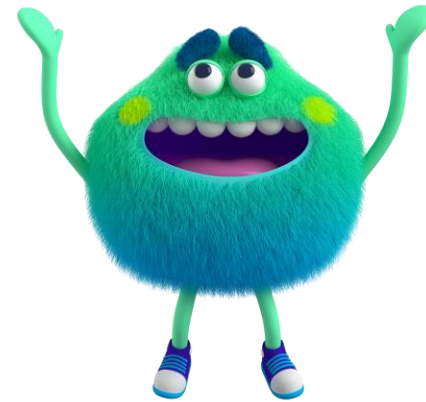
## ACTIVATING THE POWER OF AFTERSCHOOL



## PASE ANNUAL CONFERENCE

# Welcome + Check-In

Share your name & current vibe!



# Community Agreements

- One Mic
- Take Space, Make Space
- Use “I” Statements
- Assume Good Intentions
- Be Present / Tech Mindful

Any others?



# Workshop Outcomes

By the end of the workshop, you will be able to:

- Understand how your emotional wellness shapes program quality
- Practice tools to support staff and youth
- Build a site-level micro-plan to strengthen emotional culture

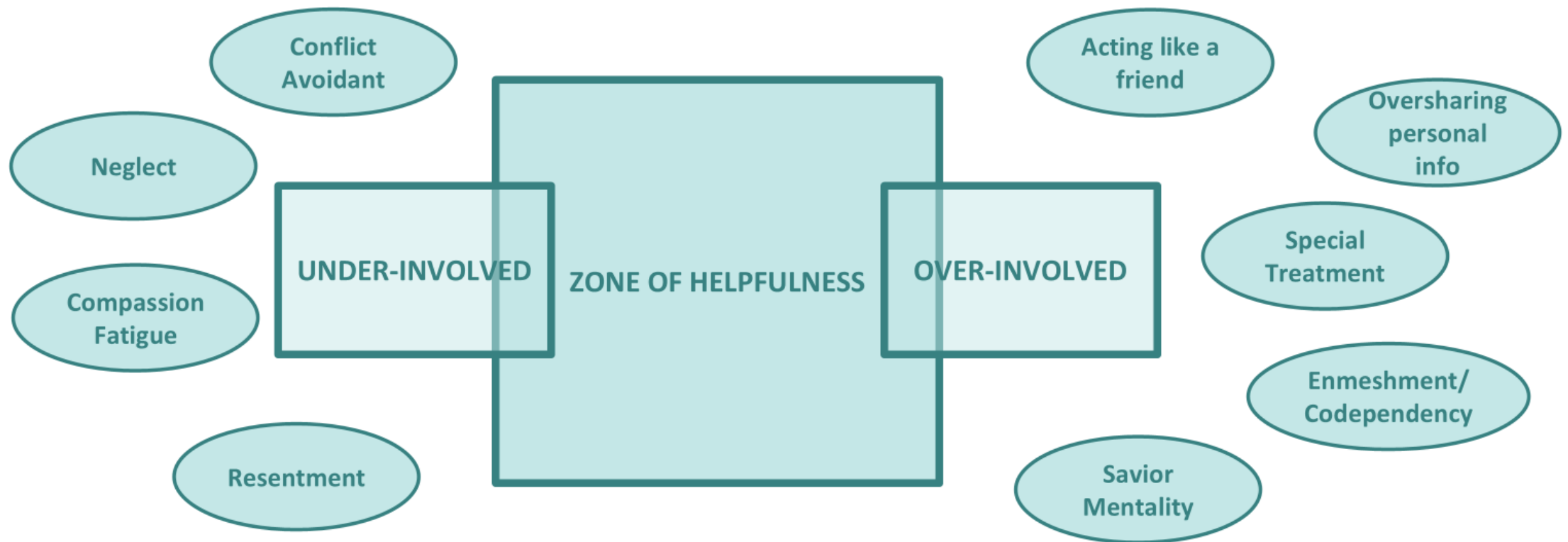


# Why Emotional Wellness Matters for Leaders

## HOW TO USE OXYGEN MASK ON PLANE



# Zone of Helpfulness





# Recognizing Emotional Fatigue

## Signs of Emotional Overload

- Irritability
- Over-functioning
- Emotional Numbness
- Withdrawn
- Foggy or snappy



# Let's Practice!

Check-Ins, Active Listening, Co-Regulation





# Tool #1 – Check-Ins

## Examples

- 1-Word Check-In
- Weather Report
- Rose / Thorn / Bud



## Key Tips

- Model Active Listening
- Normalize All Emotions
- “Thank You for Sharing” goes a Long Way
- Be Flexible – Allow Extra Time
- Don’t Skip on Busy Days!

# Let's Practice – Try a Check-In

## Activity Instructions:

- Break into small groups of 3–4.
- Take turns practicing a check-in using one of the prompts (i.e., 1-word, weather report, color zone).
- Use the scenario: An afterschool director checking in with one of their staff members after a field trip.
- Assign three roles in each round: Director, Staff, and Observer.
- After each round, rotate roles so everyone has a turn.

## Debrief:

- What felt easy or hard about this?
- Where can you build check-ins into your program flow?
  - Staff huddles
  - Youth circles
  - End-of-day reflection

# Tool # 2 – Model Co-Regulation w/ Kids

## Try-It Demos

- Breath Reset (Inhale for 4, Hold for 4, Exhale for 8)
- Grounding Touches
- “Name It to Tame It”
- Low + Slow Voice



# Let's Practice – Feel Heard, Not Fixed

## Activity Instructions:

- Partner up in pairs.
- One person shares for 2 minutes about a recent stressor or moment of overwhelm.
- The listener reflects back for 1 minute
  - Use phrases like “What I’m hearing is...” or “That sounds really hard.”
- Focus on naming the emotion — not solving or advising.

## Debrief:

- What was it like to just listen or just be listened to?
- Was it challenging to hold back advice or solutions?
- How might this shift how you show up for your team?

# Micro-Action Plan

Let's create your micro-action plan!

- 1 Tool for Me
- 1 Tool for Staff/Youth
- 1 Check-In I'll Try

What's My First Move?



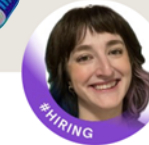
# Share + Close

Name one word of how you  
feeling now!

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