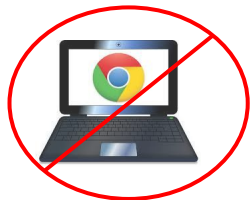
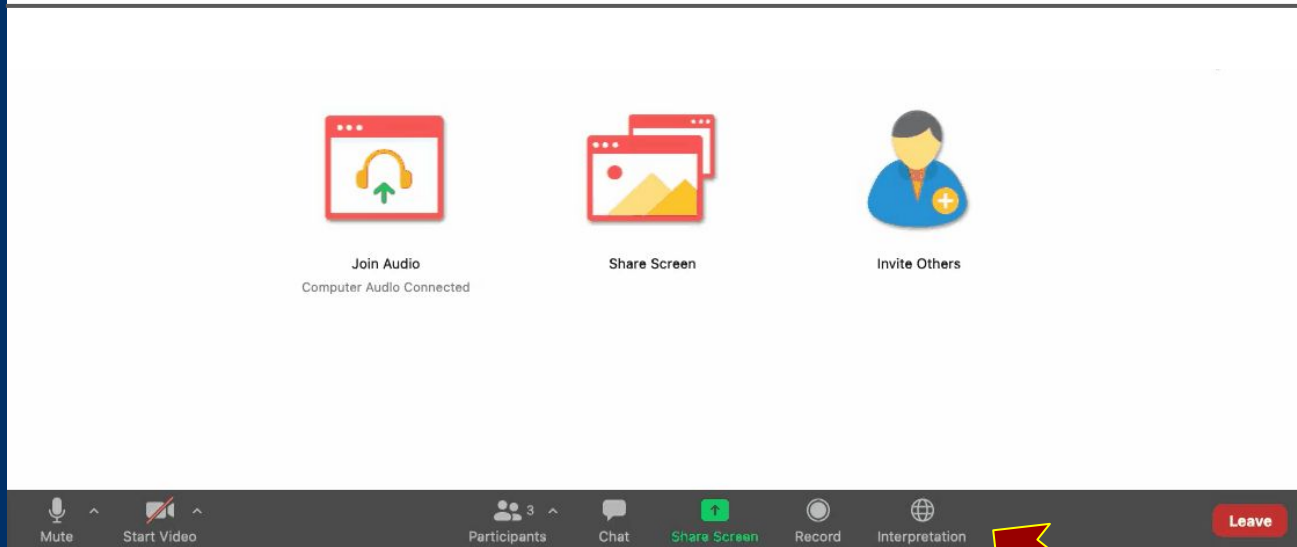


Interpretation Interpretación 翻譯



Live interpretation does not work on Chromebooks

La interpretación en vivo no funciona en Chromebooks.

Chromebook 沒有這功能。

The Family Landing Pad
La Plataforma De Aterrizaje
Familiar

家庭登陆垫

Creating Community

Creando Comunidad

建立社区

SLUSD Family Learning Series

Serie de Aprendizaje Familiar de SLUSD

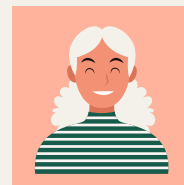
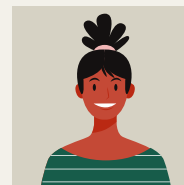
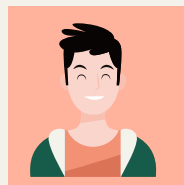
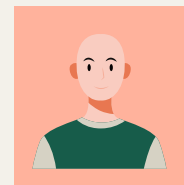
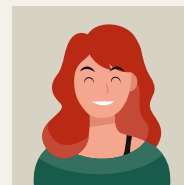
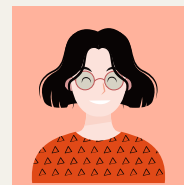
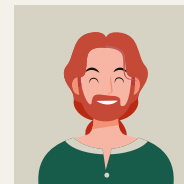
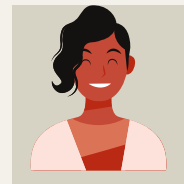
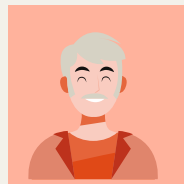
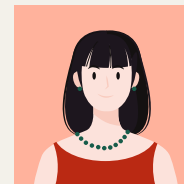
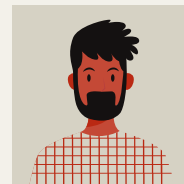
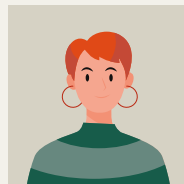
SLUSD家庭学习系列

Blaze Consulting Group

Grupo de Consultoría Blaze

火焰咨询集团

December 16, 2020



Welcome / Bienvenidos / 欢迎

Jenjii & Franklin Hysten

Blaze Consulting Group, LLC creates transformative experiences where individuals, teams, and communities can envision a better future and activate positive change. Our approach draws on community strength and connects social assets to research validated practice and data. Through coaching, training, facilitation, and consulting services, we aim to increase opportunities for children, youth, and their families to succeed

Blaze Consulting Group, LLC crea experiencias transformadoras en las que las personas, los equipos y las comunidades pueden visualizar un futuro mejor y activar un cambio positivo. Nuestro enfoque se basa en la fuerza de la comunidad y conecta los activos sociales con la práctica y los datos validados por la investigación. A través de servicios de coaching, capacitación, facilitación y consultoría, nuestro objetivo es aumentar las oportunidades para que los niños, los jóvenes y sus familias tengan éxito.

Blaze Consulting Group, LLC创造了变革性的经验，让个人，团队和社区可以设想更美好的未来并激活积极的变化。我们利用社区的力量，并将社会资产与经过验证的实践和数据联系起来。通过指导，培训，倡导和咨询服务，我们旨在为儿童，青年及其家庭增加成功的机会





Chat Blast

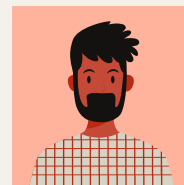
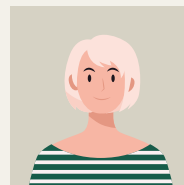
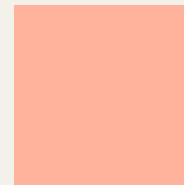
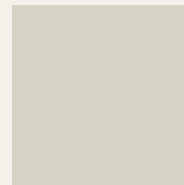
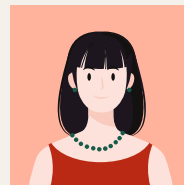
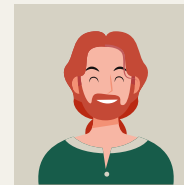
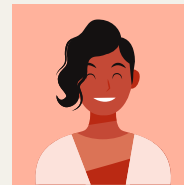
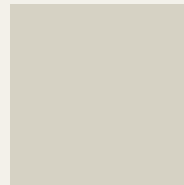
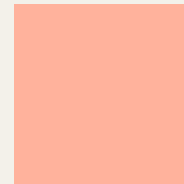
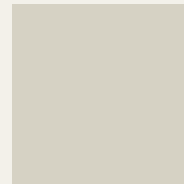
Explosión de Chat

聊天分享

How do you know when you are stressed?

Where does stress show up in your body?

Who is the first person in the household to notice you becoming stressed? (Partner, elder, kids, pets)



01

Self-Awareness
Conciencia de Sí Mismo
自我意识

October 7

02

Self-Management
Autogestión
自我管理

October 21

03

Social Awareness
Conciencia Social
社交意识

November 4

04

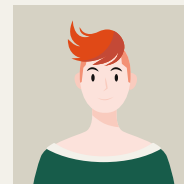
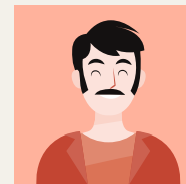
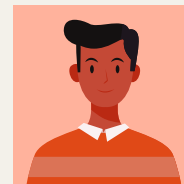
Relationships
Relaciones
人际关系

December 2

05

Dealing with Stress and Fatigue
Tomando decisiones Responsables
负责任的决策

December 16



The Family Landing Pad Series
La Serie Familiar de Aterrizaje
家庭登陆垫系列

Agreement / Acuerdos / 协议书

- Mute Yourself
- Desactive el Sonido
- 使自己静音

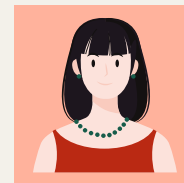
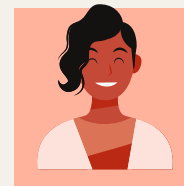
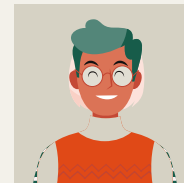
- Place comments in the chat box
- Coloque comentarios en el cuadro de chat
- 在聊天框中放置评论

- Raise the hand icon
- Levantar el icono de la mano
- 举起手形图标

- Try on the process
- Prueba el proceso
- 试一试

- Right to pass
- Derecho a pasar
- 通过权

- Be open, be respectful
- Estar abierto, ser respetuoso
- 开放, 尊重



Parent Facilitators / Facilitadores de Padres / 家長聯絡員

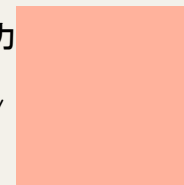
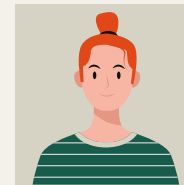
| School Site Escuela / 學校 | Parent Facilitator Facilitador de Padres / 家長聯絡員 | Contact Number Numero de Contacto / 聯絡電話 |
|---|---|---|
| Wilson | Angelica Franco | 618-4370 ext 3494 |
| Jefferson | Gloria Fernandez | 618-4310 ext 2809 |
| Washington | Maria Ochoa | 618-4360 ext 3333 |
| McKinley | Alma Gutierrez | 618-4320 ext 2938 |
| Bancroft | Joanna Garcia | 618-4380 ext 3612 |
| Muir | Jasmin Vega | 618-4400 ext 3703 |
| Garfield | Norma Rosas Alonzo | 618-4300 ext 2794 |
| Monroe | Rebecca Jauregui | 618-4340 ext 3170 |
| Madison | Sara Lopes | 895-7944 ext 3077 |
| Roosevelt | Laura Ordonez | 618-4350 ext 3290 |

A Unique Confluence of Stress in 2020

Una Confluencia Única de Estrés en 2020 /獨特的壓力融合年2020



- Hay tres factores que pueden estar contribuyendo a nuestra fatiga y estrés en esta temporada de 2020
 - **Estrés pandémico** por lidiar con la cuarentena, ansiedad y pena por COVID
 - **Fatiga de Batalla Racial** por “...enfrentarse constantemente a personas raciales desdeñosas, entornos e individuos raciales degradantes, insensibles y /u hostiles ”. (solo se aplica a personas de color)
 - **Estrés navideño** por el enfoque intensificado en la familia, el trabajo y el dinero. El aumento del estrés lo sienten más las mujeres que los hombres.
- There are three factors that may be contributing to our fatigue and stress in this season of 2020
 - **Pandemic Stress** from coping with quarantine, anxiety, grief of COVID
 - **Racial Battle Fatigue** from “...constantly facing racially dismissive, demeaning, insensitive and/or hostile racial environments and individuals.” (only applies to People of Color)
 - **Holiday Stress** from the intensified focus on family, work and money. The increase in stress is felt by women more than men.
- *2020年可能有三個因素導致我們在這個季節的疲勞和壓力
- * 大流行壓力，應對 COVID帶來悲傷焦慮
 - * 種族戰鬥疲勞源於“...不斷面對種族歧視，...。貶低，不敏感和/或敵對的種族環境和個人。”（僅適用於有色人種）
 - * 假期壓力來自對家庭，工作和金錢的日益關注。女人比男人感覺到更大的壓力。





Coping with 2020 Stress

Afrontar el estrés de 2020 / 應對2020年壓力

Although we may not be able to let go of all the stress we can *manage the impact* of these things on our well being

Aunque es posible que no podamos liberarnos de todo el estrés, *podemos manejar el impacto* de estas cosas en nuestro bienestar.

儘管我們可能無法擺脫所有壓力，但我們可以管理這些事情對我們的身心所產生的影響



Set Boundaries / Establezca Limites / 設定界線



Who needs to know how you feel?

What do you need to tell them?

What is your need? Put it in the form of a request

¿Quién necesita saber cómo te sientes?

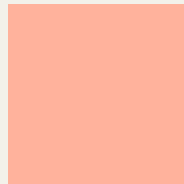
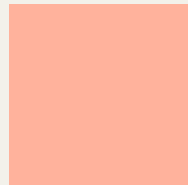
¿Qué necesitas decirles?

Cual es tu necesidad? Ponlo en forma de una solicitud

誰需要知道您的感受？

您需要告訴他們什麼？

你有什麼需要？以要求的形式提出





Rediscover a Hobby

Redescubra un Pasatiempo / 重新發掘愛好

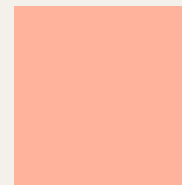
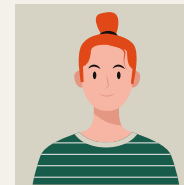
The holiday break may be a good time to remember something you used to enjoy doing and “rediscover” it.

What is an activity you used to enjoy that doesn't feel like a task?

Las vacaciones pueden ser un buen momento para recordar algo que solía disfrutar y “redescubrirlo”.

¿Qué actividad solía disfrutar que no se sentía como una tarea?

假期可能是記起您曾經喜歡做的事情並“重新發現”它的好時機。
您過去喜歡從事的什麼活動感覺不像是一項任務？





Use S.T.O.P when you feel the stress rising

Use S.T.O.P (PARE) cuando sienta que llega el estres

當您感到壓力上升時使用S.T.O.P

S- Stop

T- Take a breath

O- Observe

P- Process

S- Pare

T- Respire

O-Observe

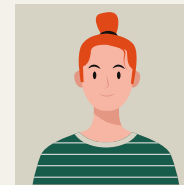
P- Procese

S- 停

T- 深呼吸

O- 觀察

P- 思考



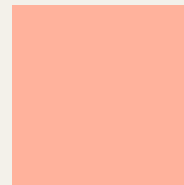
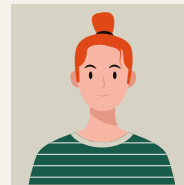


Other Stress Relief Activities / Otras actividades para aliviar el estrés / 其它緩解壓力的活動

- Prayer
- Music
- Reading
- Yoga
- Exercise

- Orar
- Música
- Leer
- Yoga
- Ejercicio

- * 禱告
- * 聽音樂
- * 讀書
- * 做瑜珈
- * 做運動





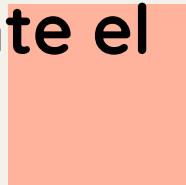
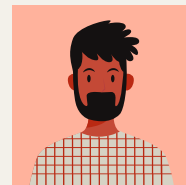
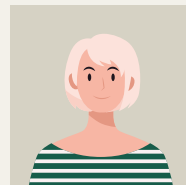
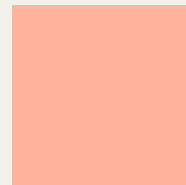
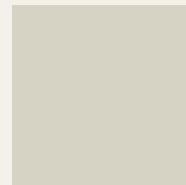
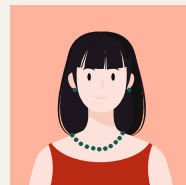
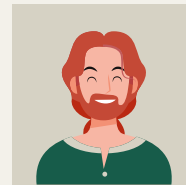
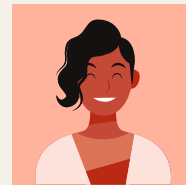
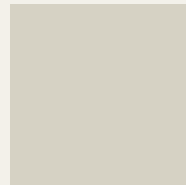
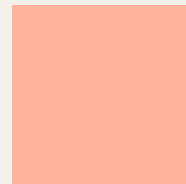
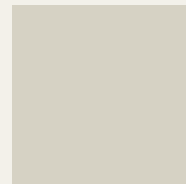
Chat...
Charla...
聊天...

What will you try
during the break?

Something different?

¿Qué intentarías durante el
descanso?

¿Algo diferente?



tenki ทขอบคุณคุณ takk спасибо kam sah hamnida
дзякуй hvála dhanyavadagalu tack
gracias dziękuję bedankt blagodaram mèsi xièxie tanemirt
arigatô manana diolch akun danke kop khun krap laafetai lava
ačiū grazzi ありがとう kia ora dankon dėkuji
tau barka mamnun gràcie kitos spas
teşekkür ederim bayarlalaa obrigada chnorakaloutioun
sagolun murakoze taiku mahalo tidi madioba chokrane rahmat
sukriya obrigado dakujem
terima kasih misaotra welain mercé najis tuke
asante grazie nandiri 謝謝 mersi köszönöm اراكش
mauruuru matondo cam on ban go raibh maith agat merci nanni vinaka
paldies ngiyabonga