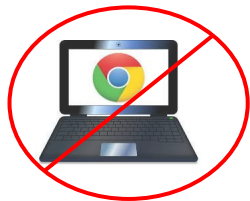
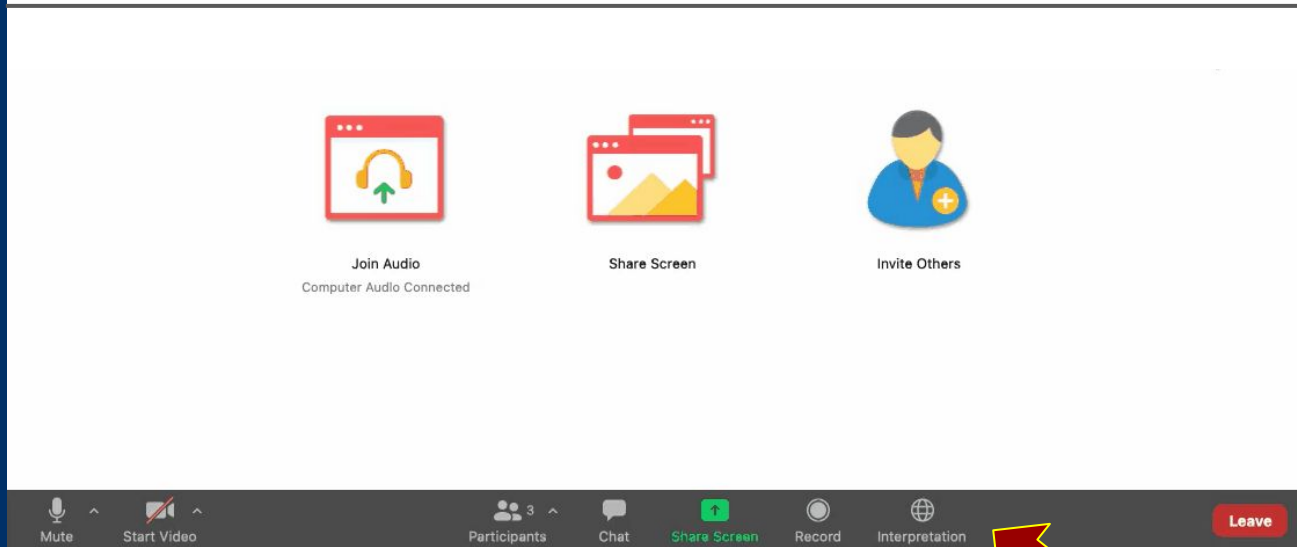


Interpretation Interpretación 翻譯



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

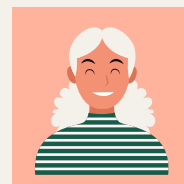
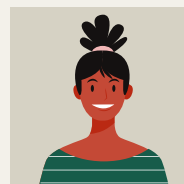
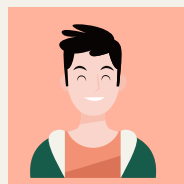
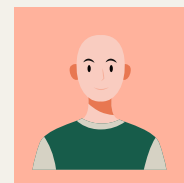
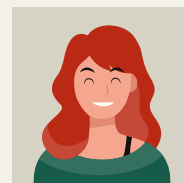
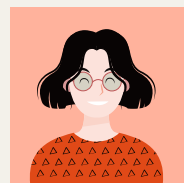
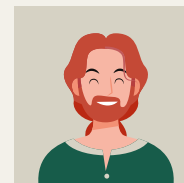
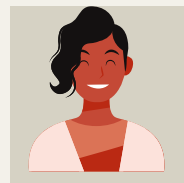
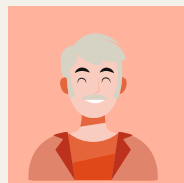
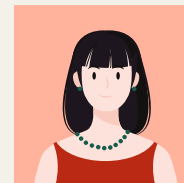
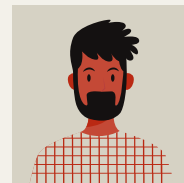
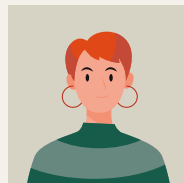
SLUSD家庭学习系列

Blaze Consulting Group

Grupo de Consultoría Blaze

火焰咨询集团

January 6, 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



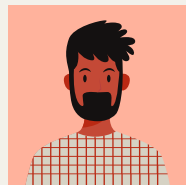
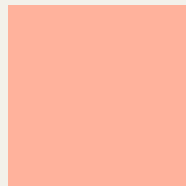
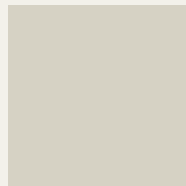
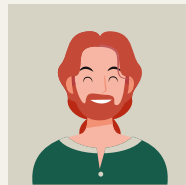
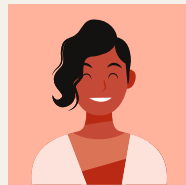
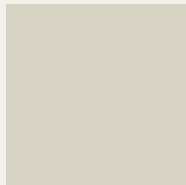
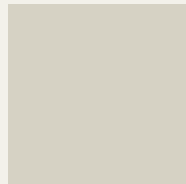


Chat Blast

Explosión de Chat

聊天分享

What is something you look forward to in 2021?

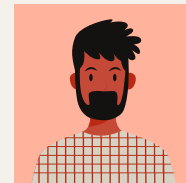
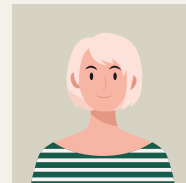
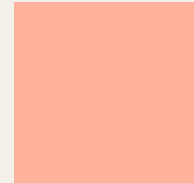
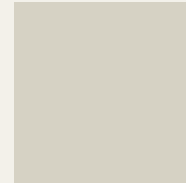
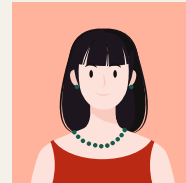
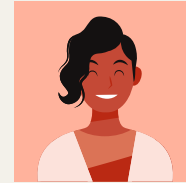
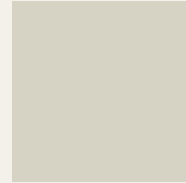




Open Space

Before we get started on our topic tonight, we are open to hear from you about the topics that you would like to cover for this year:

What do you want to talk about?



Agreements / Acuerdos / 协议书

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

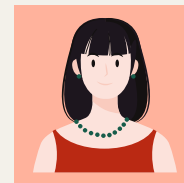
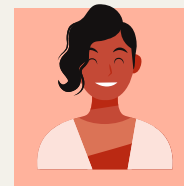
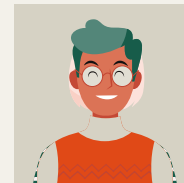
- Place comments in the chat box
- Coloque comentarios en el cuadro de chat
- 在聊天框中放置评论

- 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



Today: Embracing Resilience

今日主題：擁抱彈性（復原） | Hoy: Aceptando la Resiliencia

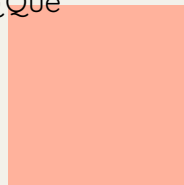
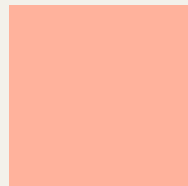
- Find the color **RED** around you
- Find the color **ORANGE**
- Now find school supplies
- 找出在你周圍的**紅色**
- 找出**橙色**
- 現在找出文具用品
- Encuentre el color **ROJO** alrededor suyo
- Encuentre el color **NARANJA**
- Ahora encuentre los útiles escolares

What happens to our field of vision when we look for one category?

How easy is it to find those items once we focus?

當我們尋找一個類別時，我們的視線會怎樣？一旦集中精神，找到這些物品就很容易，是嗎？

¿Qué pasa con nuestro campo de visión cuando buscamos una categoría? ¿Qué tan fácil es encontrar esos elementos una vez que nos enfocamos?



We find more of what we look for!

我們找到更多我們想要的東西！ | Encontramos más de lo que estamos buscando!



Today: Embracing Resilience

今日主題：擁抱彈性 (復原) | Hoy: Aceptando la Resiliencia

- When the brain is positive:
- It performs better than negative, neutral or stressed brain
- Increase our ability to connect with other humans; Creativity rise, energy rises
- Dopamine rush makes you happy and turns on all the learning centers in the brain allowing us to adapt to the world and see different perspectives
- 當大腦積極正面時：
- 它比負面，中性或緊張時的表現更好
- 增強我們與其他人聯繫的能力
- 創造力上升，能量上升
- 多巴胺催促我們高興，並打開大腦中的所有學習中心，使我們能夠適應世界並看到不同的觀點
- Cuando el cerebro es positivo:
- Funciona mejor que el cerebro negativo, neutral o estresado
- Aumenta nuestra capacidad para conectarnos con otros humanos.
- La creatividad y energía aumentan
- La fiebre de la dopamina nos hace felices y enciende todos los centros de aprendizaje en el cerebro, lo que nos permite adaptarnos al mundo y ver diferentes perspectivas.

TONIGHT IS ABOUT POSITIVITY and JOY!

Last time we talked about stress and how to move AWAY from stress

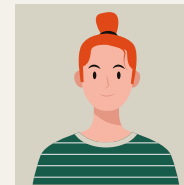
Now, we balance that out by moving TOWARDS positivity

This is one step towards increasing our parental resilience: our ability to manage stress and function well when faced with challenges adversity and trauma

今晚是積極和歡樂的！上次我們談論壓力以及如何擺脫壓力。

現在，我們通過正面積極的態度來平衡這一點。這是提高家長抗逆能力的一步：面對逆境和創傷的挑戰時，我們能夠很好地處理壓力並保持正常運作。

¡ESTA NOCHE SE TRATA DE POSITIVIDAD Y ALEGRÍA! La última vez hablamos sobre el estrés y cómo alejarnos del estrés. Ahora, equilibramos eso moviéndonos HACIA la positividad. Este es un paso hacia el aumento de la resiliencia de nuestros padres; nuestra capacidad para manejar el estrés y funcionar bien cuando nos enfrentamos a desafíos, adversidad y trauma.





Today: Embracing Resilience 今日主題:擁抱彈性(復原)

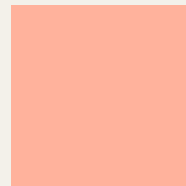
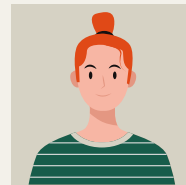
| Hoy: Aceptando la Resiliencia

Make Someone Smile 讓別人微笑 Hacer sonreír a alguien

“If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope.” -Barack Obama

“如果您出去做一些美好的事，您將把這個世界填滿希望，您也把自己填滿希望。” --Barack Obama

“Si sales y haces que sucedan algunas cosas buenas, llenarás el mundo de esperanza, te llenarás de esperanza”. -Barack Obama





Today: Embracing Resilience 今日主題:擁抱彈性(復原)

Hoy: Aceptando la Resiliencia

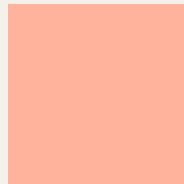
Challenges Make me Stronger 挑戰讓我變得更堅強

Los desafíos me hacen más fuerte

You can take your pain and create more pain **or** You take your pain and free people from theirs

你可以忍受痛苦並製造更多痛苦
或者
您可以承受痛苦，並使他人擺脫痛苦

Puedes soportar tu dolor, puedes crear más dolor o Tomas tu dolor y liberas a la gente del suyo



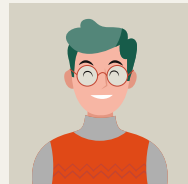
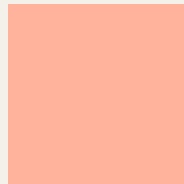


Today: Embracing Resilience 今日主題:擁抱彈性(復原)

Hoy: Aceptando la Resiliencia

Practice Gratitude 時刻感恩 *Practica Gratitude*

- What are three things you can be grateful for today?
- 您今天要感恩的三件事是什麼？
- Cuáles son tres cosas por las que puedes estar agradecido hoy?





Today: Embracing Resilience 今日主題:擁抱彈性(復原)

Hoy: Aceptando la Resiliencia

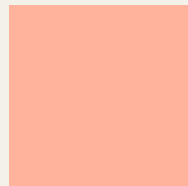
Honor Someone other than Yourself 榮耀自己以外的人

Honra a alguien diferente a ti mismo

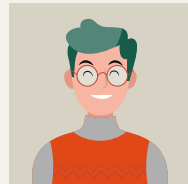
- Who is someone you can honor this week?
- What can you do to honor them?



- 您本周可以榮耀的人是誰？
- 您怎樣去榮耀他/們？



- ¿A quién puedes honrar esta semana?
¿Qué puedes hacer para honrarlos?



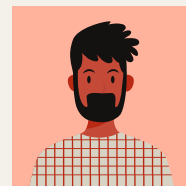
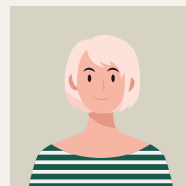
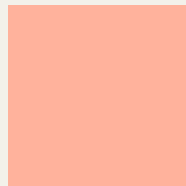
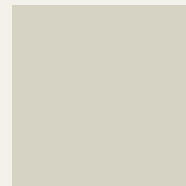
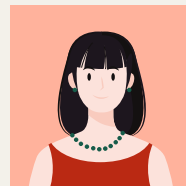
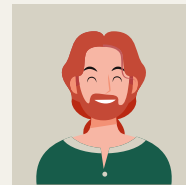
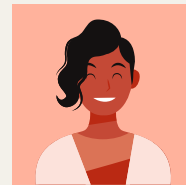
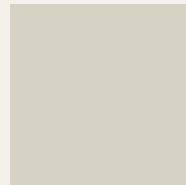
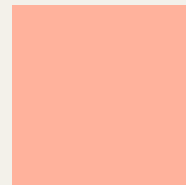
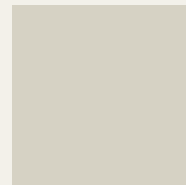
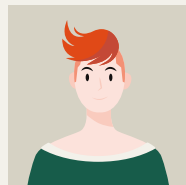


Chat...
Charla...
聊天...

What will you try?

你會嘗試什麼？

¿Qué vas a intentar?



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