



Little Talks That Make A Big Difference: THE TEI PODCAST SERIES

PODCAST REFLECTION GUIDE

#1 Emotional Safety: Applying What You've Learned

Definitions and Reflections:

According to psychologist William Glasser, children have **four emotional needs**. When these four emotional needs are met, we have created a blueprint for emotional safety.

Belonging: The need to have a place; to be affiliated.

Power: The need to feel competent, have a sense of purpose; to feel "I am good at something!"

Freedom: The need to have voice; to know that the adults in my world really want to know what I think and how I feel.

Fun: The need to be engaged in healthy relationships and learning and experiencing joy.

A **quality world** is the world we create for our students when their emotional needs are met. This is the place where joyful and positive memories are created. By meeting our students' emotional needs we become **quality-world people**.

Try This:

Facilitate means to make easy. We can **facilitate** meeting our students' needs by engaging in high-level listening. Try these three **high-level listening** responses.

1. **Ask Questions—Who, What, Where, When, and How:** Asking questions meets students' need for freedom, or voice, by inviting them to tell their stories. Ask open-ended questions to draw out information. Avoid asking Why questions as these questions often unintentionally put children on the defensive.
2. **Clarify and Summarize:** Make sure you understand what the student is saying by reflecting back what you hear. This communicates to the child that you are present and that you care for him or her.
3. **Reflect Feelings:** Reflect back what you are sensing the student feels. Avoid telling the student why they might be feeling that way. For example: "Wow that must have been really upsetting/exciting/confusing for you." If your sense of the student's feelings is not correct, they will correct you.



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Think of a student that would benefit from high-level listening. What are some open-ended questions you could ask them to draw out their story? Try it out and see if you notice any subtle changes in your relationship with the child.

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