Powerfully You

PROVIDING EDUCATION AND CURRICULUM THAT FOCUSES ON SELF-REGULATION FROM A LENS OF COMPASSION AND CONNECTION

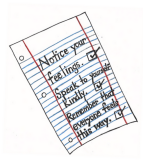
The Powerfully You curriculum utilizes evidence based practices for increasing self-regulation. The language is kid friendly, trauma sensitive, and emphasizes the value of individual differences. Concepts include:

Felt Safety
Our perception of being safe influences our entire nervous system. Providers learn to recognize when a client is in a state of protection and facilitate felt safety through relational, sensory, and motor strategies.

Body Focused Attention Practices
Child friendly experiments are used to facilitate interoceptive awareness. These practices are a method of introducing mindful awareness, which has been shown to increase regulatory capacity.

Sensorimotor Tools
Facilitators learn to use sensorimotor tools with an emphasis on body-based awareness. Knowing how a "tool" affects us allows for more precision, independence, and effectiveness. Kids who know what works for them are better self advocates.

Connection as a Tool
Regulatory capacity is built from connection and coregulation. Providers are given tools and strategies (including rhythmic, repetitive, relational activities) to build connection. Coregulation is emphasized as a necessary element to any interaction.



Self-Compassion
Self compassion has been shown to be more effective than punitive strategies or self criticism in helping individuals to meet goals and be emotionally regulated. Providers explore a compassionate lens that is modeled throughout every lesson, and explicitly taught as a skill for older learners.

Inquiry Based Thinking
Questioning our own thoughts can help us to be less "hooked" on thoughts that cause dysregulation. Recognizing thought distortions and learning the superpower question "Are my thoughts 100% true?" can facilitate cognitive flexibility and contribute to increasing regulatory capacity