



Social Emotional Support

Helping your student navigate this difficult time of social distancing
and COVID-19

Outcomes for this session

- Have ideas and strategies for supporting your student social and emotionally
- Have a list of resources for further study
- Feel supported as we all navigate a new and difficult situation

Share ideas and strategies for supporting students at home



Share additional resources



Q&A

Agenda

Reminder of Typical Social/Emotional Developmental Trends from *Yardsticks*

Age 7	Age 8	Age 9
<ul style="list-style-type: none">• Need rules, routines, physical boundaries• May be moody or touchy• Seek relationships and form close friendships; may change friendships quickly• Rely on adults for help and reassurance• Work well alone and in pairs• Dislike taking risks or making mistakes	<ul style="list-style-type: none">• Adjust well to change; bounce back from disappointments• Like to talk and explain ideas• Like to work in groups• Prefer playing with same-gender peers• Concerned with fairness/justice	<ul style="list-style-type: none">• Competitive; may form cliques• Critical of self and others; need encouragement• Like to work with a partner of their choice; can work in groups but with lots of arguing• Seek answers to big questions• Anxious

Student Reactions

- Students may be acting out or processing in various ways
 - Irritable or easily upset
 - Demanding extra attention and your physical presence
 - Withdrawn
 - Difficulty with tasks and skills they previously have mastered
 - Not eating/overeating, not sleeping/oversleeping
 - Something else!

It is normal for children to act out or have new, challenging behaviors at times of big change and uncertainty!

Responding to and supporting your student

- React with empathy, patience, and consistency
- Set or maintain boundaries, expectations, and routines
- Keep students busy—not with just academic work
 - Embrace the things that they enjoy and build on that
 - Try out new activities or hobbies together
 - Have students help around the house or help assist you with some of your daily tasks
 - Build physical activity into your routine
 - If student is struggling with self-care at this time, build in things like brushing teeth and hair, washing face, showering, eating, etc.

Responding to and supporting your student continued

- Encourage social interaction from a distance
 - Video Calls
 - Eat lunch together
 - Play games
 - Just have a chat!
 - Online games
 - Send emails to keep up with each other and share pictures or video messages (with permission and supervision)
 - Send handwritten letters, artwork, notes, care packages, etc.

Practicing the 3Rs

- **Reassurance:** Let them know they are safe and that it is the job of grown-ups to make sure that they are taken care of. Validate their feelings.
- **Routines:** provide safety and predictability=comfort
- **Regulation:** help students regulate emotions and feelings by helping them express and name how they feel, give them strategies to release stress (exercise, journaling, baths, mindfulness practices)

Share age appropriate information with students

Students need and want to understand what is happening in the world. We can give them age-appropriate content so they can understand what is going on, which will provide comfort and more of a sense of control.

- [BrainPop Video](#)
- [NPR](#)
- [PBS Kids--How to Talk to Kids about Coronavirus](#)



***TAKE CARE OF
YOURSELF!***

Additional Resources

- TED Talk: [Angela Lee Duckworth: Grit](#)
- [Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic](#)
 - Presentation adapted from information in this article
 - Many more additional resources linked at bottom of the article
 - [Talking with children](#)
 - [Coping with Stress](#)
 - [Resources for Parents](#)
 - [BrainPop Video for Kids](#)
 - [Apps and Games for kids](#)
 - [Free Printables/Packets for Kids](#)

QUESTIONS?



***THANK YOU FOR YOUR TIME AND FOR
PARTNERING WITH US!***