


# Returning to School The Not So Normal Normal

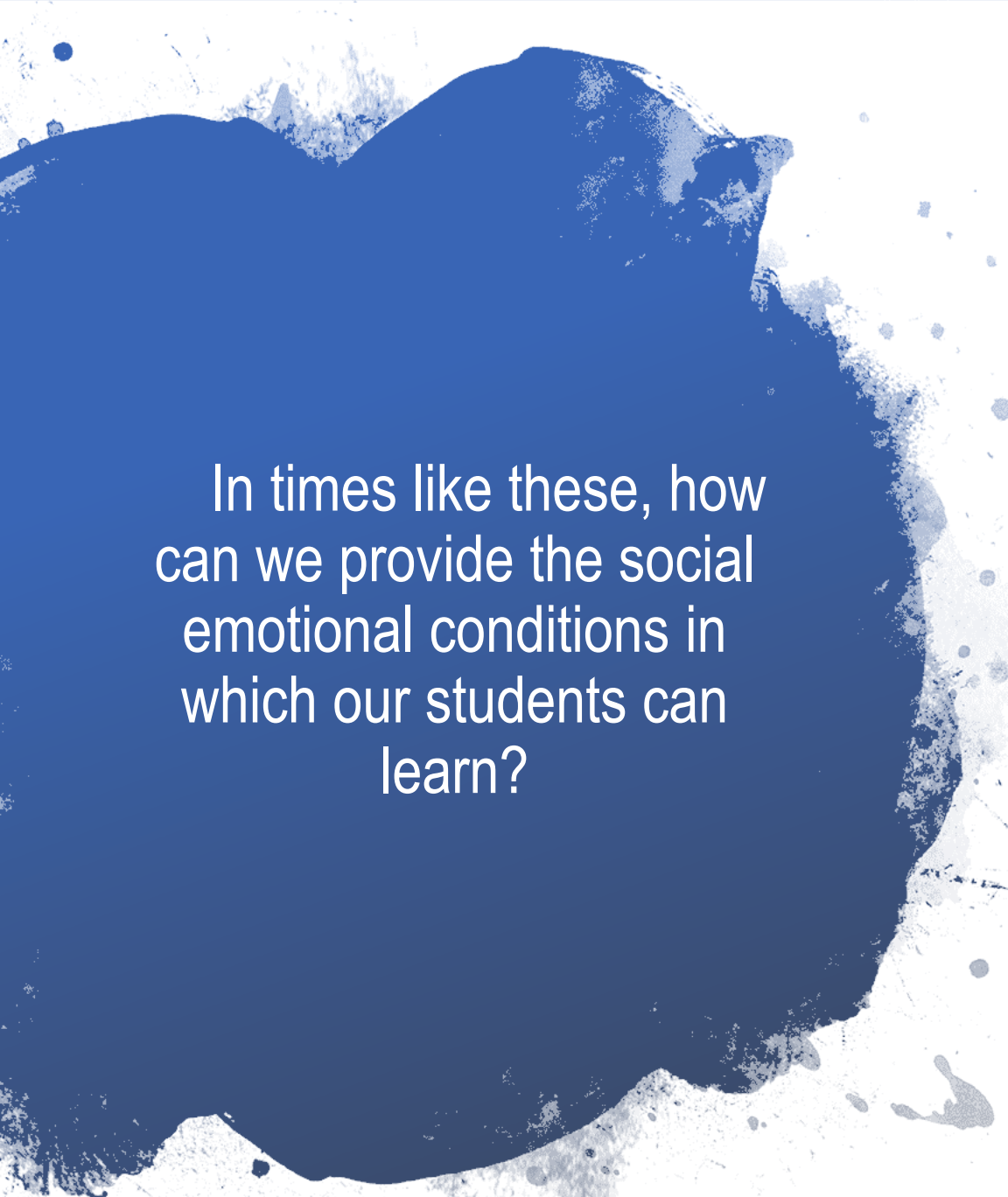
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COMP THERAPY



BODY  
SCAN



*“I never teach my pupils. I can only attempt to  
provide the conditions in which they can learn.”*  
—ALBERT EINSTEIN



In times like these, how  
can we provide the social  
emotional conditions in  
which our students can  
learn?

- Self check-in and Self reflection
- Acknowledgement of our own worries and anxieties
- Giving ourselves a break (physically and mentally).



## Self-Care and Self-Love

- Meditation (any time, any day, anywhere)
- Read a book you enjoy
- Go on a hike/ to the gym/ workout at home
- Create a friends' group text.
- Take advantage of school breaks (recess and lunch are opportunities to recharge)



## COVID-19 PANDEMIC and the Affects of 2020

- The pandemic and 2020 has had numerous affects on everyone in different ways! (students, teachers, parents, families)
- Keep in mind the students we serve and their unique experience in this last year.
- Read the room (what do your students need right now)



## Emotional Distress: What it might look like the first weeks of school.

- Separation Anxiety
- Fear of being back in school
- Anxiety about COVID-19
- Anxiety about masks (either having to keep them on or other students not keeping theirs on)
- Experiencing loss and grief



# Signs and symptoms of depression in children:

- Feeling sad, hopeless, or irritable a lot of the time
- Not wanting to do or enjoy doing fun things
- Showing changes in eating patterns – eating a lot more or less
- Showing changes in sleep patterns – sleeping a lot more or less
- Showing changes in energy – being tired, sluggish or tense and restless a lot of the time
- Having a hard time paying attention
- Feeling worthless, useless, or guilty
- Showing self-injury or self-destructive behavior








# Signs and Symptoms of Anxiety in Children

- Being very worried about the future and bad things happening (general anxiety)
- Being very afraid when away from parents (separation anxiety)
- Having extreme fear about a specific thing or situation, such as dogs, insects, or going to the doctor (phobias)
- Being very afraid of school and other places where there are people (social anxiety)
- Having repeated episodes of sudden, unexpected and intense fear that come with bodily reactions like heart pounding, having trouble breathing, feeling dizzy, shaky, or sweaty (panic disorder)



# How can we further support our struggling students?

- Keep a Positive Perspective (correct misinformation that our students might have heard)
- Stay in touch with parents, build a partnership. (class dojo, school apps)
- Control What You Can: have a predictable, yet flexible routine.
- Provide activities to learn social-emotional skills. (open-ended Q's, encourage kindness, incorporate books, use relaxation techniques in the classroom)
- Be patient, it will take all of us time to adjust.
- Stay Grounded
- **YOU ARE THE EXPERT IN YOUR CLASSROOM!!** Lead the way.