



# Supporting our students through COVID-19

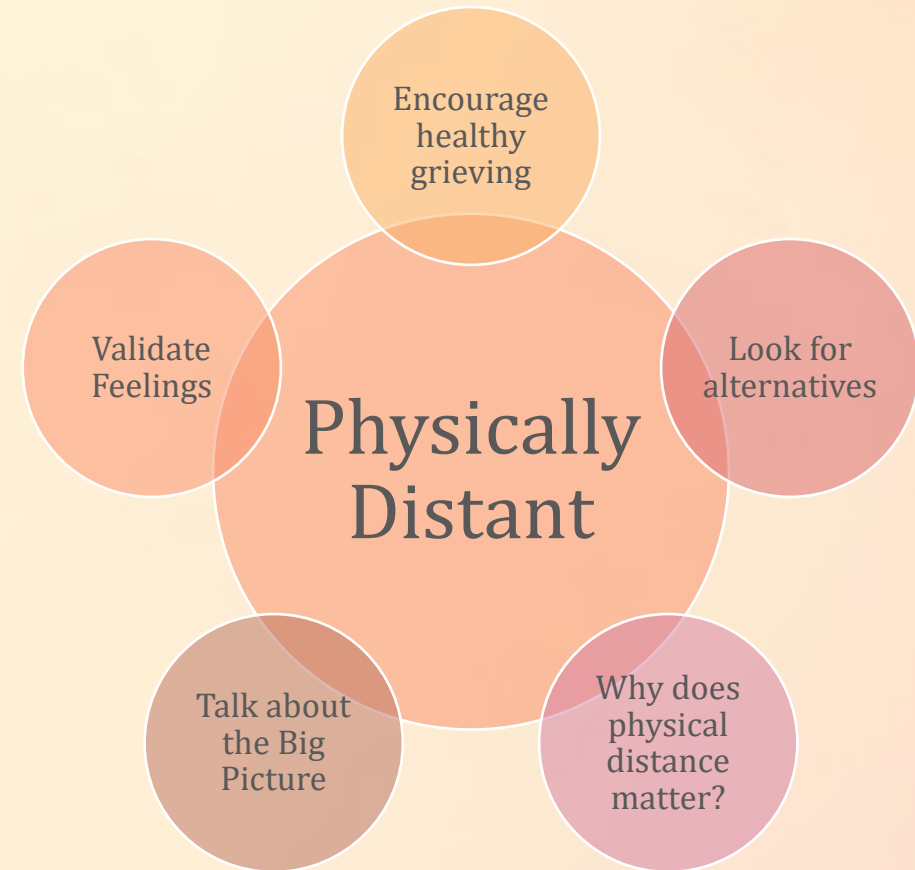
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# How can teachers/staff support students

- Grace before grades
  - Understand that unlimited time to complete assignments does not mean unlimited motivation to complete them
- Meaningful and engaging lessons
- Provide opportunities for interaction
  - Understand that you might be the only non-family member they are communicating with so all for opportunities for social interaction
  - Reach out to students that you have not seen...and then reach out again
- Zoom fatigue is a real deal...

# What are some ways that you can help?

- Focus on Relationships
  - Aim for 12 physical connections per day
  - Play together
  - Technology free time
  - Seek connection prior to transitioning activities
  - Make time for one-on-one (at least 15 minutes)
  - Welcome emotion/empathy
  - Enjoy the moment



# What does empathy sound like?

- Feeling heard and fostering sense of belonging is one of the biggest ways to manage anxiety and frustration with kids.
  - “It’s okay to be upset-it’s good to let it out”
  - “I hear you, I am here for you, I will stay with you”
  - “Its okay how you feel, it is not okay to....”
  - “How you feel right now won’t last forever. It’s okay to feel how you feeling. It will pass and you will get better soon”
  - “Let’s take a break, take a breath, sit down, and pause for a minute...”

# Remain present in the moment

- Keep things simple as much as possible
- Don't be too hard on yourself
- Keep a routine- get up, get dressed
- Keep/make plans with others
- Limit exposure to media

# Get outside!

- Sidewalk chalk- leave encouraging notes, draw games
- Make an obstacle course in the yard
- Scavenger hunt
- Painting rocks and leaving them for neighbors

# Attitude of Gratitude

- What are some things to be grateful for today?
  - Write it down, talk about positives

# How can you help someone else?

## How can you help a neighbor?

- Write a letter to elderly in nursing home, leave notes on sidewalk for neighbors, donate food if you can



# Its okay for things to be difficult

- Expect that some social relationships will have some friction
- Allow for some privacy and down time
- Allow teenagers to assist in problem solving

# Unmet needs

- Some students may need additional one-on-one support for motivation
- Engage students in conversations about self-care
- Keep in mind mental-health needs
  - This could be with the parents or with the student. A student can not thrive in an environment of unmet needs

# Questions

- Please ask any questions you have!
- Or you can email me: [amanda.rohrbach@wyileisd.net](mailto:amanda.rohrbach@wyileisd.net)

# Resources

- <https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>
- <https://nyulangone.org/news/checking-your-teenagers-mood-during-covid-19-pandemic>
- <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Teens-and-COVID-19.aspx>
- <https://fatmumslim.com.au/32-fun-family-activity-ideas-together/>
- <https://familyeguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>
- <https://www.todayparent.com/family/activities/fun-things-to-do-at-home/>