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”
  • “It’s 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
It's 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
Resources

• https://familyeguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/
• https://www.todaysparent.com/family/activities(fun-things-to-do-at-home/)