

# Suggested School Re-entry "Teachable Moment" Lesson: A Trauma Informed Response to the COVID 19 Pandemic

This document was created as a school resource by:

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Objective	Suggested Activities	Resources	T e a c h e r  N o t e s
<p><b>1. Students will develop an understanding</b> of the facts regarding the "critical incident" (COVID 19 pandemic) upon re-entry into the school setting.</p>	<p>Teacher will share facts that have been provided by administration that answer: <b>"Who, what, when, where?"</b> "What is the school doing to ensure each student's physical, social, emotional wellbeing and academic success?"</p>	<ul style="list-style-type: none"> <li>• Fact Sheet</li> <li>• *Tip Sheet</li> </ul>	<p>The fact and tip sheets to be provided by school/district administration. <i>NOTE: In the case of the pandemic, teacher will avoid voicing opinions about political or administrative decisions.</i></p>
<p><b>2. Students will express reactions and concerns</b></p>	<p><b>Question:</b> <b>"What happened to you personally during this time of COVID 19?"</b></p>	<p>Whole group:</p> <ul style="list-style-type: none"> <li>• Any light object that can be passed or tossed from student to student.</li> <li>• Student- Scribe</li> <li>• Teacher- Facilitator</li> </ul>	

<p>regarding the results they observed of the "critical incident" (those who have been affected by COVID 19 restrictions: home quarantine, lost or modified jobs of caretakers, health of family and friends, lost or modified instruction).</p>	<p>Whole group activities:          Popcorn          Bean Bag Toss          Community Circle          Write a letter to the principal:          "How I Feel About What Happened."          Small group activities:          Pair Share          Cooperative group activity</p>	<p>Small group processing no larger than a classroom:</p> <ul style="list-style-type: none"> <li>Guidelines and task assignments for each group member; scribe, time keeper, reporters #1,#2,#3, etc.</li> </ul>					
<p><b>3. Students will explore alternative responses</b> for managing fear, anxiety and frustration.</p>	<p><b>Question: "We have passed the decision making process for dealing with the worst of COVID 19's spread and you were not in control of the decisions and consequences of your community's response. However, you can be in control of your emotions and actions as we re-enter the school and get out into our community. What do you think each of us should do to make this a successful re-entry into school and community life?"</b></p> <ul style="list-style-type: none"> <li>Small group activity questions:</li> </ul> <p>Brainstorm:          What are you feeling anxious or frustrated about as we</p>	<ul style="list-style-type: none"> <li>model for anger management or conflict resolution</li> <li>video clips of sample altercations (these should be screened for educational appropriateness)</li> <li>role play scenarios</li> <li>post-its from each student for each category of concern placed in "parking lot" on board/wall. Teacher consolidates and shares common concerns with class so as a group they can problem solve OR advance concern to higher administration.</li> </ul> <p>Example of parking lot:</p>					
<table border="1"> <tr> <td data-bbox="680 1040 1010 1112">Safety/wellness suggestions</td> <td data-bbox="1010 1040 1339 1112">Social/Emotional suggestions</td> <td data-bbox="1339 1040 1604 1112">Economic suggestions</td> <td data-bbox="1604 1040 1837 1112">Educational suggestions</td> </tr> </table>		Safety/wellness suggestions	Social/Emotional suggestions	Economic suggestions	Educational suggestions	<p style="text-align: center; font-size: 2em; color: #4682B4; opacity: 0.5;">Students place post-its here</p>	
Safety/wellness suggestions	Social/Emotional suggestions	Economic suggestions	Educational suggestions				

	<p>begin the school year?</p> <ul style="list-style-type: none"> <li>• Safety/wellness?</li> <li>• Social/Emotional?</li> <li>• Economical?</li> <li>• Educational?</li> </ul> <p>How will you deal with it? What is an appropriate way to respond to others who are frustrated or anxious about the challenges they are dealing with?</p> <ul style="list-style-type: none"> <li>• Teacher led instruction on anxiety, frustration management of emotions.</li> </ul>						
<p><b>4. Students will be provided an opportunity to express fears and concerns of their own safety.</b></p>	<p><b>Questions:</b> <b><i>"As we begin returning to normal activities in our community and at school, what are your concerns?"</i></b> <b><i>"What would make you feel safer right now?"</i></b></p>	<ul style="list-style-type: none"> <li>• scribe</li> <li>• Post-it notes for students to write on and place in "parking lot" for comparison and further discussion.</li> </ul> <table border="1" data-bbox="680 755 1837 958"> <tr> <td data-bbox="680 755 1010 958">I need this at school to feel safe and to stay well...</td> <td data-bbox="1010 755 1339 958">I need this from my teachers, friends, and other students to help me feel good in my social world...</td> <td data-bbox="1339 755 1598 958">I need this to feel that my mom, dad, other caregivers will be able to take care of my needs...</td> <td data-bbox="1598 755 1837 958">I need this to make sure I am successful with my learning in school...</td> </tr> </table> <p style="text-align: center; color: blue; font-size: 2em; font-weight: bold;">Students place post-its here</p>	I need this at school to feel safe and to stay well...	I need this from my teachers, friends, and other students to help me feel good in my social world...	I need this to feel that my mom, dad, other caregivers will be able to take care of my needs...	I need this to make sure I am successful with my learning in school...	
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<p><b>5. Students will understand that a structure</b></p>	<p><b>Question: <i>"What is the school and community doing to make sure you are safe and successful in</i></b></p>	<ul style="list-style-type: none"> <li>• Review school re-entry plan and task force recommendations.</li> <li>• Review local government and/or local law enforcement structures and share any information specific to the COVID 19 pandemic that has been provided by those agencies.</li> </ul>	<p>NOTE: Always share information in developmentally</p>				

<p>designed to assure <b>safety and well-being is in place</b> in their own school and community.</p>	<p><b><i>our own school /community?"</i></b>          Discuss: new measures in wellness approaches and safety around school, encourage practicing if you are emotionally or academically overwhelmed tell an adult.          Activity: Young students can draw a picture of what they want their school, classroom, or people around them to look like that would make them feel happy and safe.          Activity: Older students can write a letter to the principal with ideas about how to make their school safer and how to help them be more successful academically.          Activity: Older students can write a letter to local government or law enforcement agency with their ideas about how to make their community safer.</p>	<ul style="list-style-type: none"> <li>• In schools where the classroom instruction is divided by subject and teacher, it is important to conduct the exercise of “concerns” so the specific teacher will be able to address and adapt to the needs of the student upon re-entry. This may include addressing instructional gaps, organizational skills, and procedural skills due to loss of instruction in the previous year. NOTE: For very young students who have experienced disruption to routine, this may also include regression in bathroom skills, separation anxiety, distractibility, and decreased focus behaviors.</li> </ul>	<p>appropriate terms. The needs and level of understanding for age of the student is very different!</p>
<p><b>6. Students will be able to communicate effective and appropriate ways to respond to re-entry into school</b>          (following directions of an adult, safest ways to stay well, best ways to assure</p>	<p><b>Questions:</b>  <b><i>"What can we do to assure student wellness and academic success as we re-enter school?"</i></b>  <b><i>"What can you do when you or someone you know becomes anxious or frustrated?"</i></b>  <b><i>"What should you do when you observe someone experiencing significant stress as a result of COVID-19?"</i></b></p>	<ul style="list-style-type: none"> <li>• Review the school's established guidelines for wellness behaviors.</li> <li>• Review school creeds and student pledges that address the actions necessary to support wellness and prevent escalation of social/emotional/academic frustration or anger become apparent.</li> <li>• Review community resources and their assurances and actions to promote safety for all students.</li> </ul>	

<p>academic success, etc.)  <b>and to recognize when they or fellow student(s) are experiencing escalating anxiety or frustration.</b></p>			
<p><b>7. Students will be able to express empathy</b> for victims.</p>	<p><b>Question: “In the context of the COVID 19 pandemic, who is a victim?”</b>  <b>“What can we do to express our sympathy?”</b>  Student choices:</p> <ul style="list-style-type: none"> <li>• letters, notes of sympathy to the families who had a loved one die</li> <li>• letters to editor</li> <li>• letters of appreciation to medical personnel, own parents, teachers</li> <li>• gather supplies, donations</li> <li>• fund raisers</li> <li>• involvement in planning appropriate memorials</li> </ul>	<ul style="list-style-type: none"> <li>• Students should be able to identify who the term “victim” applies to as being anyone who has suffered a major change or a loss in their lives. The list may be long, as each child could identify self as a victim. Encourage them to think of those who have had long-term changes; their caretakers’ economic/job losses and the consequences that followed, illness or death of family or friends.</li> <li>• Teacher should have previously reviewed school and district policies to make sure any student suggestions considered are permissible.</li> <li>• Provide adequate and appropriate resources and time to accomplish student proposed activities. (Confirm that the requested activity meets the district/school criteria.)</li> </ul>	

\* **Tip Sheet** is a customized list of talking points that is provided by administration to each teacher facilitating this lesson. It must establish the focus of the discussion with clearly established boundaries in order to ensure a productive, positive, and helpful discussion. Setting up a “do allow” and “don’t allow-redirect” list is very helpful to teachers. This document is most effective when it is constructed by a team of educators selected to reflect expertise about the type of incident and methods for facilitating discussion; teacher, counselor, resource officer, administrator, clergy, etc.

**NOTE: The best return for the time devoted to this activity will be realized if school staff has been properly prepared to facilitate the lesson through preparatory meetings with debriefing sessions provided. Reflecting as a group will allow for emotional support of the**

**facilitators/teachers and valuable information for administrators about school climate and the needs of their students. Realize that instruction cannot be productive if students have not had their emotional needs met.**