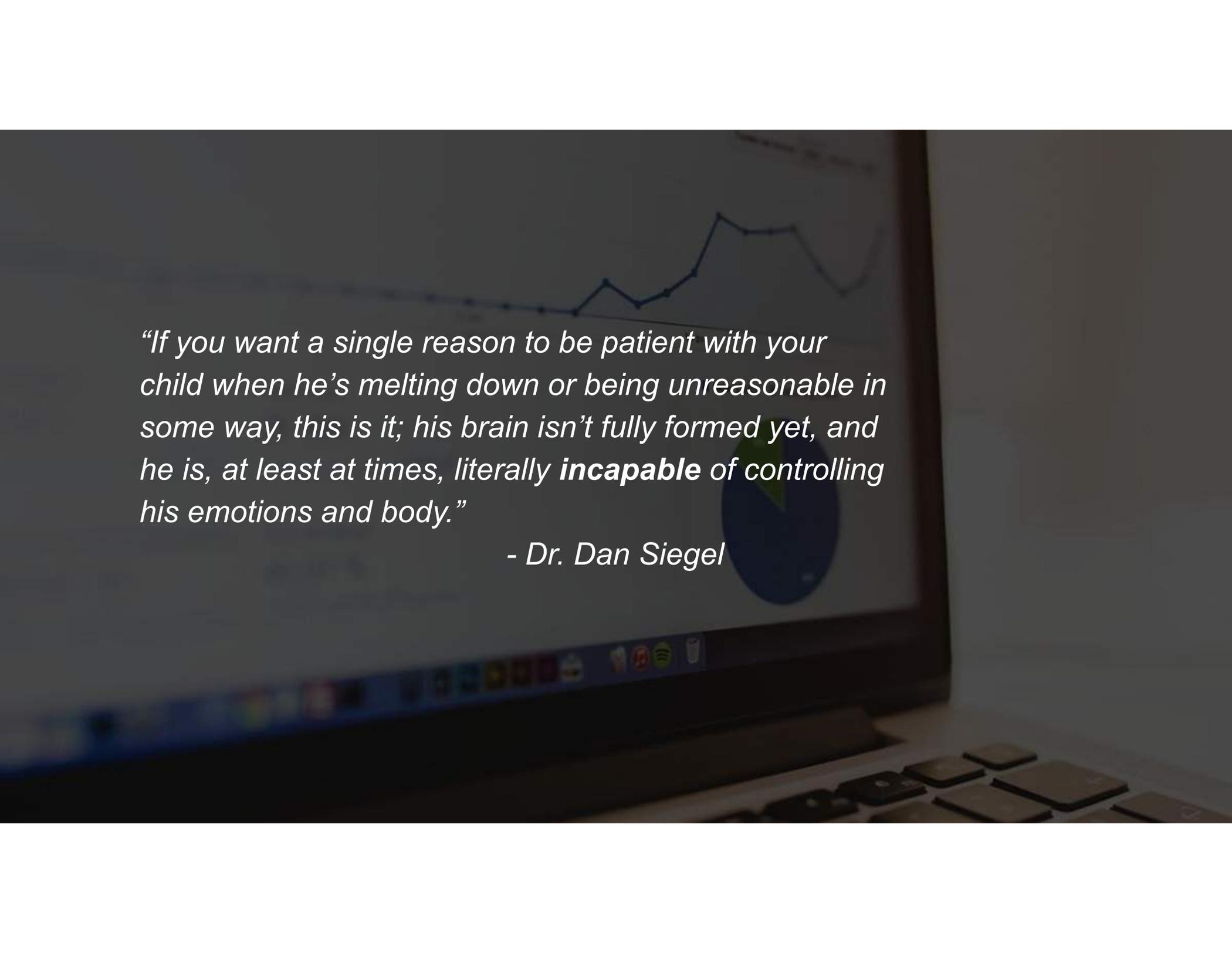


COPING DURING THE PANDEMIC

The Guidance Team: Ms. Allen, Ms. Pierre & Mr. McMillan

A close-up, slightly blurred photograph of a laptop screen. The screen displays a line graph with a blue line and a pie chart with a green slice. The background is dark, and the laptop keyboard is visible at the bottom.

*“If you want a single reason to be patient with your child when he’s melting down or being unreasonable in some way, this is it; his brain isn’t fully formed yet, and he is, at least at times, literally **incapable** of controlling his emotions and body.”*

- Dr. Dan Siegel

IT'S NORMAL TO HAVE A SMALLER
WINDOW OF TOLERANCE
DURING STRESSFUL TIMES

@LINDSAYBRAMAN



What Works For You

This is an unprecedented experience...although shared with others, we are all having different experiences and there is no one right way to live and respond to this.

We each have to find our way, one that fits for us, our family, and our needs.



COPING MANTRAS

- You are not “working from home,” you are “at your home, during a crisis, trying to work”
- Your personal physical, mental, and emotional health is far more important than anything else right now
- You will be kind to yourself and not judge how you are coping based on how you see others are coping
- Your success and those of your family will not be measured the same way it was when things were normal

Supporting your children and others

- Understand frustration over not seeing their friends
- Encourage healthy habits
- Connect first, then direct
- Use play to build connection
- Practice gratitude on a daily basis with your household
- Adjust expectations on a day to day basis
- Set aside some time to unwind

Woo-Sah

We need to make sure we are meeting our own needs before we can meet our children's needs.

You can't pour
from an empty cup.



Take care of yourself first.

Plan for Rough Days

- Write a list of calming activities for yourself and your children
- Calm your child down before disciplining them
- Multi-task if you're caring for more than one child



Daily Quarantine Questions

1. What am I Grateful for today?
2. Who am I checking in on or connecting with today?
3. What expectations of “normal” am I letting go of today?
4. Have I gone outside today?
5. How am I moving my body today?
6. What beauty am I creating, cultivating or inviting in today?

What is Leader In Me?

Teaches Leadership, Create Culture and Align Academics.

Utilized in Morning Meetings with Classroom Teachers and Classmates.

Established a whole-child mindset.

The 7 Habits of Highly Effective People

5 Core Beliefs:

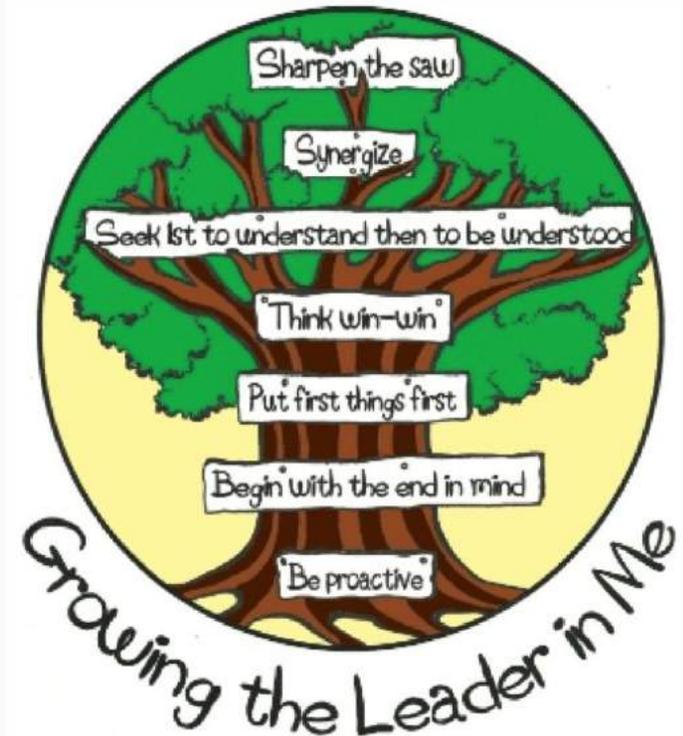
Everyone can be a leader

Everyone has Genius

Change Starts with me

Educators empower students to lead their own learning

Develop the whole person





Mom, what's going to happen?

I don't exactly know... But I know that we are kind and brave otters who are going to take care of each other no matter what.

@LINDSAYBRAMANE

TOO MUCH?

