

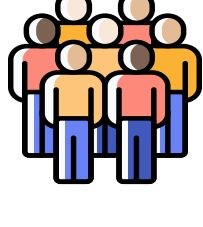


# Building Resilience during COVID-19

We may not know what stories will walk through our doors in the weeks to come. But we do know how to build resilience within the four walls of our classrooms!

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## What we know


 <p><b>Every Child</b> Will have a story to share</p>	<p><b>Social Isolation</b> Created a gap in skill development</p>	 <p><b>Resilience is determined</b> by the quality of our relationships. We have the opportunity to build resilience in our classrooms.</p>
<p><b>Social Distancing</b> Will be challenging</p>	 <p><b>Co-Regulation</b> is still possible. We can be physically distant but remain emotionally close</p>	

What do you want school to be like now that we have not seen each other in a while?

- 01 Every Child**  
How can you make each child feel seen and heard?
- 02 Social Isolation**  
We have been out of sync with our community for 6 weeks. What new skills will we need to focus on?
- 03 Social Distancing**  
How can I organize my classroom for safe distancing?
- 04 Co-Regulation**  
During this difficult time, co-regulation will take on a different, but still very much needed form.
- 05 Resilience**  
The power of creating a relational milieu for your students and you!

## 01 - Seen and Heard

Click Titles to Access Links!



**Be Present**  
Kids who don't feel seen or heard, find other ways to do so.  
-Dan Siegel

**Compassionate Engagement**

- Classroom Meetings**  
Every child will have a story to share. CM's are a great way to solve problems collaboratively, and allow each student to feel seen and heard.
- S.E. Stories**  
Read stories that focus on various perspectives, gratitude and problem solving. Remember, empathy is a learned skill!
- Gratitude Journals**  
The very best way to counter negative thoughts is to focus on the good. Click here for lesson plan ideas.
- Stand Up**  
Offer your students movement during activities. Have them stand in their place to share their thoughts, responses, a solved math example.

## 02 - Social Isolation



**Lagging Skills**  
Meeting kids where they're at.  
-Ross Greene

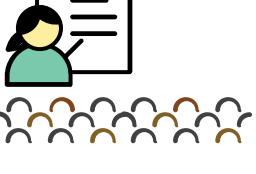
Expect lagging skills for understanding and performance of social distancing.

**!** If you view a lack of observance for social distancing rules as defiance, this will lead to feelings of frustration for you and the student. Like any new skill, this will take time to be understood and mastered. Repetition of cues should be expected.

Just because a kid can meet an expectation sometimes, it doesn't mean they they can meet it all the time.

For Social Stories click here: <https://youtu.be/PEAogQYUmV4>  
<https://www.popsugar.com/family/time-to-come-in-bear-children-story-on-social-distancing-47339277>

## 03 - Social Distancing



**Classroom Set Up**  
It's all in the details.  
E.F. \*Executive Function

- U shaped Desk Arrangement**  
Allows a clear face view of one another, open pathways for movement and best of all, an inclusive feel!
- Top of Desk Supply Cups**  
Supplies must be in view & ready to go. Lending your E.F. skills is essential here.
- One Binder, all subjects**  
Keep your handling of materials to a minimum. Provide students with one binder with pre-filled material.
- Think**  
Line the wall perimeter to limit crossing paths when movement is necessary!
- Check**  
No more borrowing of materials!
- Plan**  
Limit distribution and collection of materials!

## 04 - Co-Regulation from a Distance

Click Titles to Access Links!



**In Sync**  
Though we can no longer give hugs, we can still offer other forms of co-regulation through patterned repetitive movements.

- Growth Mindset**  
Positive Mantras of self compassion & acceptance of strong feelings
- Group Yoga**  
Synchronized movement to build connection
- Music, Clap, Dance**  
Patterned and Repetitive Rhythm for Brain Development
- Serve & Return**  
Conversational Language Development to support Attunement
- Tactile Touch**  
We can no longer share squishies, but we can make each our own!
- Visualize / Breathe**  
Mindfulness Activities Synchrony in Breath

## 05 - Resilience

Click here to access Lessons on Resilience



**Resilience**  
The best predictor of how you're functioning right now is your relational health.  
-Bruce Perry

- Life's Lemons**  
Those who see life's lemons as challenges will problem solve. Those who see the lemons as obstacles, will submit. Resilience happens when we overcome challenges.
  - Emotional Health**  
During uncertain times, self-forgiveness and self-care are essential. Slow your pace, be present, observe the good, gets lots of sleep and engage in activities that bring you pleasure. Regulate-Relate-Reason
  - Connectedness**  
Your relational connectedness is a direct indicator of healthy functioning. The most powerful buffer in times of stress is our social connectedness. Stay physically distant but remain emotionally close.
- Bruce Perry