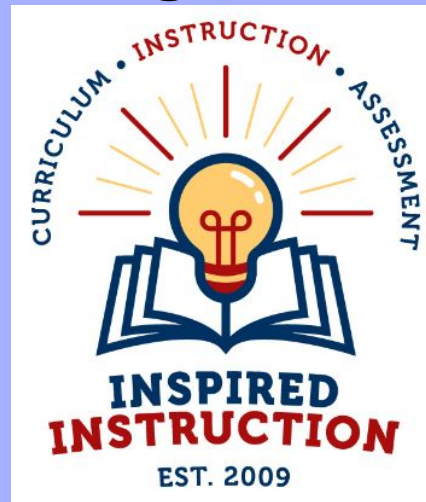


Connecting and Communicating with your Child during Distance Learning

Part 2:

Supporting your Child's Social-Emotional
Well-Being during At-Home Learning



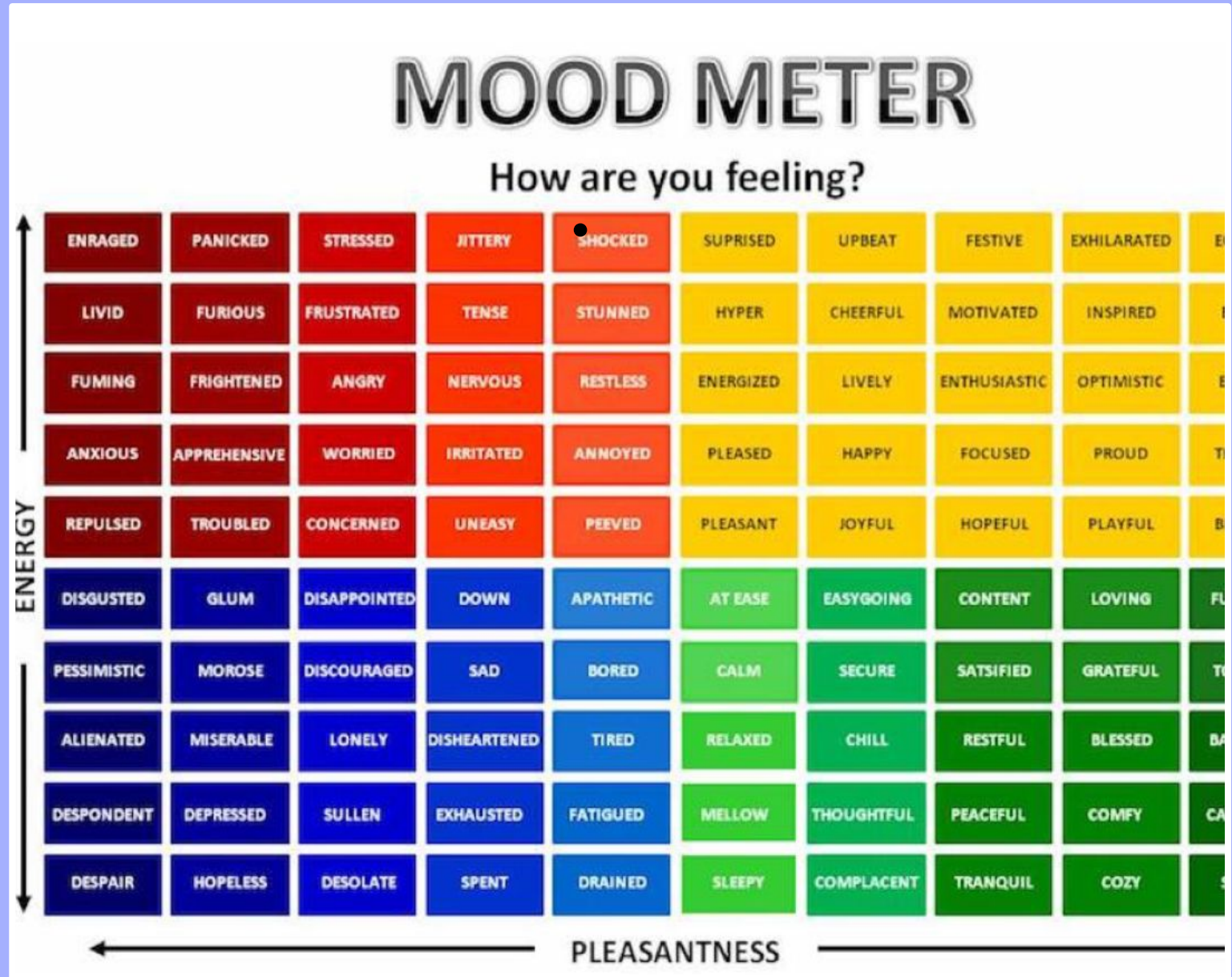
© 2020 Inspired Instruction, LLC.
All Rights Reserved.

Start Here...

TIP:

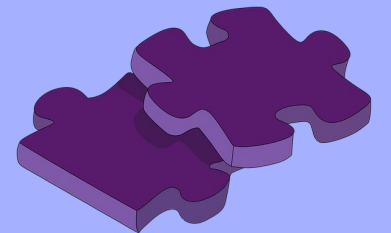
Think about posting this on the fridge or somewhere your child will see it.

Put a magnet or post-it with your names on the emotion that day.



Deal with It! Questions to Promote Action

- ▷ What activities can you do during the day to make you feel good?
- ▷ Who can you talk to about your anxiety, sad feelings, stemming from the current situation?
- ▷ What might be a good way to process your thoughts?
- ▷ What can we do to have a more positive outlook?
- ▷ Although it's okay to be worried, how can we not let the fear of the situation consume us?
- ▷ How can people help each other during this situation?



Your Turn

Why is Feel, Deal, Choose an important technique?

Think about a time when you or your child were upset and acted immediately (without thinking about your choices) ...what was the outcome?



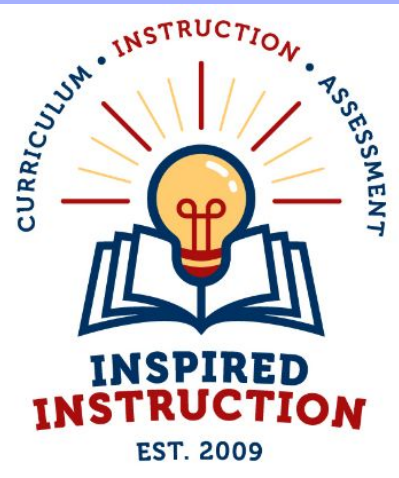
Think about Others to Get Outside of Yourself

- ▶ *Where are they going?*
- ▶ *Are they safe?*
- ▶ *Do they have clean water and food?*

- ▶ *What else are you curious about?*

Share stories, news reports, photos, songs, podcasts, and documentaries as a discussion starter to consider other people's experiences.

Consider lives that are different than yours, but find points of familiarity.



Want to Book This Workshop?

Contact Us Today!

Inspired Instruction, LLC.
Standards Solution Holding
www.inspiredinstruction.com

196 Belvidere Avenue
Washington, NJ 07882
Phone: 908-223-7202

Michele.Regan@inspiredinstruction.com
Jaclyn.Siano@inspiredinstruction.com