The Impact on Schooling and finding moments of resilience during the COVID pandemic
1. Discuss difficult cases, the impact of the pandemic on education.


3. Practice managing stress through self-care exercises and group support.
THE PANDEMIC + SCHOOL

What kinds of issues are your families facing?
PANDEMIC + SCHOOL
What kinds of issues are your families facing?
Distance, hybrid and in-person with masks.

Externalizing kids
- Can’t sit still in front of computer!
- Bored, difficulty maintaining attention

Internalizing kids
- Isolation, frustration, sadness
- Apathy becomes slippery slope towards disengagement

Families
- Parents juggling work or financial stress + helping kids pay attention, manage conflict

Families
- Parents juggling worries about virus + helping kids connect
**PANDEMIC + SCHOOL**

What strategies/resources have you found helpful?

**Externalizing kids**
- Scaffolding learning environment with minimal distractions.
- Creating natural breaks for standing up, moving. Tag team.
- Visual cues, schedule, transition time.

**Internalizing kids**
- Create rituals and times to process difficulties.
- Create opportunities for social connection.
FAMILY RESILIENCE

- Capacity to withstand and rebound from adversity.
- More than surviving, resilience involves positive adaptation.
- The ability to thrive, with the potential for positive growth, forged through the difficult experience.

(Walsh, 2020)
FAMILY RESILIENCE

Fostered by shared beliefs

1. There is meaning in the crisis and challenges

2. There can be important moments with a positive hopeful outlook that supports active agency

(Walsh, 2020)
THE ART OF THE POSSIBLE

Where you focus guides your experience and experience is the stuff of life.

“Do all you can, with what you have, in the time you have, in the place you are.”
HELP FAMILIES REACH UP, REACH DOWN...

<table>
<thead>
<tr>
<th>Up</th>
<th>Down</th>
<th>In</th>
<th>Around</th>
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<tbody>
<tr>
<td>• Draw support from</td>
<td>• Be grounded to</td>
<td>• Find joy and pleasurable</td>
<td>• Creatively use technology to</td>
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<td>philosophic, ethical,</td>
<td>place, environment,</td>
<td>experiences, practice</td>
<td>foster healthy social support and</td>
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5 4 3 2 1 Grounding Exercise

- Eye
- Hand
- Ear
- Nose
- Mouth
NEW ROUTINE AND RITUALS

- Many social rituals have been lost or drastically altered
  - Graduations, marriages, funerals, religious ceremonies, school and work week

- New rituals can maintain connections
  - Drive-by celebrations, zoom meet-ups (euchre), post-it notes, family cooking and meals

- What are your new rituals? Chat room
  - Worry time, cooking/baking together, watching movies/a series together, nature walks
REFERENCES & RESOURCES
