



Building Resilience in a COVID World

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How the kids are doing?

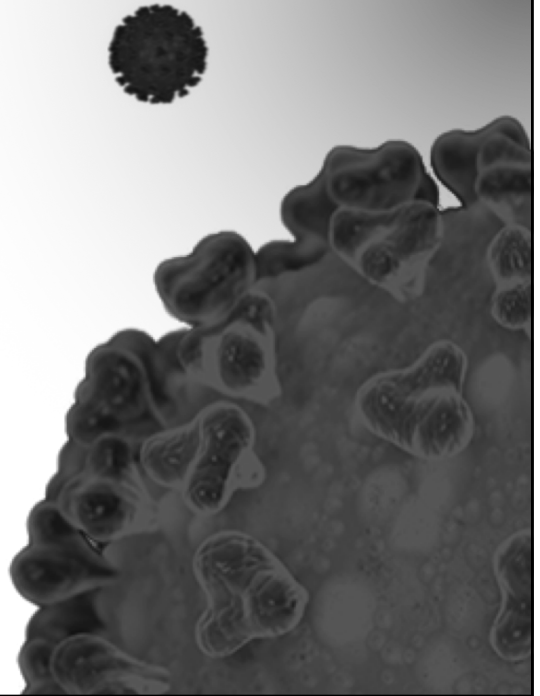


Limitations of Research



"It's your reaction to adversity, not adversity itself that determines how your life's story will develop"

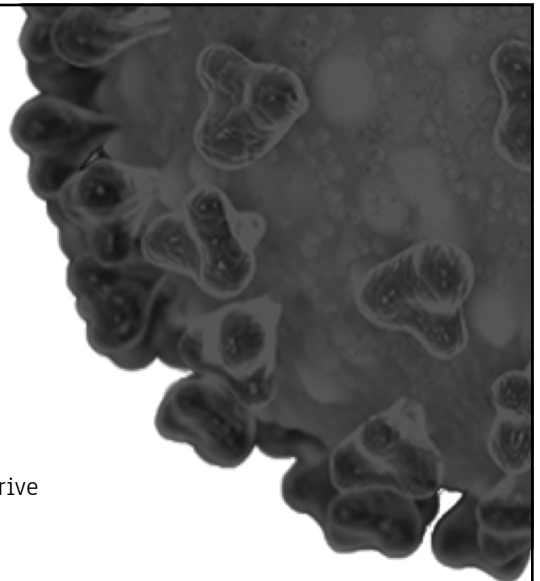
—Dieter F. Uchtdorf



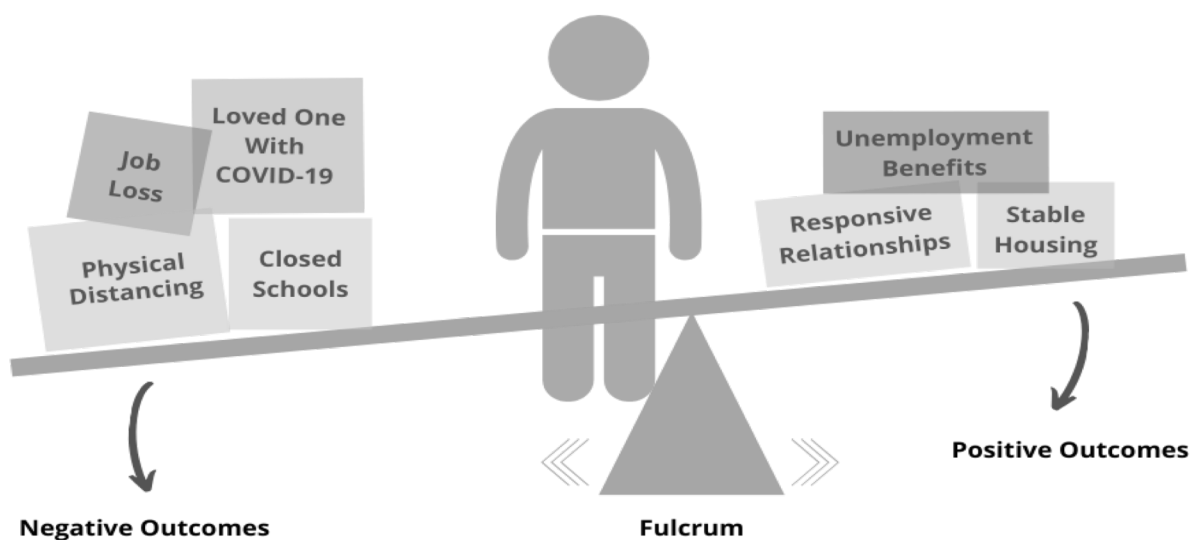
Resilience

This idea that despite adversity people have the capacity to thrive

- Is this based on genetics or environment?
- Is this inherent or can it be learned?



The Resilience Scale



01.

REMOVING SOURCES OF STRESS

02.

SUPPORTING RESPONSIVE RELATIONSHIPS

03.

STRENGTHENING CORE LIFE SKILLS

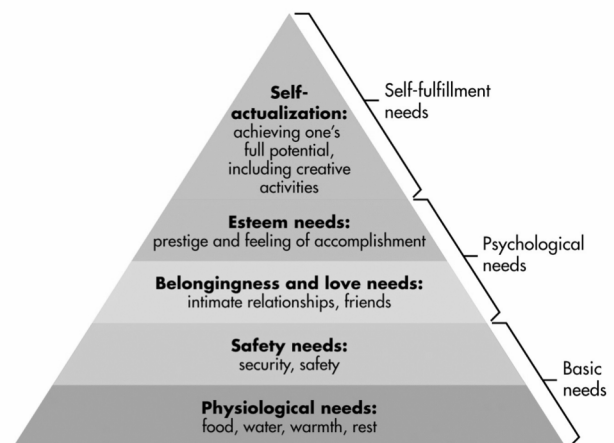
Center on the Developing Child (2017)

01.

Reducing Sources of Stress

Helping our families meet their basic needs

1. Food Instability
2. Housing Instability
3. Internet Access
4. Work resources
5. Promoting self-care for our parents
6. Providing Continuity at school



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Feeding the Community

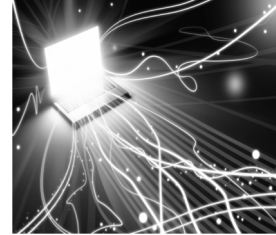
Food Instability

Lunch Program
Food Banks
EBT @ Amazon & Walmart



Housing Instability

McKinney Vento
Provide Resources
Legislative Action



Internet Access

Essential Services
Libraries & Schools
Innovative Ideas

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Job Resources

MA211.org



Self-Care

Wellness Wednesdays
Provide Resources



Continuity

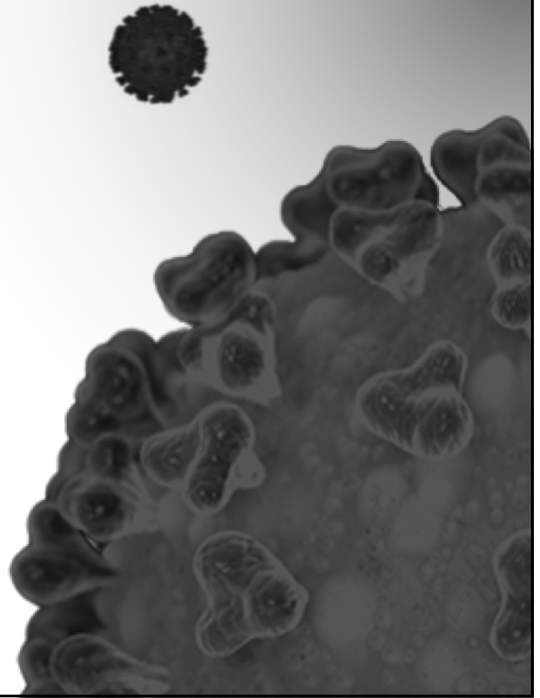
Developing Schedules
Predictability

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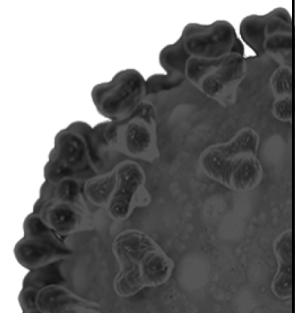
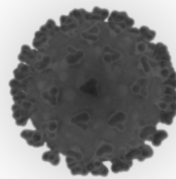
"When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one that has been opened for us"

—Alexander Graham Bell

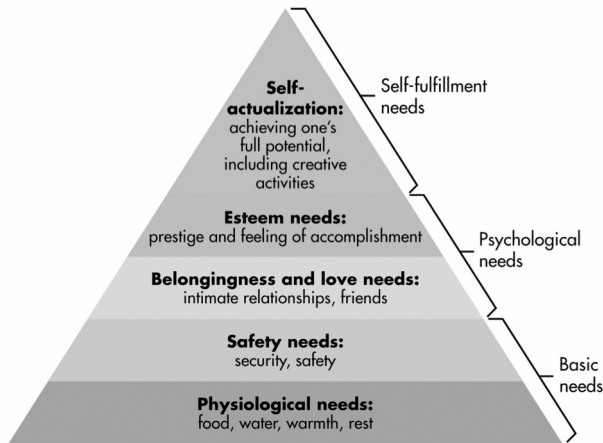


02

SUPPORTING RESPONSIVE RELATIONSHIPS



Helping our families meet their psychological needs



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1. Making Connections
2. Increase Social Access
3. Being Responsive
4. Tap into Your Resources
5. Encourage Family Connection



Making Connections

Checking in with Families
Providing Resources



Increase Social Access

Kid Groups
Parent Groups



Being Responsive

Determine needs
Respond to them

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Tap into Your Resources

Students
Classes
Expertise of Faculty



Encourage Family Connection

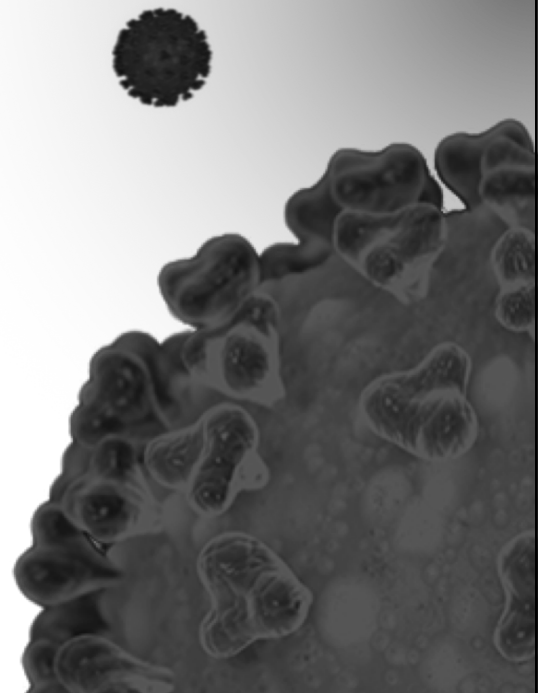
Provide opportunities
Provide resources

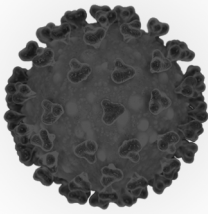
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"If you want to see a better world, change the lens through which you see it and do the work to make it better."

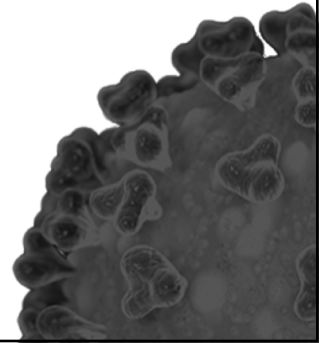
—Jeffrey G. Duarte





03

STRENGTHENING CORE LIFE SKILLS



Self Management

Modeling this Behavior
Helping Staff & Faculty
Providing Resources

Self-Awareness

Modeling this Behavior
Using Feeling Charts
Encouraging Reflective Practices

Social Awareness

Modeling this Behavior
Providing Stories that are both
mirrors and windows
Running Social Groups

Relationship Skills

Modeling this Behavior
Running Social Skills Groups
Monitoring Virtual Lunch Rooms
Engaging in new & different ways

Social & Emotional Learning Core Competencies



Responsible Decision-Making

Modeling this Behavior
Letting kids problem solve

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Of all the things discussed in this presentation, what might you implement at your school?

Start the presentation to see live content. For screen share software, share the entire screen. Get help at pollev.com/app

Questions

Thank You!

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RESOURCES

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