

What To Do When We Get Back To School

Presented by Megg Thompson M.Ed. ECMPWTPCF

Certified Behavioral Consultant

Certified Life Coach working with children, adults and families

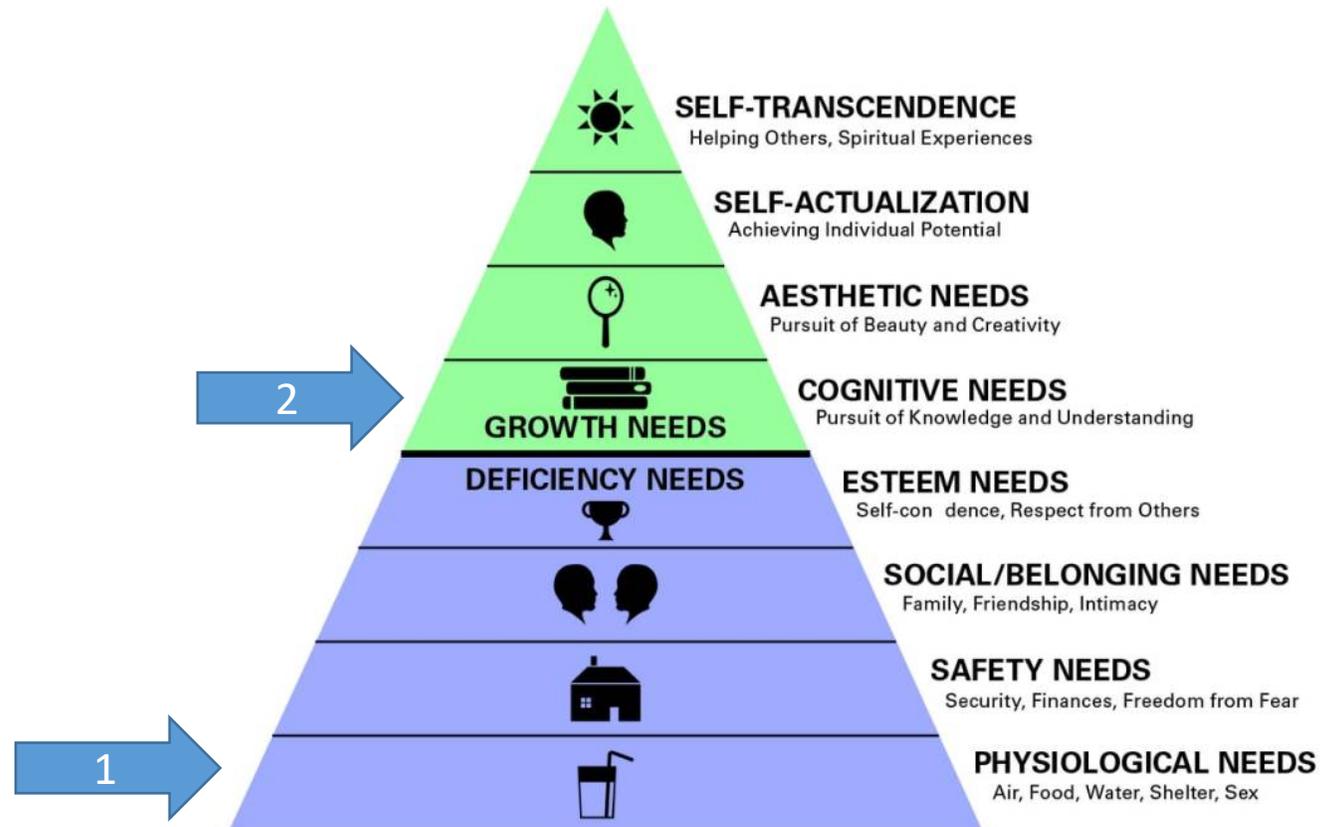
Founder and Filler of The eMpTy Toolbox

meggthompson.com

megg@meggthompson.com

603-706-3288

Maslow's Hierarchy of Needs





Proactive and responsive strategies to trauma:

- Expect unexpected responses
- Employ thoughtful interactions
- Be specific about relationship building
- Promote predictability and consistency
- Teach strategies to “change the channel”
- Give supportive feedback to reduce negative thinking
- Create islands of competence
- Limit exclusionary practices

Home

- Stay in touch with your schools to find out about new teachers, protocol, first day of school, what children will need.
- What I do know and what I don't know exercise
- Get ready for strong emotions in August.....happens on regular school years
- dry run?
- What will the schedule and routine look like?
- Love languages

School

- Create a climate and tone of warmth and safety.
- Teach the schedule and routines of the school day and our expectations for behavior in each of them.
- Introduce students to the physical environment and materials of the classroom.
- Establish expectations about ways we will learn together in the year ahead.

How will this change?

- Time and patience
- Children may need time to be in their old classrooms with last year's teacher for a little bit.
- “When the children are anxious, unruly, and out of control, the learning that occurs is seldom what we intend.” *The First Six Weeks of School* by Denton and Kriete
- Social skills children need to be successful: cooperation, assertion, responsibility, empathy and self-control.
- What were the children living with these past months?
- Love languages
- Educate yourself
- Choose love

Love Languages

- Gifts: write notes in lunches, under pillows, in desk. Heart shaped rocks, draw a picture, small tokens
- Affirmation: encouragement, notes, be a lifter with words, I remember when you couldn't do that, public vs. private
- Quality Time: spend lots of time with kids after school, don't give homework so these kids can get their time in with their people, spend time helping them at school, stick close
- Touch: be available for snuggles at home, stick close, how can you incorporate touch safely and appropriately in your classroom?
- Service: how can they help? They need a job everyday (at least at the beginning).