

COUNSELOR'S CORNER

Central Bucks School District – Elementary Schools
Social-Emotional Learning (SEL) Newsletter
October 2020

Topic: Helping Kids to Feel Prepared to Go Back to School For Hybrid/traditional mode

Being prepared is one of the best ways to reduce stress levels and promote school success.

Check out the tips below for some strategies to help your kiddoes feel & stay positive!

Books

1. Be Calm

Kids will take the lead from you—if you stay calm, it will reassure them.

2. Be Positive

Remind them of all the positives that will come from being back in school—seeing friends, teachers, in-person learning.

If they are worried about the virus, remind them of all the ways the adults at school will keep them safe and most importantly, remind them that they know how to stay safe too—regular hand-washing during the day; wearing masks; staying in their own space.

3. Validate!

If kids share any worries or fears about heading back, try not to dismiss or say, “don’t worry”. Instead validate how they feel about it and suggest talking about how to handle the situation. Then problem solve and plan or role-play.

4. Be Supportive

After being home for so long, children may struggle with separation anxiety and could become tearful, clingy, or act out. Reassure them you will miss them and think of them during the day.

Create a strategy that helps form a connection during the day – for example, draw a little heart on their wrist and one on yours and call it a hug button. If they’re missing you, they can press the hug button and know that you will be doing the same.

5. Talk About What to Expect

Support your child to be aware of the changes they may experience at school – the spacing between friends, the look of the lunchroom, hallway walking, etc. However, focus on the positives at the same time and reassure them that the changes are there to keep everyone safe!

