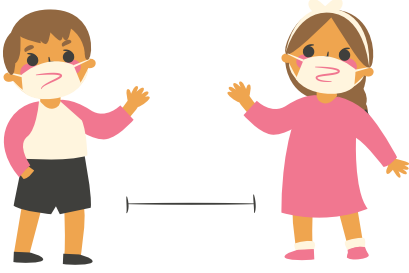




HELPING CHILDREN TRANSITION BACK TO SCHOOL

REBUILD RELATIONSHIPS



- Eat meals/snacks with students and talk about what they have been up to while school was out
- Show and Tell about something they did while school wasn't in session
- Use social distanced greetings
- Re-teach friendship skills

RE-TEACH ROUTINES AND PROCEDURES

- Re-teach the daily visual schedule
- Review the schedule and refer to it throughout the day
- Re-teach classroom procedures (clean-up, brushing teeth, washing hands, etc.)
- Complete Self-Assessment of Implementation of High Quality Environment Practices



REDUCE STRESSORS



- Allow children to bring a comfort item from home
- Create a calming area in the classroom
- Stick to a consistent schedule
- Validate children's feelings
- Teach calming strategies
- Use an emotional check-in chart

RE-TEACH EXPECTATIONS

- Re-teach classroom and other school environment expectations
- Refer to the posted expectations throughout the day
- Give positive descriptive feedback to children following the expectations
- Play "Stop and Go" game to review expectations



PARTNER WITH FAMILIES



- Send home "refrigerator copy" of classroom expectations with visuals
- Send home another copy of classroom schedule (especially if there have been changes)
- Have families fill out "My Teacher Wants to Know"
- Send home Backpack Connection on Successful Mornings

PRACTICE SELF-CARE

- Plan for extra sleep the first few weeks of returning to school
- Plan for nutritious meals to keep energy up
- Reflect on feelings and needs with a trusted friend or colleague
- Recognize what is and isn't in your control
- Acknowledge moments of gratitude and joy



"ANYONE WHO DOES ANYTHING TO HELP A CHILD IN HIS LIFE IS A HERO TO ME." - FRED ROGERS



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More resources can be found at NCPMI Resource Library
References: www.challengingbehavior.org

