> LEAD - PLAY - LEARN TOGETHER: SUPPORTING STUDENTS AND TEACHERS RETURNING TO SCHOOL IN A TIME OF PANDEMIC

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The world has shifted.





Covid-19 is stirring waves of emotions!



Québec ## MEES August 11, 2020

- Preschool and elementary school students will return to class according to the set educator/teacher-student ratios and the principle of stable groups (students will remain in the same group at all times).
- All subjects will be taught (including Arts Education and Physical Education & Health).
- At all levels, students who are part of the same stable group will not be required to follow physical distancing guidelines.
- The 1-metre physical distancing rule will have to be maintained between students from different stable groups when they move around common ar including hallways.
- Although face coverings will not be mandatory for students from preschool up to and including Elementary 4, students are allowed to wear them in school and on school transportation vehicles.
- Elementary 5 and 6 students will be required to wear a face covering when they are in common areas, in the presence of students from other stable groups and when they use school transportation.
- For students in Secondary I, II & III, the schedules for courses and special projects will be reorganized based on the principle of closed groups. Each

Helping you to SEE in a world that has changed dramatically.



The way you SEE will help you to know what to do, even in uncertain times.

LEAD - PLAY - LEARN TOGETHER

"This is not the vision of the

school we hold

in our hearts."

Valerie Caya, VP, St. Johns Elementary School, RSB

# **GUIDING PRINCIPLES**

These principles are meant to help the adults:

- · maintain their ability to keep children and themselves safe
- · convey to the children that they are there to take care of them
- · create the conditions for learning

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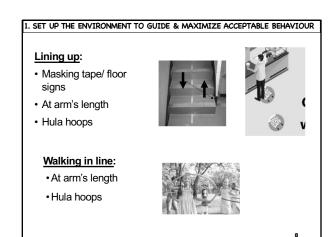
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# LEAD - PLAY - LEARN TOGETHER

# **GUIDING PRINCIPLES**

- Set up the environment to guide and maximize acceptable behaviour
- Use play and playful activities to guide and change behaviour
- 3. Establish and practice routines
- 4. Put academics into perspective
- 5. Get into the LEAD
- 6. Have a plan for challenging behaviours
- 7. Have a plan for difficult situations

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# 1. SET UP THE ENVIRONMENT TO GUIDE & MAXIMIZE ACCEPTABLE BEHAVIOUR

# SETTING UP YOUR CLASSROOM

Set-up your "Teacher Area" in a corner of the room – delineate the space with tape on the floor.



- Set-up a table or counter area that will serve as a "handing out and picking up" of materials.
  - > Include baskets that are labelled for each purpose.





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### 1. SET UP THE ENVIRONMENT TO GUIDE & MAXIMIZE ACCEPTABLE BEHAVIOUR

- Desks or tables with students sitting side-by-side instead of face-to-face
- · Create distancing
  - ➤Individual desks when possible
  - ➤ Offer the use of alternate work stations whenever possible
- Ensure that students have a space to keep their personal belongings in close physical proximity



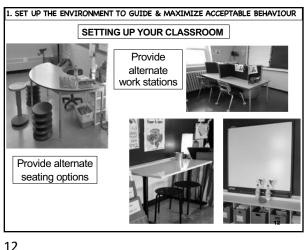


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# . SET UP THE ENVIRONMENT TO GUIDE & MAXIMIZE ACCEPTABLE BEHAVIOUR

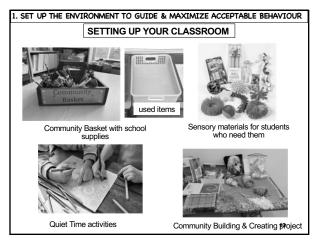


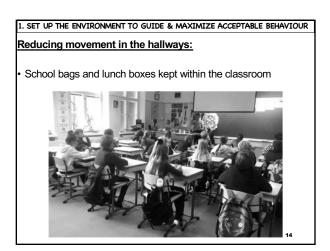
- Store away any items that students will not be permitted to touch.
  - o "Out of sight, out of mind."
- Cover areas that children will not be permitted to touch and use with a light colored plastic table cloth or fabric. Ex. cover shelves with toys/games
  - Use a light blue or green as these colours help to provide a sense of calmness. Try to avoid bright and primary colors, and loud prints if using fabric.
- Remove any desks, tables and chairs that will not be used.
  - This will increase physical space in the room.
  - It will also remove 'restrictions' which are frustrating



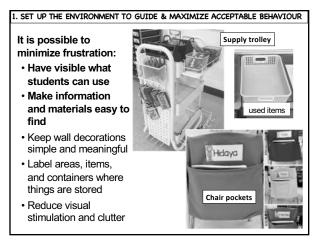
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1. SET UP THE ENVIRONMENT TO GUIDE & MAXIMIZE ACCEPTABLE BEHAVIOUR

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I.SET UP THE ENVIRONMENT TO GUIDE AND MAXIMIZE ACCEPTABLE BEHAVIOUR

Help students recognize YOU:

Send a welcome video or photo via email explaining that you will be wearing a mask at different times of the day

Have them 'see' you 'with' and 'without' a mask

Show that you will also have a photo of yourself at the door of your classroom (inside and outside)

MASKS:

Find ways for each student to keep track of his/her mask

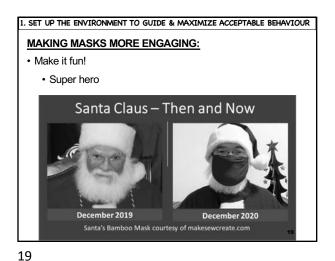
Identify clear times when mask must be worn

Develop routines around mask wearing

Keeping track of masks

String attached to mask so it can be worn around the neck

Extra masks for lost or damaged masks





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1.SET UP THE ENVIRONMENT TO GUIDE AND MAXIMIZE ACCEPTABLE BEHAVIOUR

# Suggestions for School Teams Help students recognize the staff who will take care of them:

Have a **photo wall**, of your <u>whole school team</u>, near the front entrance of the school

➤ Have them 'see' each adult 'with' and 'without' a mask



2. Set-up photos of the adults at the entrance of each room.

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2. USE PLAY AND PLAYFUL ACTIVITIES TO GUIDE AND CHANGE BEHAVIOUR

# DISTANCING:

- · Become airplanes
- · Do the arm waving dance
- · Simon says
- Jumping jacks
- Yoga poses



# WALKING IN LINE

- Take giant steps
- Animal steps
- · Walking on the squares



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2. USE PLAY AND PLAYFUL ACTIVITIES TO GUIDE AND CHANGE BEHAVIOUR

### WASHING HANDS:

Find as many songs as you can to help with hand washing for 20 seconds

- Choose songs that you and the children like.
- Rotate through these songs.
- Or use popsicle sticks to "choose" the song at random

### Eating and cleaning up:

- Play music while eating reserve a song for 'clean-up' time – aim to finish before this song ends
- Switch to a movement game they enjoy to encourage quick clean-up



# End of day wrap up:

- 'Chant & raise up' the items they need to put in their school bag
- Create a rhythm....continue playing as the bags are getting packed
- He/she who finishes can choose the next rhythm to do

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3. ESTABLISH AND PRACTICE ROUTINES

# ROUTINES

- Decide the new routines that you will need to teach
  - Start with the 'top priority' then add in others
  - o Keep things simple
- Practice practice and more practice
- When learning new behaviors we need repetition
- Provide visual reminders
  - Signs on wall
  - o Morning Message etc.



Morning Procedures

ROUTINES PROVIDE SECURITY AND HELP TO CALM THE BRAIN4

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# 3. ESTABLISH AND PRACTICE ROUTINES

ROUTINES PROVIDE SECURITY AND HELP TO CALM THE BRAIN



### Classroom routines:

- Pod supplies
- · Materials that can be shared by this group of students
- · Labelled and kept in a specific location

### Individual Bins or Baskets for specific students

- · SENSORY and TOY bins - vounger children
- Individual WORK bins older children
- · Individual PROJECT bins

- older children

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# 4. PUT ACADEMICS INTO PERSPECTIVE

- Don't be too distressed about what students have "missed".
- While they may have missed out on academic skills, brain development and learning continued to happen even when at home.
- Skills will need to be taught and practiced, but comprehension and problem-solving ability has likely improved because of brain
- Use September to assess where each student is at using observation and work samples.
- A student Portfolio will be very useful this year to track progress.
- Assessment this year will likely be about improvement and progress and not about "test performance".
- Consider using a "Learning Continuum":
  - . This makes it easier to know where each student is at, what they have mastered and what they need without a formal assessment,

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# 4. PUT ACADEMICS INTO PERSPECTIVE



# Use September to review and assess.

- Provide work that is "easy".
- Plan shorter work periods and easily completed tasks.
- Provide a variety of activities and levels of "work" available to
- Be prepared for much "trial and error" around lesson plans and types of work that can be assigned.
- Each day, allow for individual projects of building and creating - the focus is on the process, working through options, trying
- ★ For students with special needs make sure you are aware of how to access extra help for them from Technicians, Attendants, and/or Resource Teachers.

# 4. PUT ACADEMICS INTO PERSPECTIVE

"READING TO" even for older students.



Hearing the teacher's voice can be calming and it might be easier for some students to pay attention.

- · Read stories and novels of
- Read content information as well science and social studies
- Read continuously, if students are attentive and you need a break
- Stop to interact with students by asking questions, getting their responses and answering their questions

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# 5. GET INTO THE LEAD

# When the world feels unsafe what do our children need?

"The most important message our kids need to hear right now is not about what co-vid19 is but about WHO THEIR ADULTS ARE - the people who will care for them and carry them through this storm " Dr. Deborah MacNamara

INFORMATION DOESN'T MAKE A CHILD FEEL SECURE -**RELATIONSHIPS DO** 



# 5. GET INTO THE LEAD

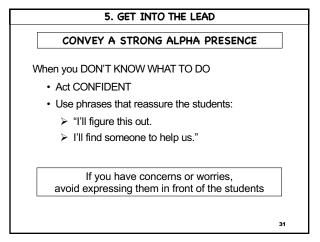
# CONVEY A STRONG ALPHA PRESENCE

It is very important that children, especially at a time like this, see adults as being able to handle their world:

- present yourself as the ANSWER to what the children truly need
- continually give children the message that you can and will take care of them
- take charge of situations and circumstances that affect the children

ANTICIPATE & PREVENT

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5. GET INTO THE LEAD

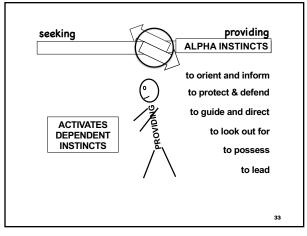
ENGAGING the ATTACHMENT INSTINCTS

Act as the student's compass point –

• orient the student, especially in times of change and when new behaviours need to be learned

• stay in the "orientation" mode as long as possible – think Cruise Ship Host

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seeking providing

DEPENDENT INSTINCTS

to get one's bearings

to seek assistance

to look up to

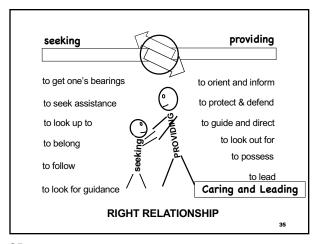
to belong

to follow

to look for guidance

ACTIVATES ALPHA
INSTINCTS

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5. GET INTO THE LEAD ENGAGING the ATTACHMENT INSTINCTS **CREATING AND MAINTAINING** ATTACHMENT FROM A DISTANCE Connection can still be made "Children despite physical distancing rules or learn best even if you have to wear a mask: when they like their · Warmth in your eyes teacher and · Warmth in your voice they think their • Having fun - a wink, giving air teacher hugs, thumbs up likes them. · Letting the students know that you **ENJOY** being with them

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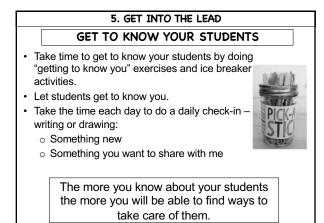
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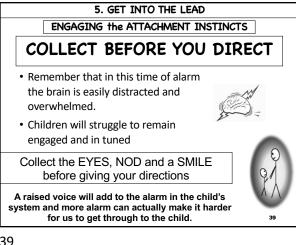
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# 5. GET INTO THE LEAD ENGAGING the ATTACHMENT INSTINCTS Greeting students at the Door (without touching due to Covid-19) Provide a point of contact—a smile, a wink, signing 'hello', 'I see you with a heart hand symbol' The simple act of "greeting at the door" has shown to have significant improvement in academic engaged time and reductions in disruptive behaviour. 37

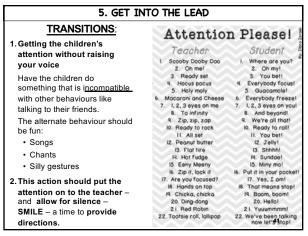


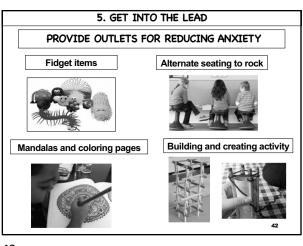
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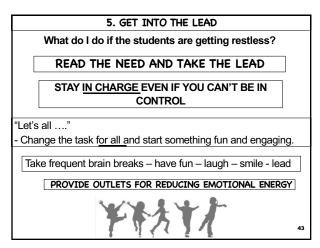
5. GET INTO THE LEAD GETTING THE STUDENTS' ATTENTION Aim to engage the Senses - Sight, Sound, Touch Playfulness can be Eyes: contagious! . "What's different with me today? Glasses, scarf, hat, etc. All eyes on you • Tone of voice - playfulness SILENCE - SMILE Singing · Rain stick Chants Now give your directions · Simon says Touch: Drummina • Movement - "stepping" "dancing" · Clapping rhythms

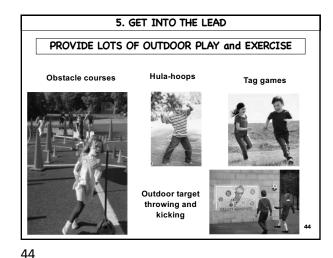
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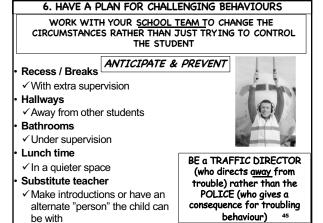


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6. HAVE A PLAN FOR CHALLENGING BEHAVIOURS

USE TIME-AWAY instead of TIME-OUT

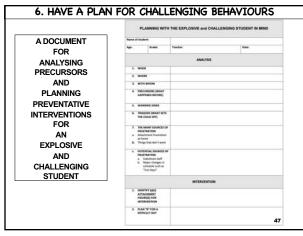
If you are starting to "reach your limit" with a child OR if a child needs to be away from the other children

1. Send the child to a safe place
• The "quiet zone" in the class
• Nurturing Support Centre

2. Send the child TO SOMEONE with a "task"
• a book
• an envelope
• "You've got mail"

3. Always go to the student and let them know that the relationship is still intact.

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6. HAVE A PLAN FOR CHALLENGING BEHAVIOURS

With young children

 Normalize and accept their presence as an expression of the frustration being experienced by the child
 Help the child to find a safe place for the tantrum – then help them to find their tears

 EXPECT MORE TEARS
 Normalize and accept their presence as they are needed so that adaptation can happen

In a young child, TEARS are the best indicator of an emotional system that is functioning well.

 Dr. Deborah MacNamara

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# 7. HAVE A PLAN FOR DIFFICULT SITUATIONS

When a student or adult has symptoms:

- Follow the school emergency protocol for isolating the student or adult.
- Process the situation with the staff and students



Don't be afraid to talk about what is happening -

- Remember, the students will talk with each other better that they process their reactions and their emotions with an adult.
- Reflect back the emotions they are most likely to be feeling:
  - > ALARM (fear) "It's scary when someone gets sick."
  - > FRUSTRATION "It's really frustrating that Covid won't go away!"
- When EMOTIONS are shared, they move.
- When emotions move, emotional well-being improves

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# 7. HAVE A PLAN FOR DIFFICULT SITUATIONS

- Follow your School Board protocol for a "critical incident"
- Process the situation with the staff and students

Don't be afraid to talk about what is happening -

- Remember, the students will talk with each other better that they process their reactions and their emotions with an adult.
- It is appropriate to talk about death and the need to grieve
- Normalize tears and sadness
- Provide extra time and support for individual students affected by this
- Encourage students to create tokens with messages of support for those experiencing the loss.

When EMOTIONS are shared, they move. When emotions move, emotional well-being improves

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# WHAT ABOUT ME?

- Identify your own support system, your "village"
  - o at the school
  - o your friends
  - o at home
- Give yourself permission to vent
- · Find your own tears
- Nurture your passions have some "play time"



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# LEAD - PLAY - LEARN TOGETHER SUPPORTING STUDENTS AND TEACHERS IN THE TIME OF PANDEMIC

# You are not alone.



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# RESOURCE GUIDE

LEAD - PLAY - LEARN TOGETHER: SUPPORTING STUDENTS AND
TEACHERS RETURNING TO SCHOOL IN
A TIME OF PANDEMIC

Martine Demers, Behaviour Consultant

Centre of Excellence for Behin

**GUIDE DE RESSOURCES** 

DIRIGER - JOUER - APPRENDRE ENSEMBLE: Accompagner les élèves et les enseignants pour le retour à l'école en temps de pandémie

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# UNDERSTANDING THE EMOTIONAL WORLD OF OUR CHILDREN IN COVID TIMES: HOW IT AFFECTS THEIR BEHAVIOUR AND WHAT WE CAN DO TO HELP THEM

In changing times emotions come to the fore. Children and adults alike will experience many emotions as this new school year unfolds. There will be repeated waves of emotions, we need to expect them and be prepared to support the students through them. This presentation will help the adults to understand some of the key emotions that children will be living and the effect these will have on their behaviour and their learning. These conditions will make groups of children more challenging to manage. We will share a wide range of activities and interventions that will help set the stage for emotional expression in order to clear the way for learning to take place, within the parameters of physical distancing. ALL

AUGUST 25 1-3 pm AUGUST 26 9-11 am **AUGUST 27 1-3 pm** 

www.cebm.ca/news-events

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