

Weathering the storm together

Parents and educators: Take a moment and use these tips to mindfully guide yourself – and your students and children – through the COVID-19 crisis, or other tough times.



IF YOU'RE FEELING ...

FEARFUL

Acknowledge that this situation is outside of our control, and your response is totally natural. Allow those emotions to come up, acknowledge them, and let them go by coming back to the breath.

Try This:

Sit down with your eyes closed and ask yourself a few times over, "What is one helpful or positive next step I can take?"

DISCONNECTED

Even if we're physically apart we can foster a feeling that "we're all in it together."

Try this:

Reflect on the many teachers and caregivers who are experiencing the same feelings right now. Then offer kind, reassuring words to yourself with the same warm tone with which you would speak to a friend.

**OVERWHELMED
BY THE NEWS**

Be mindful of your consumption of news by limiting it when it triggers stress or anxiety.

Try this:

When you get the urge to check updates, note it and let it pass without judgment. Instead, schedule a specific time to check in with the news.

UNCERTAIN

Think about what has worked for us during uncertain times in the past.

Try this:

Look for the good in our world – support around us, our current health. Keep a list of these situations, people, and moments to lean on for times when you need it.

FRIGHTENED

Storytelling helps us understand what is upsetting, and helps us feel more in control.

Try this:

Create time to discuss and name your feelings, opening up to the topic with curiosity to encourage expressing fear, confusion, or worry.



THREATENED

When we perceive a threat our body's fight or flight response kicks into gear. This makes us want to react and protect ourselves and those we love.

Try this:

One way to feel calmer and counteract this chain of events is to take in our surroundings through our senses. Here are some games you can play with children that play-off all five senses.

Touch: Put a bunch of mystery items in a paper bag and take turns feeling one object at a time and guess what it is as you describe the texture and shape.

Sight: Look around the room for one minute (in silence) and point out all of the things you never noticed in the room before.

Taste: Take a raisin or any food and use all five senses to describe it (texture, smell, what it looks like, if it makes a sound when you rub it.)

Smell: Go through different rooms in the house, and outside, and notice subtle scents that you haven't noticed before.

Sound: Set a timer for one minute and count how many different sounds you can hear with your eyes closed, and then share what you heard with each other.

