



FALL BACK INTO SCHOOL

ADDRESSING BIG EMOTIONS

TOOLS TO PREPARE CHILDREN FOR
THE RETURN TO SCHOOL: ONLINE OR
IN-PERSON



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CHANGES IN ROUTINES

CHILDREN MAY BE HAVING DIFFERENT REACTIONS TO CHANGES TO THEIR SCHOOL ROUTINES.



Some children may not understand why decisions keep changing.



Some children might be excited to wear a mask while others might be scared.



Some children are excited to go to school virtually while others just want to see their teacher and friends in person.



Some children may be having a tough time understanding why school is starting but they are still at home.



Some children are not going back to school while others are.

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VALIDATING THEIR EMOTIONS

Acknowledge how children are feeling.

"I see you are feeling sad."

"It is okay to feel sad or disappointed that you won't get to play with your friends."

Let them know it is okay to feel how they are feeling.



Avoid discouraging children from feeling certain emotions, such as angry, sad, disappointed, etc.



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COPING WITH EMOTIONS



Check in with children often. They are just beginning to learn their emotions and may need help identifying how they are feeling.

Provide support to children when they feel scared, disappointed, angry, confused, etc.

HELP CHILDREN:



Recognize feelings.



Take 3 deep breaths.

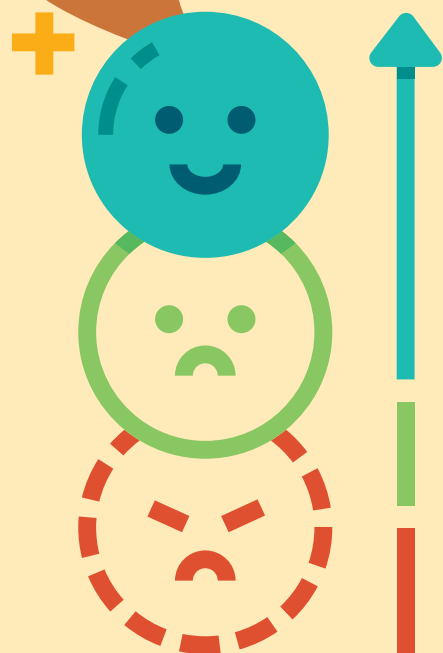


Think of a solution.

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EMBRACE ALL EMOTIONS

When children are expressing or talking about emotions, validate those emotions and talk about them. Be present in the moment.



Children, like adults, experience a range of emotions. Being responsive to children as their emotions change help support their social emotional development.

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SHARE YOUR IDEAS

Do you have any helpful tips or strategies that work for you? **How are you supporting kids** to handle their emotions?



Share your expertise with us in the comments or by tagging us in your posts!

We would love to learn from you!



FALL BACK INTO SCHOOL RESOURCES

Validating Emotions:

<https://www.positivediscipline.com/articles/validate-feelings-positive-discipline-tool-card>

Coping with Tucker Turtle:

https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle_Story.pdf

COVID-19 and kids: A rainbow of emotions:

<https://www.chrichmond.org/blog/covid-19-and-kids-a-rainbow-of-emotions>