



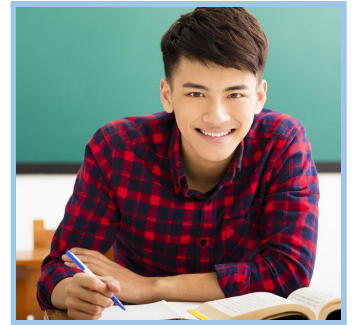
Back-To-School: Reconnecting and Recovering

Recognize and address grief - Emotions and control of emotions

- The tween and teen brain: Often grief and adolescence can look similar.
- What have we lost? Your students and you have both lost academics but also connections and experiences.
- Recognize red flags: Changes in diet, sleeping, behavior, friendships, academics.
- Have high expectations and rethink how you define success.
- Make space for student emotions, show vulnerability, and process your emotions in adult ways.

ways you already do this - allow for student decision making.

- Refrain from sharing judgment: Judgment can shut down conversation and block participation.
- Validate ideas: Pre-plan responses.
- Trust yourself - you are the expert! And... get comfortable with not knowing necessarily what comes next.



Identify strategies to build resilience

- Prioritize relationships and connections: Students need to know they are safe, healthy, and connected before they can engage fully in academics.
- Be vulnerable: This is a strength that will allow you to grow and model healthy behavior for students.
- Make a safe place: Find supports and let your students know they can come to you.
- Practice gratitude: Gratitude builds a sense of belonging and connection and develops empathy.
- Encourage problem solving: This is a wonderful way to promote independence in students and get new ideas.
- Develop and maintain routines: Invite students into developing the routines - routines create a sense of safety.

Contribute to a common vision for the community

- Remember we are in this together!
- Identify appropriate indicators of success: Grades and scores tell us something, and so does a conversation, a smile on a student's face, and how you feel at the end of the day.
- Collaborate with your colleagues: Look to colleagues for fresh ideas and share the work where possible - cross curricular assignments can help ease the stress of grading so you can focus elsewhere.
- Create a safe and engaging space (online and/or in person): Let your students and colleagues know they can come to you and you are building the community together.
- Ask for help: Find supports; know you are modeling strength when you ask for help.
- Identify priorities and negotiate the rest: Let go of expectations of where a conversation or plan may go.
- Develop a plan for continued collaboration and communication: Make a date to continue the conversation so you don't end up in a silo when community is key right now for connection.

Foster community and nurture relationships

- Share in conversation: Student voice and choice is key in academics and helps them to feel a true part of the community.
- Promote independence: Kids are preparing from day one to be independent, look for

