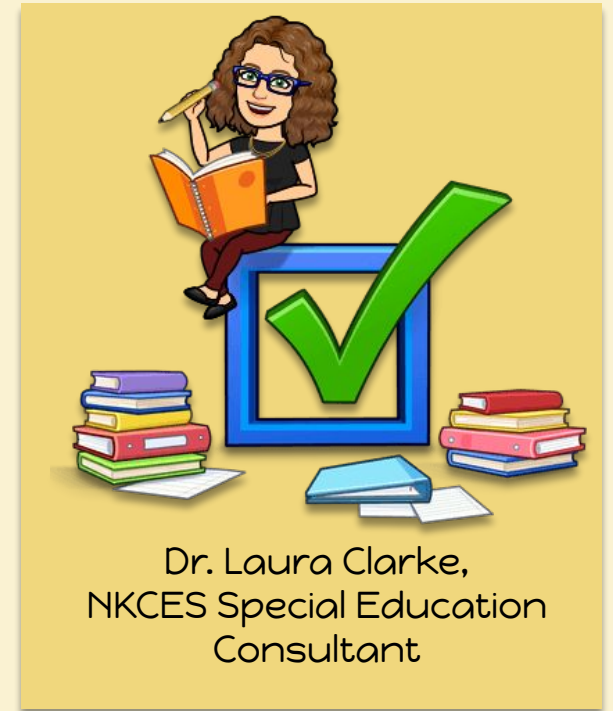


NKCES
connect.
grow.
serve.

NTI Virtual Tips &
Strategies for
Families without
Internet Access



Dr. Laura Clarke,
NKCES Special Education
Consultant

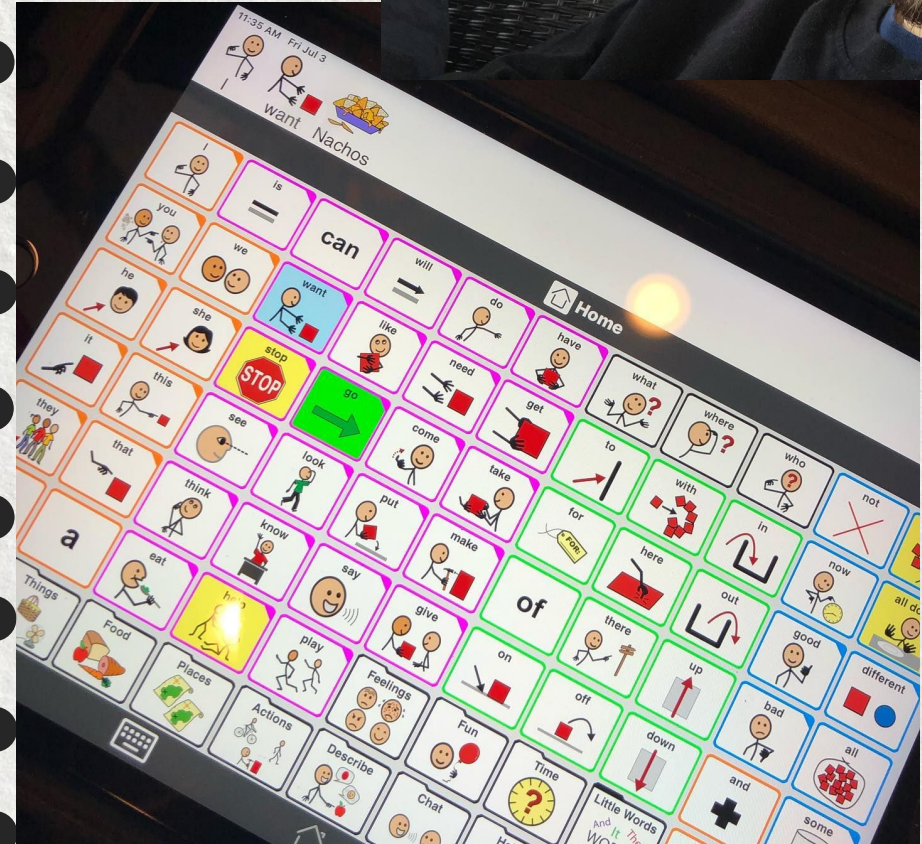




A little
about
me...



& our
COVID-19
times





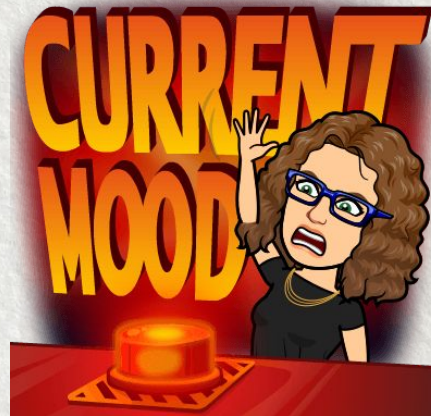
Before we
dive deeply
into remote
learning, let's
chat about
us first...



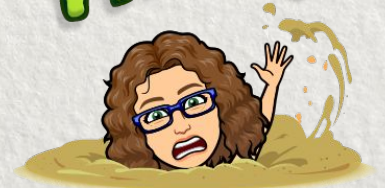
Yo, I'm in
big trouble.



ALL THE
FEELINGS



HELP!



also may look like: forgetfulness/distracted:
 "what?"
 "what did you ask me to do?"
 "what am I getting?"

Kids' Sadness About COVID-19 May Look Like:

Anger

"This stupid remote doesn't work!"

Resisting the "new order"

"I'm not doing four math problems! I'm only doing one!"

Tiredness

"I don't want to go for a walk. I'm too tired!"

Numbing Out

("Just 30 more minutes on the iPad!")

Displaced frustration

"I didn't want lasagna for dinner. I wanted tacos!"

Boredom

"I'm bored" = code for "I'm sad"

www.erinleyba.com

★ 75 CALM DOWN ACTIVITIES ★

for kids
 PARENTS
 with confidence

1. SLOW DOWN YOUR BREATHING.
2. GET COMFORT FROM A WARM COMPRESS.
3. STRETCH.
4. WRITE A LETTER.
5. BREATHE IN A FAVORITE SCENT.
6. DRINK A GLASS OF WATER.
7. GET WRAPPED UP TIGHT IN A BLANKET LIKE A BURRITO.
8. RUN/WALK AROUND THE OUTSIDE OF THE HOUSE A FEW TIMES.
9. DRAW/COLOR WHAT YOUR FEELINGS WOULD LOOK LIKE.
10. SQUEEZE SOMETHING.
11. DO ANIMAL WALKS (BEAR, CRAB, FROG JUMPS ETC)
12. 'YELL YOUR ANGER' INTO A PILLOW/BLANKET/SLEEVE.
13. WATCH AN ANIMAL.
14. CLIMB.
15. CUDDLE UP WITH A COZY BLANKET.
16. DO A HANDSTAND.
17. TRY A SHORT GUIDED MEDITATION FOR KIDS.
18. PLAY WITH WATER.
19. LISTEN TO MUSIC.
20. JUMP.
21. VISUALIZE A 'HAPPY PLACE'
22. PLAY/CUDDLE WITH A PET.
23. DO A DOWNWARD-FACING DOG YOGA POSE.
24. 5-4-3-2-1 CHALLENGE (5 SENSES CHECK-IN).
25. GO OUTDOORS.
26. GIVE YOURSELF A HAND MASSAGE.
27. SLOW DOWN YOUR BREATHING WITH AN EXPANDABLE BALL.
28. SQUEEZE A STUFFED ANIMAL.
29. IDENTIFY YOUR EMOTIONS.
30. TOUCH OR HOLD SOMETHING FROM NATURE.
31. DO WALL PUSH-UPS.
32. DO A SENSORY PLAY ACTIVITY.
33. ASK FOR A HUG.
34. COUNT YOUR HEARTBEATS.
35. PUSH YOUR PALMS TOGETHER, HOLD, THEN RELEASE AND REPEAT.
36. PUT ON NOISE-CANCELING HEADPHONES FOR QUIET.
37. TURN OFF THE LIGHTS.
38. TELL A GROWN-UP WHAT YOU NEED.
39. GET A BACK SCRATCH.
40. TAKE A WARM BATH.
41. READ A BOOK ABOUT EMOTIONS.
42. MAKE YOUR OWN FIDGET.
43. ROCK BACK AND FORTH.
44. DO A 'BRAIN DUMP' IN A JOURNAL.
45. RIP UP OR CRUMPLE A PIECE OF PAPER.
46. NAME 5 FAVORITE THINGS.
47. CHEW GUM OR A CHEWY.
48. ROCK YOURSELF LIKE A BABY.
49. COVER UP WITH A WEIGHTED BLANKET.
50. COLOR OR READ ON YOUR STOMACH.
51. GO TO THE PARK.
52. WATCH A BUBBLE TIMER OR BUBBLE STICK.
53. FIND A COZY SPACE TO CRAWL INTO.
54. DO 15 SQUATS.
55. SQUEEZE YOUR FISTS AS TIGHT AS YOU CAN.
56. COUNT BACKWARD FROM 50.
57. REMIND YOURSELF IT'S OK TO BE ANGRY/UPSET/HURT ETC.
58. NO, SERIOUSLY. GO OUTSIDE!
59. GO FOR A BIKE RIDE.
60. TRY A YOGA VIDEO ON YOUTUBE.
61. TRY AN EXERCISE VIDEO ON YOUTUBE.
62. LEARN ABOUT YOUR BRAIN AND WHY IT'S HARD TO CONTROL YOUR EMOTIONS SOMETIMES (HAND MODEL OF THE BRAIN).
63. CLOSE YOUR EYES AND TUNE OUT THE WORLD.
64. GIVE YOURSELF A TIGHT SQUEEZE.
65. SIT WITH YOUR FEELINGS FOR A FEW MINUTES AND ALLOW YOURSELF TO EXPERIENCE THEM.
66. CALL A FRIEND.
67. PRAY.
68. EAT A CRUNCHY SNACK.
69. KNIT OR CROCHET.
70. REPEAT POSITIVE AFFIRMATIONS.
71. LOOK AT A MAGAZINE.
72. MAKE A PILLOW TRAIL AND CRAWL OVER IT.
73. RECITE THE ALPHABET BACKWARD.
74. MAKE A FORT TO HIDE IN.
75. REMIND YOURSELF EMOTIONS ARE LIKE WAVES, THEY COME AND THEY GO.

Free Printable!!

Reframing "ATTENTION SEEKING"

by looking beyond behaviour to unexpressed needs



CONNECT WITH ME (Connection Seeking)

SEE ME, HEAR ME, ACCEPT ME; SHOW INTEREST & DELIGHT IN ME; HOLD ME IN YOUR MIND



UNDERSTAND ME (Attunement Seeking)

CONSIDER & RESPOND TO MY NEEDS; ORGANISE, VALIDATE & HOLD MY FEELINGS; BE CURIOUS ABOUT WHAT'S HAPPENING FOR ME



PROTECT ME (Attachment Seeking)

SEE MY EXTREME DISTRESS AND THE DIFFERENT WAYS IT IS BEING EXPRESSED; SUPPORT ME TO REGULATE; HELP ME TO FEEL SAFE

Hidden Treasure with Tracey Farrell



earlychildhoodtherapist



Happiness Chemicals and how to hack them

DOPAMINE THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



SEROTONIN THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



OXYTOCIN THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



ENDORPHIN THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



growth mindset mantras
for parents
as we start a new school year

we don't
need all the
answers to
get started

everything
is figure
out-able

my child, their
teacher, and
I are on the
same team

we don't
know the full
plan yet, but
we will figure
it out

together we
can do hard
things

this is hard,
but we can
work together
for solutions

@thechildhoodcollective

WEIRD THINGS THAT MAKE YOU HAPPY AS AN ADULT

HEDGER HUMOR for *babble*
©Disney

Writing with a nice pen.



Having plans
canceled.



Freshly cleaned sheets.



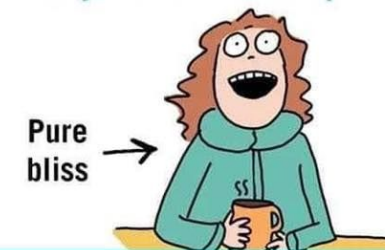
Eating the corner brownie.



Cleaning the dryer
lint screen.



Enjoying coffee in that
brief time before
anyone else wakes up.



Welcome!



Remote Learning



Non-Traditional Instruction



Hybrid School Schedule



Other options



Internet access challenges



check with
school family
resource
center for
help with
access

check with
cell phone
carrier for
help with
access

other
possible
sources
of help:

phone
company

library

community
centers
churches
restaurants

No
internet?

what can you expect?

Some
form of
“packet”
work

Practice of learned
skills

Written directions
for new learning

Hopefully, some
information for
parents of key
learning ideas/
targets



No
internet?

what can you expect?

Some
form of
“packet”
work

Ideally, some video
links to instruction
to watch when you
have access

Ideally, some time
each day for
student to talk on
phone with teacher
“office hours”

So what are some things to consider and discuss with teacher....

are there times of the day when you can access the internet?

WAYS TO...

access Youtube or text messages?



remind Schools & Districts Higher Ed Teachers Families Partners

Reach students and parents *where they are*

Communication for the school, home, and everywhere in between.

Sign up

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Trending

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History

Your videos

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CoughDrop

Shannon R. Linville

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Laura Clarke
40 subscribers

VIDEOS

Uploads PLAY ALL



How can I be a resilient educator?
4 views • 1 week ago



New Teacher Academy Social Emotional Learning Tools &...
3 views • 1 week ago



Set yourself up for success
1 view • 2 weeks ago



SEL supports during remote learning part 2
No views • 1 month ago



SEL strategies during remote instruction
2 views • 1 month ago

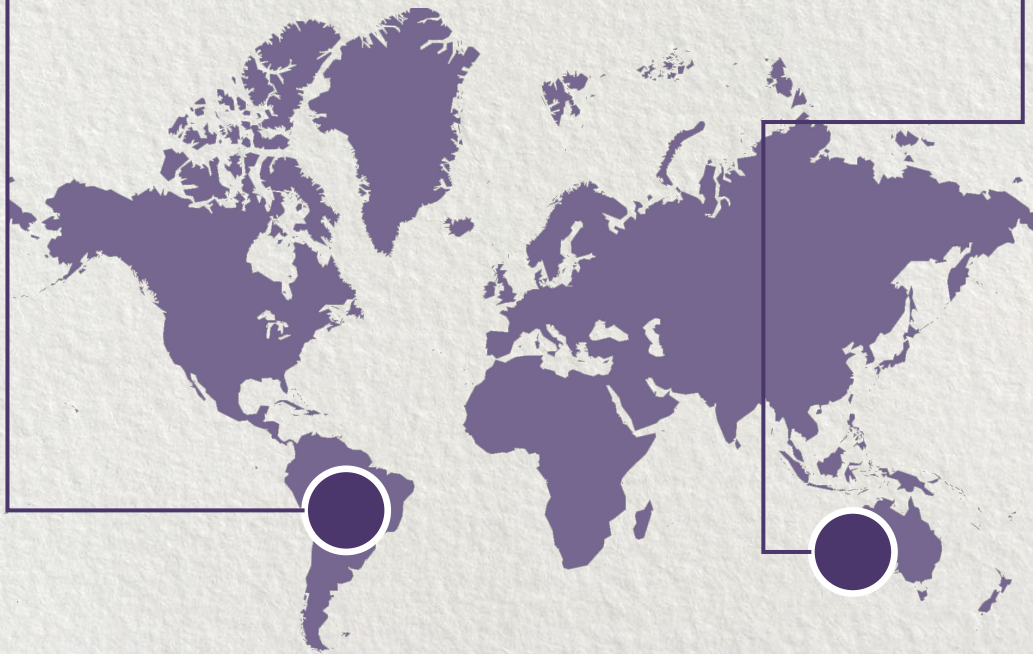


Culturally Responsive Teaching & Anti Racism...
8 views • 1 month ago

Be clear

BEST WAYS TO REACH YOU AND YOUR STUDENT

WHAT TECHNOLOGIES WORK FOR YOU
AT WHAT TIMES?

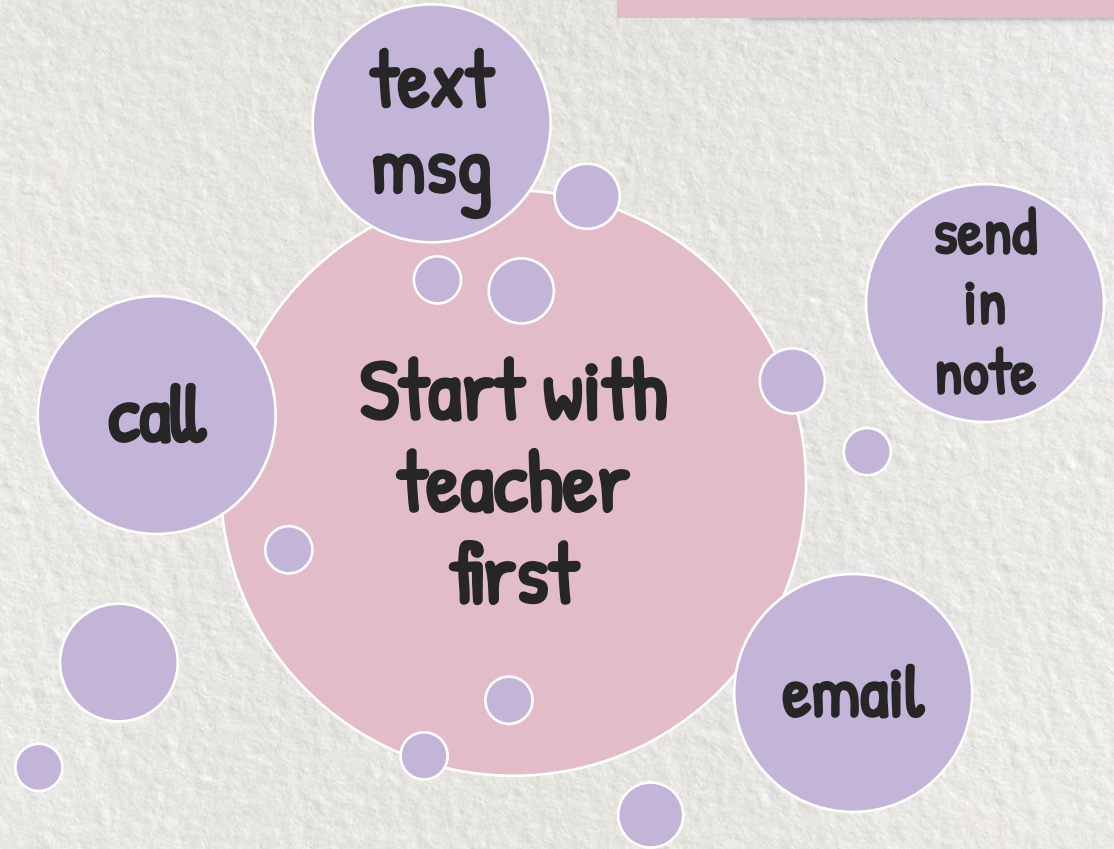


Things to consider/
share with
teachers:
Is it ok to send
multiple text
messages a day?
Can you access
Youtube videos?



Having
communication
challenges with
teacher?

FIRST...





General suggestions

Begin with “thanks” or a compliment, nice starter

- I have a question about...
- I’m having trouble accessing/understanding...
- I looked at (grade, assignment) and was wondering...
- Could you help clarify...

Give best way to get back in contact with you



Photo by [fotografierende](#) from [Pexels](#)



Challenges?

Follow "chain of command"...

1. Teacher
2. Counselor
3. Assistant Principal
4. Principal
5. District Office
6. Kentucky Department of Education



Challenges?

Allow time (around 2 business days) for response. Ask in a few formats if no response.

If moving to next level, provide specific details, time, date, information) of earlier attempts to communicate.

Offer suggestions for solution or resolution - how can you work together to support your student?



Behavior Interventions & Strategies

Quick Tip Resources

Dr. Laura Clarke



Online training site:

<http://bit.ly/nkcesonlinetraining>

More resources!

Remote Learning Parent site:

<https://bit.ly/RemLrnPrnts>

Marshall Street:

<https://www.marshall.org/covid/>

Kentucky Autism Training Center:

<https://sites.google.com/view/student-swithasathome/home?authuser=0>

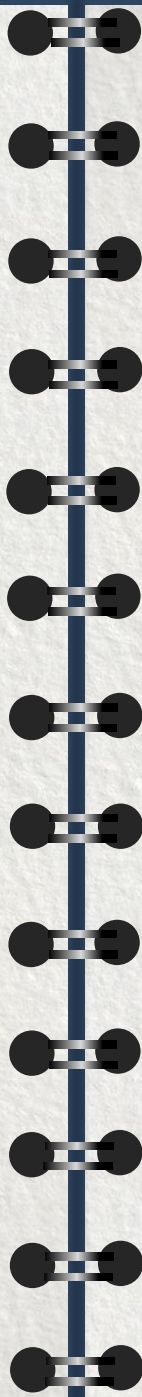
GO TEAM!

QUESTIONS?

I'm happy to help!

laura.clarke@nkces.org





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THANK YOU