

Staying Smart and Sane during the Quarantine: Strategies for Parents of Adolescents



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March 30, 2020
Zoom Conference 1:00pm EST

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School Closures

- School closures due to coronavirus have impacted at least 124,000 U.S. public and private schools and affected at least 55.1 million students.



• Coronavirus and School Closures (2020, March 6). Education Week. Retrieved Month Day, Year from <https://www.edweek.org/ew/section/multimedia/map-coronavirus-and-school-closures.html>

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The children are always at Home

- Millions of parents and guardians who have grown accustomed to sending their children to traditional schools are now faced with the task of educating them at home.



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About Your Presenter



Shauna King is an educator, author and speaker from Maryland. Shauna has worked in various roles in public and non-public school settings, including board member, principal, PBIS district coordinator and middle school teacher. She is adjunct faculty for LaSalle University and a school climate coach for The University of Maryland Positive Schools Center. Her book **School Smart: It's More Than Just Reading** and Writing is available on Amazon. Shauna is a proud wife and mother of two middle school children, who are the joy of her life.

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Help kids feel more secure and to help parents find ways to feel like we are making the most of this time.



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1. Manage Stress



2. Focus on Learning

Simple Steps

3. Value Relationships

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A physiological response to a Perception of a Lack of Control over an adverse Situation

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THIS IS MY TOILET PAPER!



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In the past two weeks, which emotion have you felt most often?

- Relaxed
- Anxious
- Angry
- Blessed
- Stressed
- Scared
- Exhausted
- Amazed
- Uneasy
- Confused
- Confident
- Worried
- Happy
- Hopeful
- Sad
- Overwhelmed
- Frustrated
- Nervous
- Calm
- Insecure

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Emotions play a HUGE role in modulating both our behaviors and our cognition.



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Adolescence is a Time of Stressful Changes



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Manage Your Stress

- Minimize information intake
- Intentional Humor
- 1 Week Rule
- Redirect Your Attention
- Burn off Energy (play/exercise)
- Reframe the Experience
- Mindfulness / Meditation / Prayer
- Talk w/ a Friend/Family Member

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Day 10 of Quarantine



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How to Help Your Adolescent Manage Stress

- 1. Manage **Your** Stress
- 2 . Ask Them What They Know
- 3. Validate Their Feelings
- 4. Be An Example
- 5. Provide Reassurance



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1. Manage Stress



2. Focus on Learning

Simple Steps

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Focus on Learning

School May Be Closed But Learning Can Continue

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Focus on Learning

CREATE A SCHEDULE

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FOCUS ON LEARNING

Effort over Ability

Learning is a Process, Not an Event

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HOW TO ENCOURAGE STUDENTS

Encouraging Mindset What to say:	Fixed Mindset What not to say:
"When you learn how to do a new kind of problem, it grows your math brain."	"You're somebody or you're not. Just do your best."
"If you can't yourself-solve it, ask a friend for help. Just until the word 'got it' is at the end of the sentence!"	"That's OK, maybe math is not one of your strengths."
"That feeling of math being hard is the feeling of your brain growing!"	"Don't worry, you'll get it if you keep trying."
"The more you get it, the right away. The more you know, you're understanding what to do! What can you do next?"	"Don't worry, you'll get it if you keep trying." "Don't worry, you'll get it if you keep trying." "Don't worry, you'll get it if you keep trying." "Don't worry, you'll get it if you keep trying."

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Focus on Learning

READ, READ, and READ some more

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MAXIMIZE LEARNING

1. Create a Reading Nook
2. Find the Right Books
3. Plan Reading Time
4. Prepare the Brain for Reading

How Any Parent Can Empower Their Children To Read At Home

LeAnn Nickelson
www.maximizelearninginc.com

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Get your Free Reading Schedule template at www.maximizelearninginc.com

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Focus on Learning

Fluid intelligence is the capacity to think logically and solve problems where you don't have the answer stored in your memory.

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Focus on Learning

- Decision Making
- Critical Thinking
- Realistic Challenges

www.quandrygame.org/families

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Create you own word searches at <http://puzzlemaker.discoveryeducation.com>

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Focus on Learning - Limiting Junk Food Intake

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Virtues: The Gifts of Character

Assertiveness	Forgiveness	Orderliness
Caring	Friendliness	Patience
Cleanliness	Generosity	Peacefulness
Commitment	Gentleness	Perseverance
Compassion	Gratitude	Purposefulness
Confidence	Helpfulness	Reliability
Consideration	Honesty	Respect
Cooperation	Honor	Responsibility
Courage	Humility	Self-discipline
Courtesy	Idealism	Service
Creativity	Integrity	Tact
Detachment	Joyfulness	Thankfulness
Determination	Justice	Tolerance
Diligence	Kindness	Trustworthiness
Empathy	Love	Truthfulness
Enthusiasm	Loyalty	Understanding
Excellence	Moderation	Unity
Flexibility	Modesty	

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Simple Steps

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Value Relationships

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Pick your BATTLES

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Adolescents often communicate better via text

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If you Can't Stop them, Beat Them

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Simple Steps

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2. Focus on Learning
3. Value Relationships

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Some free resources:

To help students keep calm: https://www.youtube.com/watch?v=6TvmU8Y2qgM&fbclid=IwAR0yqU-rE1LlvkUR8ggF-WfpXW_HEO2z-bWmTfmXp3TQxAoBbGMGNrVohNZl

To reduce anxiety:
<https://blog.web20classroom.org/2020/03/covid19anxiety.html>

Apps such as CALM, HEADSPACE, coloring apps

Free SEL (Social Emotional Learning) <https://respectfulways.com/free-sel-access-coronavirus/>

A Trauma-Informed Approach to Teaching Through Coronavirus
https://www.tolerance.org/magazine/a-trauma-informed-approach-to-teaching-through-coronavirus?fbclid=IwAR2B_OlUyjimzOXFsNQYv4toy0SDBgEKX9wPdon8ICRkSX6EtmwsRU3r0

Activities and Resources for all ages:
https://drive.google.com/file/d/1U26PKLsQ-FpPrx3OUzDdKlqK27-fbDhG/view?_ke=eyJrbF9IbWfPbCIGCjYVW5ldEBmZkVnbmVjb25zdWx0LmNvbSIsClrbF9Ib21wYW55X2lkiogk1NU2FiZj9

Khan Academy - students are familiar with this academic site as teachers use this often
<https://www.khanacademy.org/>

Parent's Guide to Google Classroom
https://docs.google.com/presentation/d/1PDVzvie0DnFbFEVf8BU3j89o1mD5BCUXT6gmbb9y_k/mobilepresent?fbclid=IwAR0Qml4a88YnzVPz6B-3dijZ13G0IFyGfb-dEuMOKSkmTS1j2o2Wwv8Qzs&slide=id.g4f60ec15fb_1_0

Virtual concerts: <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown?fbclid=IwAR2L6Zz8J5VL-wGajmI0JdEgAsXd>

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Thank you for all that you are doing for your child(ren).

We Will Get Through This... Together
Please STAY SAFE AT HOME

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