

We are Back in School!

Supporting Re-entering into Early Childhood Education Programs after COVID-19

These past weeks have been an unprecedented time that has all of us feeling big emotions. The Pennsylvania Key Infant Early Childhood Mental Health Consultants have worked collaboratively to create this social story with tips, prompts, resources and activities to support re-entering into Early Education Centers after COVID-19.

This book, *We are Back in School! Supporting Re-entering into Early Childhood Education Programs after COVID-19*, can be used as a resource as children and early childhood education staff starting the process of re-entering to support social and emotional being. Please use this book as a support for when new children are coming back to school.

This book is made to print on the front and back regular sized copy paper. When you print on the front and back of paper, you'll find on the front of each page, the information to show children. On the back of the page, find Teacher Tips, Prompts, Resources and Activities to help with discussions with children in your care. You'll even find a spot where you can record your own notes.

The Conscious Discipline website (consciousdiscipline.com/covid-19-virtual-resources-for-educators) provides a sign-up for the premium resource membership for free (as of now). There are links to some of these resources on this tip sheet.

The Pennsylvania Key Infant Early Childhood Mental Health Consultants are grateful for the resources created and allowed to be shared from early childhood education professionals.

Teacher Tip and Prompts	Resources and Activities
<p>Page 2: Teacher Tip: Please reflect and think about your own emotions about returning to school. You need to be aware of your inner state of being and recognize how you are feeling so that you will be prepared to support the emotional state of the children.</p> <p>Prompts: Did you miss coming to school? What is something you missed about being at school?</p>	<p>Resources: ABC's for Parents of Little Ones: https://go.aws/3clwcYM</p> <p>Providers: Taking Care of Ourselves: www.ecmhc.org/documents/TakingCare_ProviderBk_final.pdf</p>
<p>Page 4: Teacher Tip: This is an opportunity to explore emotions the children are experiencing about coming back to school. Having discussions about their emotions will help build an environment where the children feel safe, seen, soothed, and secure. This is not a time for judgment but a time for validating a child's feelings and holding space for them while they are verbally expressing themselves. Remember to label the different feeling faces so that the children can link the word to the feeling face.</p> <p>Prompts: How do you feel about coming back to school? Why do you feel that way?</p>	<p>Activity: You can print out a feelings chart and have the children place their name on the emotion that they are feeling.</p> <p>Resources: https://go.aws/2zpuiro https://go.aws/2WRoxuO</p>
<p>Page 6: Teacher Tip: There are more social stories for you to share with children about the coronavirus if the children have a lot of questions or having discussions.</p> <p>Prompts: Has anyone of you heard of the coronavirus? Do you know why we all had to stay home?</p>	<p>Resources: Cyrus the Virus: https://bit.ly/2yEgfhM</p> <p>The Oyster and the Butterfly: https://bit.ly/2Wn9Jop</p> <p>Coronavirus is a Big Word: https://go.aws/2WkTIEY</p>
<p>Page 8: Teacher Tip: Have a discussion of the different things the children did during the stay at home order.</p> <p>Prompts: What are some activities that you did when you were home? Is there anything that you did at home that you would like to do in school?</p> <p>Create or reinforce the families' presence at the child care program by placing in the room pictures of children and their families. To prevent objects from being brought from home, provide an opportunity for families to email photos that can be printed. These photos can be pictures of the family or their family experiences during the COVID-19 Stay at home.</p>	

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<p>Page 10: Teacher Tip: This page will allow you the opportunity to discuss the importance of health and safety practices. You can review practices and introduce the new ones to the children.</p> <p>Prompts: What do you think we can do to keep safe? Why do you think we all have to wear masks?</p>	<p>Resource: Centers for Disease Control and Prevention (CDC) <i>Coronavirus Disease 2019 (COVID-19): Guidance for Child Care Program that remain open</i> https://bit.ly/2LfNUB1</p>
<p>Page 12: Teacher Tip: This is a great opportunity to have a discussion with the children to explain that everyone is getting their temperature taken when they first arrive at school to help keep everyone safe.</p> <p>Prompts: What do you think a thermometer is used for? Have you ever had your temperature taken with a thermometer at home when you weren't feeling good?</p>	
<p>Page 14: Teacher Tip: Show the children the thermometer and explain how to use it. Put a few in the house area for their use (be sure to use toy or non-working ones that are not put in their mouths).</p> <p>Prompts: Would you like to see how we take temperatures at school? Do you have any questions about the thermometer?</p>	<p>Activity: Explain your current procedure of how you are taking temperatures and that it is to keep everyone safe, if needed.</p>
<p>Page 16: Teacher Tip: An additional social story about wearing masks and gloves is in the resources. If you are requiring masks to be worn, then this is an opportunity to go over expectations. Visuals posted around the center would be a great idea.</p> <p>Prompts: Have you been wearing a mask when you go out of your house? Why do you think the teachers wear gloves and at times during the day?</p>	<p>Resources: Masks and Gloves social story: https://go.aws/2WkrHrC</p>
<p>Page 18: Teacher Tip: An overview of the procedure for washing hands and pointing out where the visuals are to support the children during hand washing.</p> <p>Prompts: Why is it important to wash our hands often? When are times we should wash our hands? Let's practice singing our song and washing our hands.</p>	<p>Resources: Handwashing Visual Procedures: https://go.aws/3bnAXQj</p> <p>I can be Safe and Healthy by Washing my Hands: challengingbehavior.cbcs.usf.edu/docs/washing-hands_story.pdf</p>
<p>Page 20: Teacher Tip: Point out where the children can view the classroom rules and a time to review them.</p>	<p>Resources: CSEFEL: Visual schedule: csefel.vanderbilt.edu/modules/module3b/handout2.pdf</p>

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<p>Prompts: Who can tell me a classroom rule? Why do you think it is important to have rules?</p>	<p>Going to School: A story about our expectations and rules: challengingbehavior.cbcs.usf.edu/docs/Going-to-School_Expectations_Story.pdf</p>
<p>Page 22: Teacher Tip: Point out where the daily schedule is posted in classroom and review it with the group.</p> <p>Prompts: Who can tell me where the daily schedule is posted in the classroom? Who can tell me what we do after circle time?</p>	<p>Activities: Have a classroom job that has a child move a clip from activity to activity on the visual daily schedule. Take pictures of the children during the different parts of the daily routine and make a book.</p>
<p>Page 24: Teacher Tip: Review your safe space, calm down area, or cozy area in your own classroom.</p> <p>Prompts: Sometimes we get mad or frustrated. What do you think we could do when we are feeling sad, mad or frustrated? Does anyone want to share a time when they felt sad, mad or frustrated?</p>	<p>Resources: Safe Space Breathing Icons: https://go.aws/3fF0doo</p> <p>When I Feel Crazy book: https://go.aws/2LhQbLV</p> <p>Tucker the Turtle: challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle_Story.pdf</p> <p>We Can be Problem Solvers social story: https://unc.live/3ctCSUQ</p>
<p>Page 26: Teacher Tip: Make a list with the children of activities that they would like to do to empower them to lead their learning. Remember that you will have to reteach and remind children of social skills that are expected in the classroom.</p> <p>Prompts: What are some fun activities that we can do at school? Can someone tell me what we can do if there is one toy and you and a friend both want to play with it?</p>	<p>Resources: Problem Solving Steps: NCPMI: challengingbehavior.cbcs.usf.edu/docs/SocialEmotionalSkills_problem-solving-steps_wrist.pdf</p>
<p>Page 28: Teacher Tip: The children will need to have a consistent daily schedule and classroom rules and expectations. This will create an environment that allows the children to feel safe and secure. Have fun in school and enjoy being back with the children.</p> <p>Prompts: What is a fun way we can choose to go to centers today? After centers what is a fun way we can come back to the circle after cleaning up?</p>	