

Banking Time Virtually

PURPOSE

In the podcast, Dr. Cantor shared that many of our students have been sent home with work to complete, separated from the routines, structures, and relationships that they rely on in school. She also shared that it is through community, including individual relationships, that we can support children's ability to cope with stress. Because informal interactions are less likely to be part of a virtual learning environments, scheduling time for 1:1 touchpoint with students may be a helpful way to provide a consistent and predictable structure for maintaining relationships.

DIRECTIONS:

1. Set up time to meet with individual students for 10–15 minutes, 1-3 times a week depending on their need. You may choose to use the calendar below to schedule these opportunities with students. Be sure to confirm that the times you outline work for them and their caregivers.
2. The point of the session is to designate a sacred time to provide informal connection and social support.
3. Follow the student's lead and do not attempt to teach. Listen to the student, narrate what the student is experiencing, and validate emotions.
4. You may choose to leverage the Routines Planner during these conversations to support children in developing structure for their time, or the Emotional Response Strategies List to help students generate strategies that they can use to respond to and manage their emotions.

Banking Time Schedule

Time Slots	Monday	Tuesday	Wednesday	Thursday	Friday