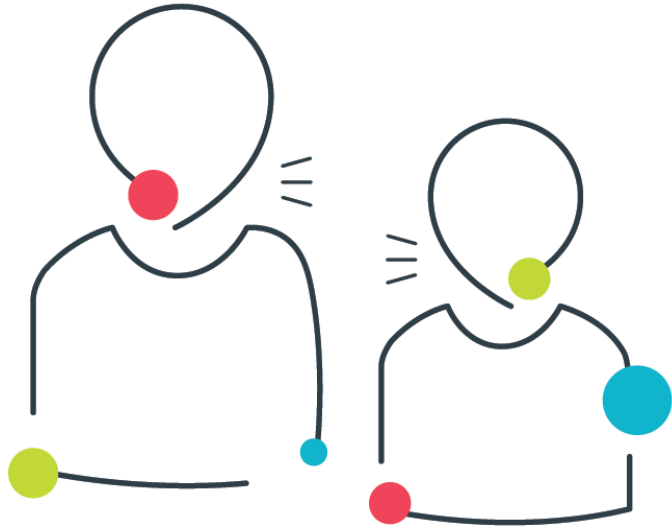


RELATIONSHIPS



AT HOME

- Connect with students individually and through advisories
- 15-minute daily huddle for leaders and teachers
- Check in with families—ask about schoolwork, wellbeing, and how COVID is affecting them
- Use serve and return with younger children
- Group activities —games, cooking, etc.

RE-ENTRY

- All of the above
- Increased frequency for in-person advisories
- Looping

ROUTINES



AT HOME

- Establish daily times for lessons, reading, storytelling, homework and family meals
- Exercise at least 20 minutes a day and get a full night's sleep
- Learn a reflective, mindful practice, such as journaling
- Hold family COVID meetings
- Empower older children to plan routines and tutor siblings
- Set achievable goals for learning and wellness each day

RE-ENTRY

- All of the above
- Co-create norms and routines
- Empower students to design and use routine planners
- Use cognitive unloaders
- Focus on physical, emotional and identity safety
- Tiered support system implemented at all levels
- Build strong mental health and health partnerships

RESILIENCE



AT HOME

- Co-regulate emotions and responses to stress
- Limit media
- Solve problems together with children and celebrate successes
- Create things to look forward to

RE-ENTRY

- All of the above
- Apply a whole-child vision, inclusive of a safe, supportive environment, strong developmental relationships, and integrated academic, skill and mindset development