

Back to School with Success During Covid-19

A United Way of Greater Nashville

Read To Succeed Professional Development





Welcome and Brain Smart Start

Welcome to RTS Webinar Wednesdays!

- Presenter – Elandriel Lewis, Manager of Early Learning and Training

Brain Smart Start

- Unite and Connect
 - Please use the chat box to share your name, where you work, and a highlight from this past week.
- Disengage the Stress
 - Chest Opening Breath
- Commit
 - What do you give yourself permission to do during today's webinar?
 - Share in the chat box if you are willing

Today's objectives

- Review the effect that stress can have on the developing brain.
- Explore strategies that can help support a “felt sense of safety” in children and families.
- Develop a starting plan to begin implementing these strategies in your classroom.



Strong Communities

Healthy Economy

Successful Parenting of Next Generation

Educational
Achievement

Economic
Productivity

Responsible
Citizenship

Lifelong
Health

Healthy Child Development



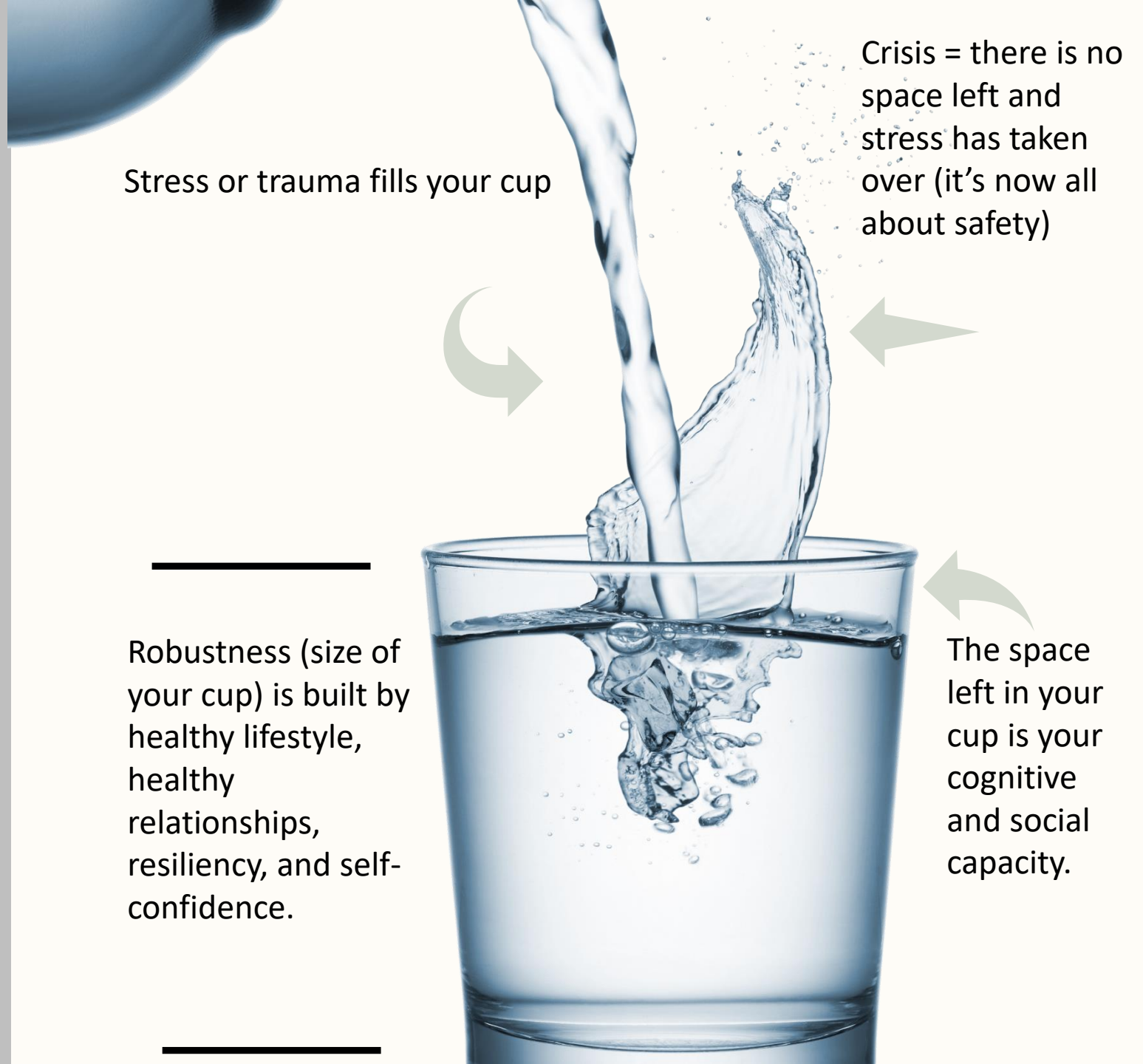
AN “AIR TRAFFIC CONTROL SYSTEM” IN THE BRAIN

- EXECUTIVE FUNCTIONING IS A GROUP OF SKILLS THAT HELP US TO FOCUS ON MULTIPLE STREAMS OF INFORMATION AT THE SAME TIME, SET GOALS AND MAKE PLANS, MAKE DECISIONS IN LIGHT OF AVAILABLE INFORMATION, REVISE PLANS AND RESIST HASTY ACTIONS.
- EXECUTIVE FUNCTION SKILLS MUST BE EXPLICITLY TAUGHT.
- ALTHOUGH THERE ARE SENSITIVE PERIODS OF DEVELOPMENT, EXECUTIVE FUNCTIONING CAN BE BUILT ALONG ANY POINT IN THE LIFESPAN.

How does stress affect us?

Robustness = the capacity to hold the energy needed to live the life the individual desires to live.

- We can think of this as a cup.



Window of Tolerance

Where there's still room in the cup.

Within our window of tolerance we are:

- **Flexible**
- **Adaptive**
- **Coherent**
- **Energized**
- **Stable**



Outside our window of tolerance behavior shifts to keep us safe:

- **Hyperarousal (fight or flight)**
- **Hypoarousal (freeze)**

Where within our window of tolerance can we be of most help to others?

Positive Stress



Short, stressful events like meeting new people or starting the first day of school are healthy for brain development. They prepare the brain and body for stressful situations later in life.

Tolerable Stress



Tragic, unavoidable events like a natural disaster or losing a loved one aren't good for us. But if supportive caregivers are around to buffer the stress response, these events won't do lasting damage to the brain and body.

Toxic Stress



Ongoing, repeated exposure to abuse or neglect is bad for brain development. If no supportive adults are present to help buffer the stress response, stress hormones will damage developing structures in the child's brain. The result is an increased vulnerability to lifelong physical and mental health problems, including addiction.

The Body's Response to Different Types of Stress

POSITIVE



A normal and essential part of healthy development

EXAMPLES
*getting a vaccine,
first day of school*

TOLERABLE



Response to a more severe stressor, limited in duration

EXAMPLES
*loss of a loved one,
a broken bone*

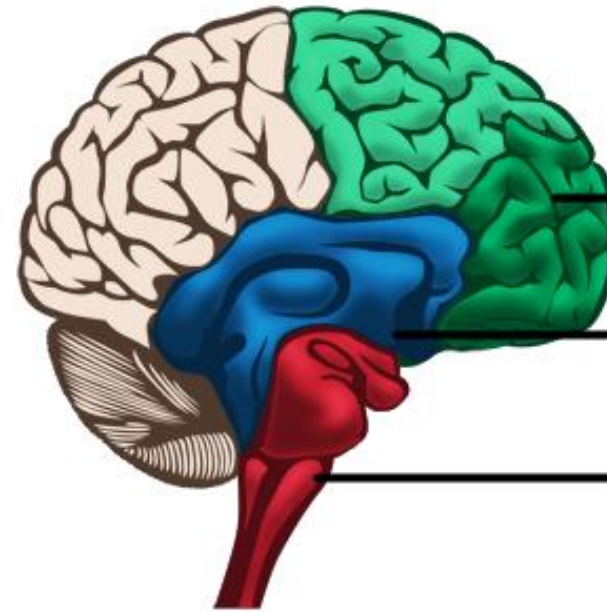
TOXIC



Experiencing strong, frequent, and/or prolonged adversity

EXAMPLES
*physical or emotional abuse,
exposure to violence*

The Conscious Discipline Brain State Model



Executive State
Prefrontal Lobes
What can I learn from this?

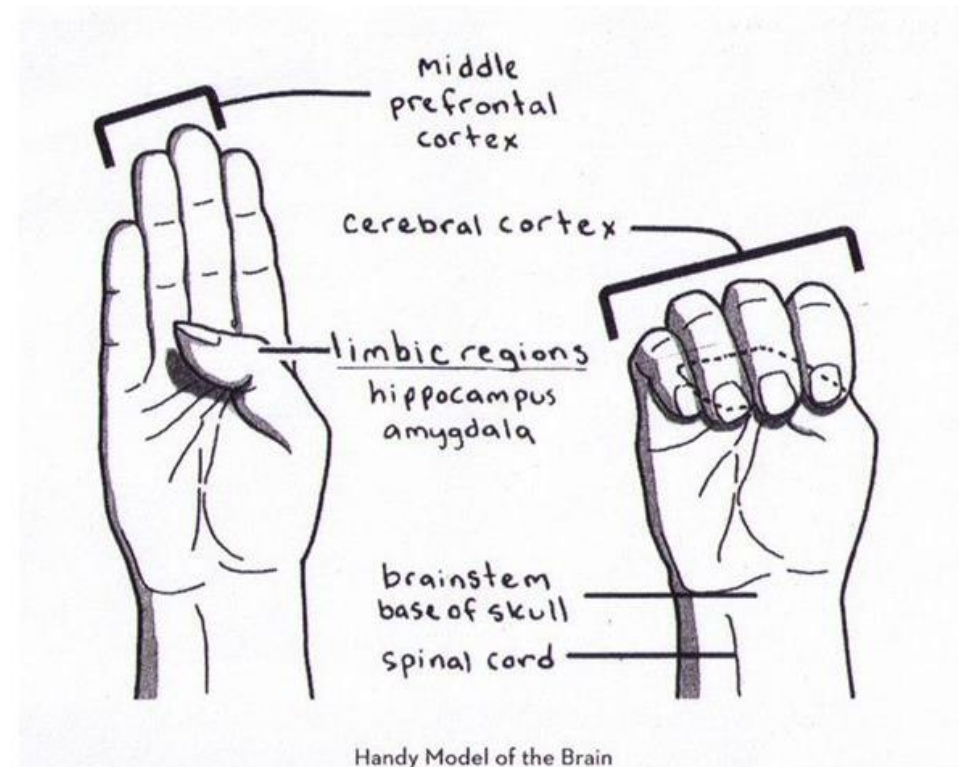
Emotional State
Limbic System
Am I loved?

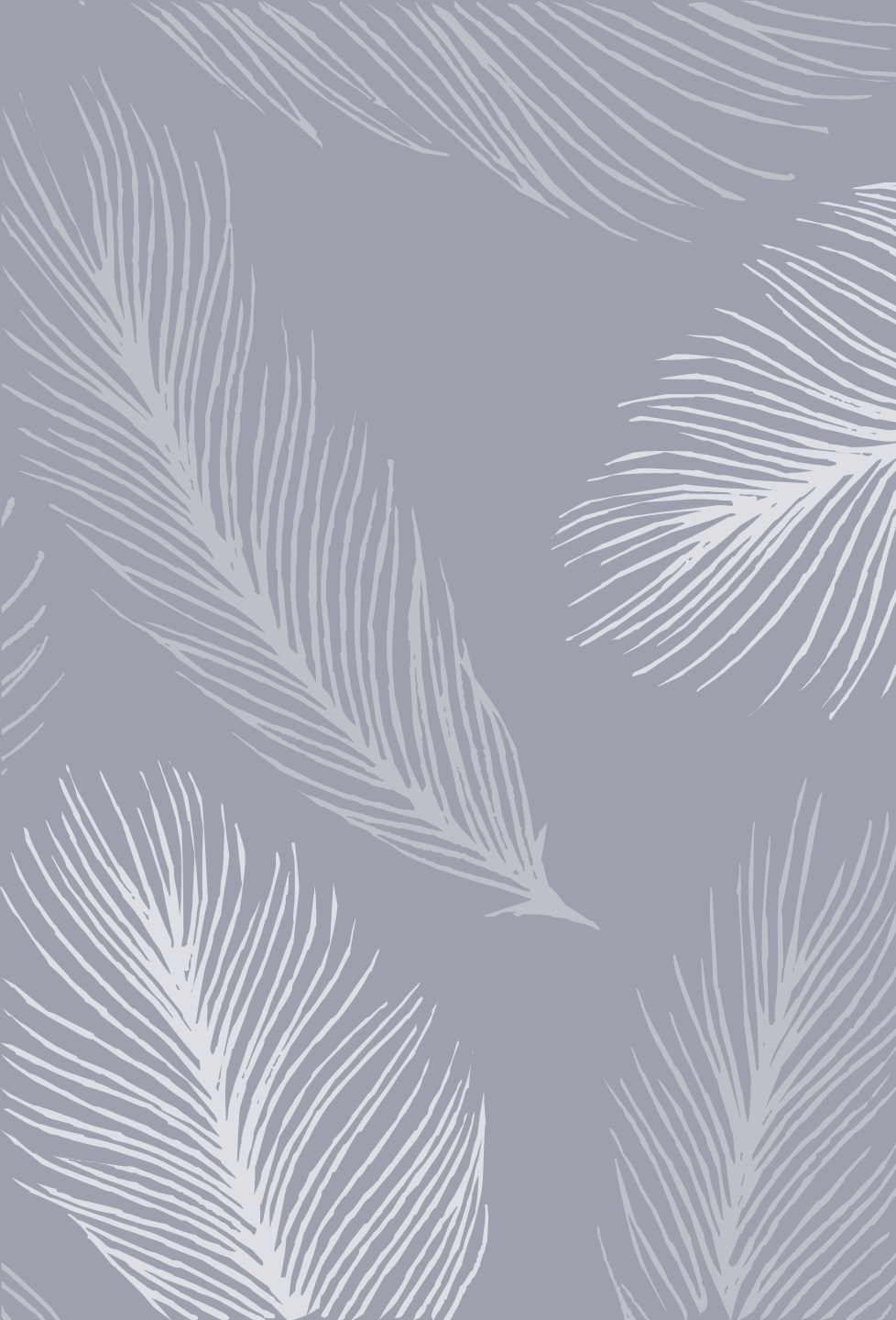
Survival State
Brain Stem
Am I safe?

The Hand Model of the Brain

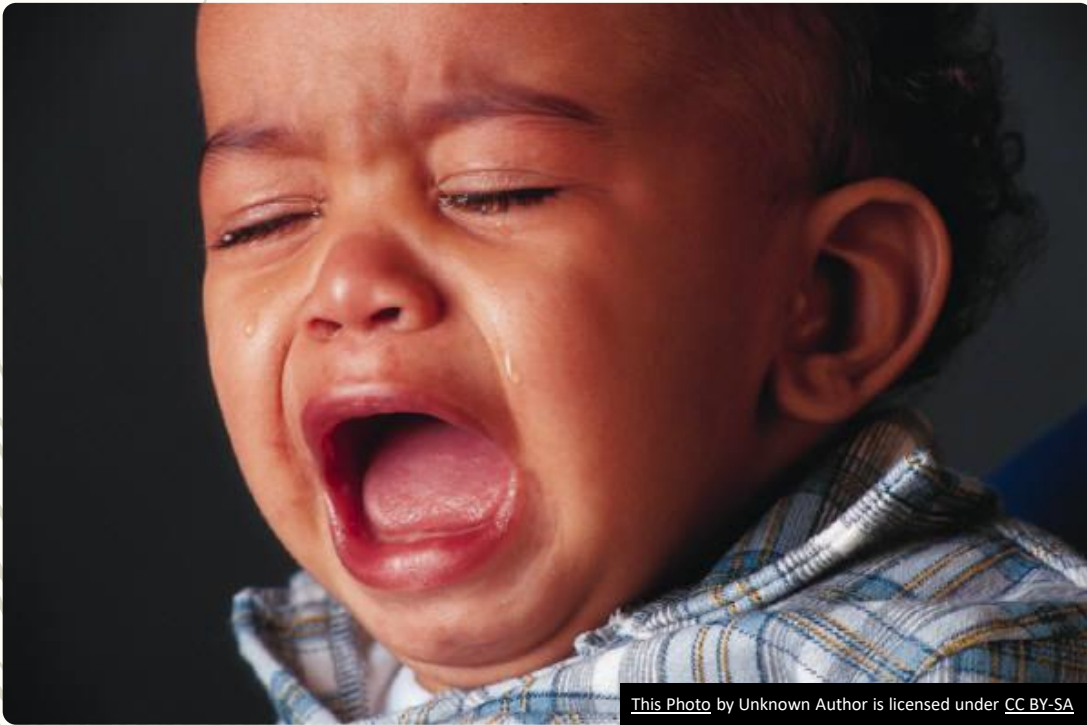
Hand Model of the Brain

(Dr Daniel Siegel)





Rarely is a choice made about which state to be in. The nervous system automatically determines which response seems most adaptive for the situation based upon many factors, including current circumstances, memory of past experiences, and innate temperament.” – Drs. Dan Siegel and Tina Payne Bryson – The Yes Brain



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When we are stressed, we all regress.

The New Norm: Shifting the Conversation...

What is wrong with you?

TO

What has happened to you?





Chat Box Exercise 1

-
- How do you know when you are stressed? What are your cues? (physical, behavioral, etc.)
 - What strategies do you use when you are stressed?
 - Answer in your journal and/or the chat box



Chat Box Exercise 2

- How do you know when you are children are stressed? What are your cues? (physical, behavioral, etc.)
- What strategies do you use when your children are stressed?
- Answer in your journal and/or the chat box

Brain Break

Neck and Shoulder Rolls



What is a “Felt Sense of Safety?”

- When an individual can access their Executive State. They feel safe and connected.
- This is not a choice for children (and adults). Their bodies react to cues that they may not even consciously register.
- Supporting a felt sense of safety is even more important during times of crisis.

A photograph of a man in a white sweater smiling and holding the hand of a baby lying on its back. The man is leaning over the baby, and the baby is looking up at him. The background is a plain, light-colored wall.

How do we create a felt sense of
safety for children and families?

Rituals promote a Felt Sense of Safety

Rituals provide predictability and enable connection.



This Photo by Unknown Author is licensed under [CC BY](#)

- The human brain seeks out, and learns best through, patterns.
- Having something happen the same way over and over again helps us feel safe
 - *“You said this would happen and it did. I can trust you.”*
- When something happens over and over again, we get the chance to become aware of its importance for ourselves and internalize the learning/connection.

Rituals are supported by the Power of Perception and the Skill of Composure



The Greeting ritual

Promotes connection with every child and family in your classroom.

Select a location where you (or your co-teacher, take turns!) will stand every morning to greet children and families when they enter the room.

Use your body language to show your intentionality in keeping everyone safe.

Choose what you will say to children and families.

- For families with infants and toddlers – “Good morning, (adult name)! I see you brought your precious (child’s name) with you and (child’s name) brought his/her (elbows, toes, etc.).”
- For families of older children – “Good morning, (adult and child name)! I’m so glad you are here today. How would you like to be greeted (offer a choice with a visual helper).”



The Safekeeper ritual

In order for children and families to start their day off well, they need to feel safe.

The Safekeeper Ritual can look different for different environments

Embed the language of the ritual into your Greeting Ritual – “My job is to keep it safe today, I ask that you help keep it safe.”

A bulletin board and/or class book that says, “I commit to keeping it safe,” and describes ways to keep it safe.

A Safekeeper Box

- Each child has a popsicle stick with their name on it, or other personalized item, that they place in the box daily as a commitment to be a Safekeeper.



The Language of safety

The language of safety embeds safety throughout every activity.

The language of safety removes judgement, moving from:

- Bad/Good and Right/Wrong to Safe/Unsafe



Wish well ritual

Wishing well offers children a way to support each other and calm themselves, laying the foundation for empathy.

When a child (or teacher) is absent, moving to another school, is late, or needs support for other reasons, place the child's (or teacher's) picture or name in the heart of your Wish Well board.

Wish the person well by:

- Singing "I Wish You Well" (It Starts in the Heart CD)
- Wishing Well
 - Putting your hands over your heart
 - Take a deep breath in
 - Pause and picture the person in your mind
 - Breathe out while opening your arms and sending your loving thoughts to that person



The Goodbye ritual

Promotes connection with every child and family in your classroom.

Select a location where you (or your co-teacher, take turns!) will stand every afternoon to say goodbye to children and families when they leave your room.

Use your body language to show how happy you are that they were here today.

Choose what you will say to children and families.

- For families with infants and toddlers – “Goodbye __ (parent/guardian name)__. Thank you for bringing your precious __ (child name)__ to school today! Give the child a hug and say, “You are valued. I’m glad you were here today,” and pass them to their parent/guardian’s arms.
- For families of older children – As families and staff arrive for pick up/get ready to leave, ask them, “How would you like to say goodbye?” and have them choose from your visual.

Food for thought...

Children engage with learning in a way that makes them feel safe.

- Sitting down, standing up, laying down – all these behaviors are rooted in the child's unconscious need for safety.
- Their body is telling them how to best get their brain to engage.
 - *Are you willing to allow children to engage in learning in a way that works best for them?*

For some children, “safe” may mean “opting out.” (physically or mentally)

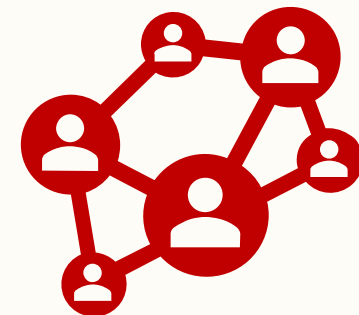
- Children who feel safe and connected do not just leave a learning session
 - *Are you ok with children “opting out” of your lesson? Why? Why not?*
 - *How will you follow up with children who “opt out?”*
 - *How will you support a child, so they don't feel the need to opt out next time?*



Chat Box Exercise 3

-
- Have you learned a new strategy to help deal with stress for yourself and/or your children?
 - How will you work to implement it?
 - Answer in your journal and/or the chat box

Supporting Families (and Co-Workers)



Ask
yourself
and your
families/co-
workers
these
questions:

When is a good time
to connect?

When am I at my best to provide support?

What is the best way
to connect?

When are you able to receive my support?

How can you best receive my support?

What supports are
needed?

How can I best show you that I am here for you?

What needs can I help you meet today?

What rituals can I use
to support you?

Brain Smart Start

Wish Well Ritual

Welcome and Goodbye Ritual


I love you Rituals




Creating a Plan to Implement or Strengthen a Ritual

1. What materials will you use?
2. How will you teach children and adults to support the ritual?
 1. For example: How will you teach children and adults to breathe and wish well all people in distress before attempting to solve a problem?
3. When will you implement the ritual?
4. What will you provide extra for those experiencing a great deal of stress and/or loss?
5. How will you share this information with families?
6. How will you study the Power of Perception and the Skill of Composure to support the use of the ritual?

Respect the connection and safety needs of all members of your school family (children and adults).



Actively and intentionally support the connection and safety needs of all.



Actively support your personal needs through an intentional strategy of self-care.

*An invitation
to support
safety in your
classroom*



Read to Succeed Training

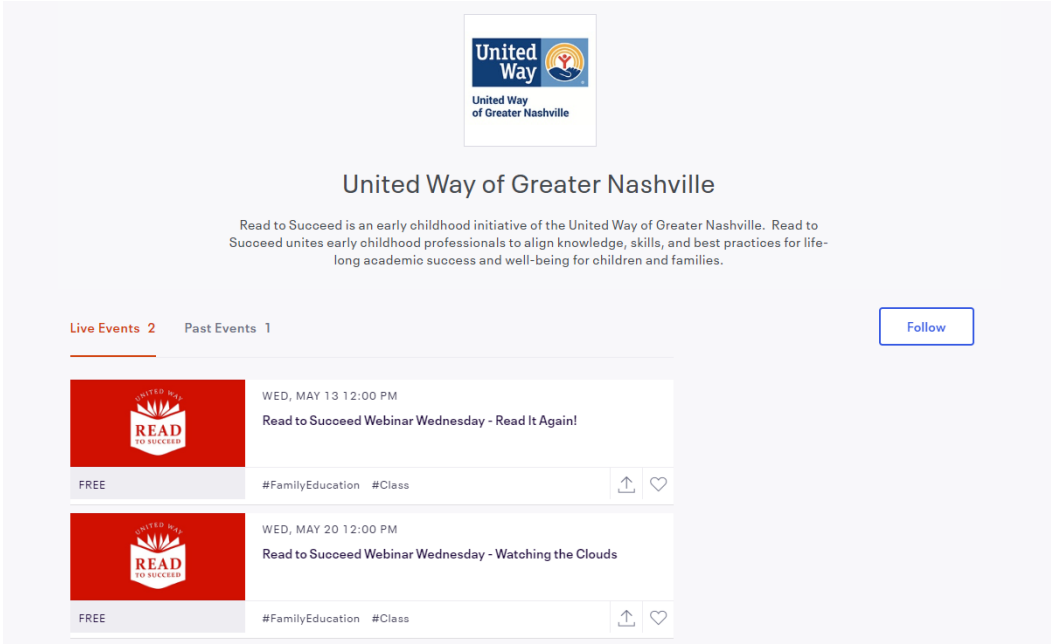
Here are the links to Read to Succeed webinars for early childhood learning professionals including teachers, instructional coaches and administrators. All webinars are DHS approved. Certificates are provided after viewing the webinar and completing a reflection form via the unique Google Form link for each webinar. Please contact Elandriel Lewis (elandriel.lewis@unitedwaygn.org) with questions.

FIND WEBINAR RECORDINGS...

[HTTPS://WWW.UNITEDWAYNASHVILLE
.ORG/RTS-TRAINING](https://www.unitedwaynashville.org/RTS-TRAINING)

Find and register for future webinars



Join us next week for “An Introduction to Emergent Curriculum” with Kathleen Scabolt of the Vanderbilt Child and Family Center



United Way of Greater Nashville

Read to Succeed is an early childhood initiative of the United Way of Greater Nashville. Read to Succeed unites early childhood professionals to align knowledge, skills, and best practices for life-long academic success and well-being for children and families.

Live Events 2 Past Events 1 [Follow](#)

	WED, MAY 13 12:00 PM Read to Succeed Webinar Wednesday - Read It Again!
FREE	#FamilyEducation #Class Share Heart
	WED, MAY 20 12:00 PM Read to Succeed Webinar Wednesday - Watching the Clouds
FREE	#FamilyEducation #Class Share Heart

[HTTPS://WWW.EVENTBRITE.COM/O/UNITED-WAY-OF-GREATER-NASHVILLE-30218001622](https://www.eventbrite.com/o/United-Way-of-Greater-Nashville-30218001622)

Register to Vote!



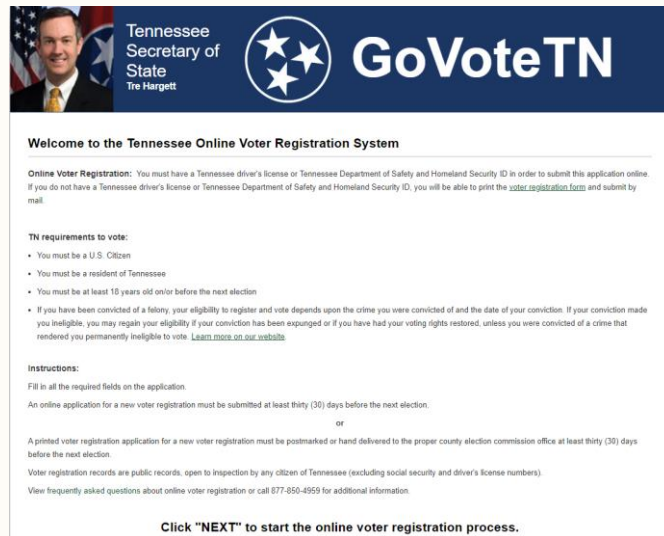
DO SOMETHING .ORG

PAYING ATTENTION TO HOW OUR GOVERNMENT IS HANDLING COVID-19?

Take 2 minutes to register to vote at your current address.

The COVID-19 outbreak exposes just how much your local, state, and federal government affect your daily life. Your vote is your way of making an impact on the decisions our government makes. Register online now with your state.

Email Zip Code **Get Started**



Tennessee Secretary of State The Hargett

GoVoteTN

Welcome to the Tennessee Online Voter Registration System

Online Voter Registration: You must have a Tennessee driver's license or Tennessee Department of Safety and Homeland Security ID in order to submit this application online. If you do not have a Tennessee driver's license or Tennessee Department of Safety and Homeland Security ID, you will be able to print the [voter registration form](#) and submit by mail.

TN requirements to vote:

- You must be a U.S. Citizen
- You must be a resident of Tennessee
- You must be at least 18 years old on/ or before the next election
- If you have been convicted of a felony, your eligibility to register and vote depends upon the crime you were convicted of and the date of your conviction. If your conviction made you ineligible, you may regain your eligibility if your conviction has been expunged or if you have had your voting rights restored, unless you were convicted of a crime that rendered you permanently ineligible to vote. [Learn more on our website](#)

Instructions:

Fill in all the required fields on the application.

An online application for a new voter registration must be submitted at least thirty (30) days before the next election.

or

A printed voter registration application for a new voter registration must be postmarked or hand delivered to the proper county election commission office at least thirty (30) days before the next election.

Voter registration records are public records, open to inspection by any citizen of Tennessee (excluding social security and driver's license numbers).
View frequently asked questions about online voter registration or call 877-850-4959 for additional information.

Click "NEXT" to start the online voter registration process.

-
- GENERAL INFO ON REGISTERING TO VOTE - [HTTPS://VOTE.DOSOMETHING.ORG/?R=SOURCE:WEB,SOURCE_DETAIL_S:HELLOBAR](https://vote.dosomething.org/?R=SOURCE:WEB,SOURCE_DETAIL_S:HELLOBAR)
 - REGISTER TO VOTE IN TN - [HTTPS://OVR.GOVOTE.TN.GOV/](https://ovr.govote.tn.gov/)

Absentee Voting



Get an Absentee ballot!

- GENERAL INFO ON ABSENTEE BALLOTS - [HTTPS://WWW.USA.GOV/ABSENTEE-VOTING](https://www.usa.gov/absentee-voting)
- GET AN ABSENTEE BALLOT IN TN - [HTTPS://OVR.GOVOTE.TN.GOV/](https://ovr.govote.tn.gov/)

A screenshot of the USA.gov website. At the top left is the USA.gov logo. To its right is a search bar with the text "Search All Government" and a magnifying glass icon. Further right is the phone number "1-844-USA-GOV1". Below the search bar is a navigation menu with several categories: "All Topics and Services", "Benefits, Grants, Loans", "Government Agencies and Elected Officials", "Jobs and Unemployment", "Money and Taxes", "Travel and Immigration", and "Voting and Elections". A "Español" button is located to the right of the menu. The main content area is titled "Absentee and Early Voting" in red. Below the title is a sub-header "< How to Vote". The main text reads: "Learn about absentee and early voting as alternatives to voting on Election Day. Find out the rules for your state." Below this is a section titled "On This Page" with two links: "Absentee Voting or Voting by Mail" and "Early Voting". At the bottom, there is a section titled "Absentee Voting or Voting by Mail" with a paragraph of text: "Absentee voting allows you to vote by mail. [Though every state has absentee voting](#), rules on who can take part vary. **Note: Your state's rules may change in 2020 due to the coronavirus pandemic.**"

I WISH
YOU
WELL

