

Resources for Use During COVID-19 – May 8, 2020

GENERAL

Catherine McTamaneý's articles.

[Wonder and the Child](#)

<https://www.montessoridaoshi.com/single-post/2019/11/13/Wonder-and-the-Child>

Often a child's sense of wonder is a mysterious and unpredictable phenomenon. We know it's present for the child, and we know we want to honor it without our own adult agendas...how do we create spaces to facilitate the spiritual state of wonder?

Helping Children and Adolescents Cope with Anxiety

<https://www.whitepaperpress.us/helping-children-adolescents-cope-with-anxiety/>

This Blog Post by [Dr. Laura Flores Shaw – writer, speaker, researcher, consultant](#) stimulates our thinking about how we can help our children self-reflect and provide them with tools and experiences that allow them to practice how to effectively manage the uncertainty that we are facing today.

Article on Preschool Teachers – Are our preschool teachers worth more now than they were two months ago.

<https://www.brookings.edu/blog/education-plus-development/2020/04/13/are-our-preschool-teachers-worth-more-than-they-were-two-months-ago>

ELEMENTARY AND ADOLESCENT LESSONS

ELEMENTARY - FROM WIDE OPEN SCHOOLS

Science Activities

<https://wideopenschool.org/programs/family/6-12/science/>

Arts and Music

<https://wideopenschool.org/programs/family/6-12/arts-music-diy/>

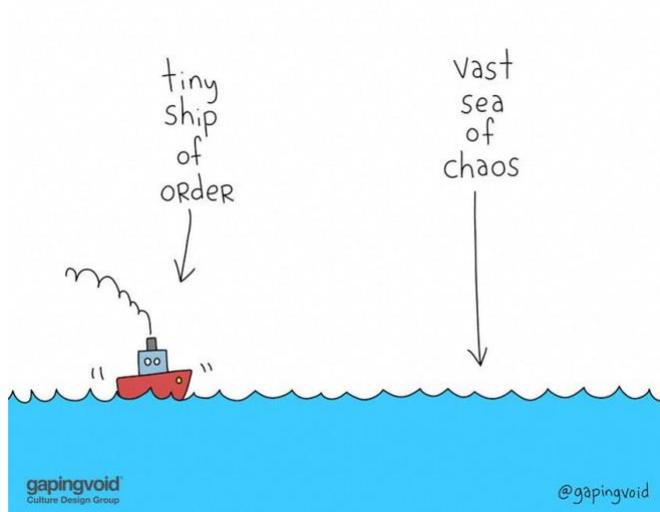
Get Moving

<https://wideopenschool.org/programs/family/6-12/get-moving/>

MIDDLE SCHOOL

https://www.washingtonpost.com/lifestyle/on-parenting/seven-ways-parents-and-educators-can-improve-kids-middle-school-experience/2019/09/02/ad8eb938-bed2-11e9-a5c6-1e74f7ec4a93_story.html?fbclid=IwAR2D92C0YGehGQGf6ZTvNKdkgqvyCSv4djWf6USMu77XKz8nT0tRxC54jCE

As a school counselor, **Phyllis Fagell** knows many parents feel powerless to help, but this isn't a phase to sit out, especially because middle schools are often misaligned with tweens' needs to belong, assert autonomy, connect, establish a positive self-identity and exercise independence.



The more things change, the more they stay the same. This originally ran in 2011, we thought it was more relevant than ever.

This world is a chaotic place, and here we are, trying to maintain some kind of order in our little corner of it.

Most of the time it seems futile, but in many ways that is our job. Maintain order and sanity for our kids at home, for our teams at work, and all that while trying to predict the next curveball, making sure we live to fight another day.

Teens * Social Distancing * Covid 19

What parents may be seeing/hearing:

excessive screen time
swearing
defiance
disrespect
ignoring

complaining
sneaking
refusing
fighting
leaving

What teens may be experiencing:

boredom
helplessness
lack of skills
disconnection
emotionally
dis-regulated

fear
worry
confusion
powerlessness
misunderstanding
worry about social status

**Rather than focusing on the tip of the iceberg, problem solve
with teens by addressing what is under the surface**



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Remember also that adolescents are in a moment of development, different elements of which come together in a way to make them feel invulnerable and prone to risk taking.

COMMUNICATION

Shared by the Montessori School of Rochester:

“Never speak ill of the child in his presence or in her absence.” -Maria Montessori

To speak poorly of a child places judgement and an innate prejudice against their potential.

Below, find alternative thought processes to “negative” behavioral titles.

PROBLEM FOCUSED

SOLUTION FOCUSED

bossy	→	natural leader, visionary
defiant	→	holds strong beliefs, bold, determined
demanding	→	knows what they want, outspoken
dramatic	→	expressive, passionate
fearful	→	cautious, careful
fussy	→	has strong preferences
hyperactive	→	energetic, enthusiastic, on the go
impulsive	→	spontaneous, instinctive
oppositional	→	advocates for a different perspective
rebellious	→	is finding their way
stubborn	→	persistent, determined, steadfast
talkative	→	enjoys communicating
tattletale	→	seeks justice, respects rules
unfocused	→	multitasks, pays attention to many things
wants attention	→	advocates for needs, seeks connection