

COVID Collection

Collection of Resources for Schools Responding to COVID-19



Photo credit: Majdi Fathi/NurPhoto via Getty Images

Assembled by:
Cierra Nickerson, School Climate and Culture Specialist



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Helpful Infographics

you retweeted



Francisco Social Distancing @Disa... · Apr 7

Symptoms of stress include:

- Fear & worry
- Appetite changes
- Sleep disruptions

If you or a loved one are experiencing stress, please call 1-800-985-5990 for help.

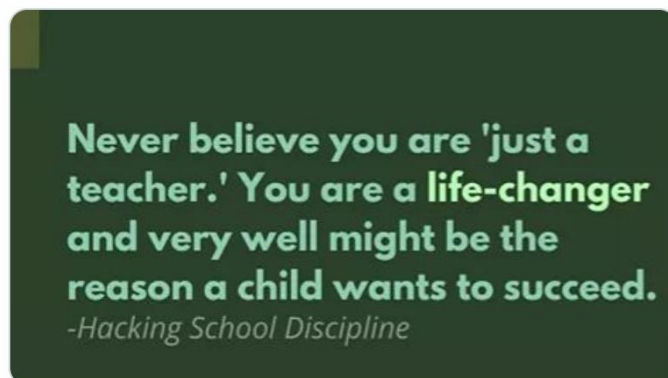
#COVID19 #Coronavirus



Brad Weinstein @WeinsteinEdu · 15h

YOU make a difference! 🙌

#HackingSchoolDiscipline
amzn.to/2VSNZl





Remote Learning Opportunity

to:

as an

NOT to:

 create learning experiences that allow us to explore **new forms** of teaching and learning

 continue to do **"business"** as usual

 build skills that will support the **now literacies** (digital citizenship, information literacy, media literacy, network literacy global literacy)

 ignore that we are **flying as we are building the airplane**. Cut yourself some slack, embrace the action research

 build skills that will foster a new sense of community (again not aiming to substitute the same in-person- community we are used to)

 substitute the exact same in-person-**schedule** students follow traditionally in school

 find learning experiences for us as educators as well as our students that help develop **now skills** (communicate, collaborate, connect, critical thinking, create)

 give our students a package of **worksheets** to complete as "busy work" and a way to say "we covered it".

 **amplify** collaboration and embed crowdsourcing

 have our students **sit quietly** in front of their screens through long lectures of recorded videos or live video conferences

 **document FOR Learning** in order to support reflection and metacognition and collaboratively learn from this crisis

 expect the same **results** as face to face teaching and learning

 **communicate** with each other beyond space (geography) and time (asynchronously)

 focus on **analog** reading and writing skills **alone**

 move from consumption of information to **creation** (remixing, adding value, creating new) of information.

 **isolate** ourselves and students in our learning, not connect beyond our quarantined walls and not to connect globally

 foster **self- directed** and **self-motivated** learning and working skills

 ignore our students **strengths** and **passions** to connect and personalize learning.

 foster **social-emotional** learning

 practice **balance** between our analog and digital activities

 amplify reading and writing to include new forms



LANGWITCHES

THE MAGIC OF LEARNING

Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.
"I am angry."
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.

Encourage your child to focus on the moment.



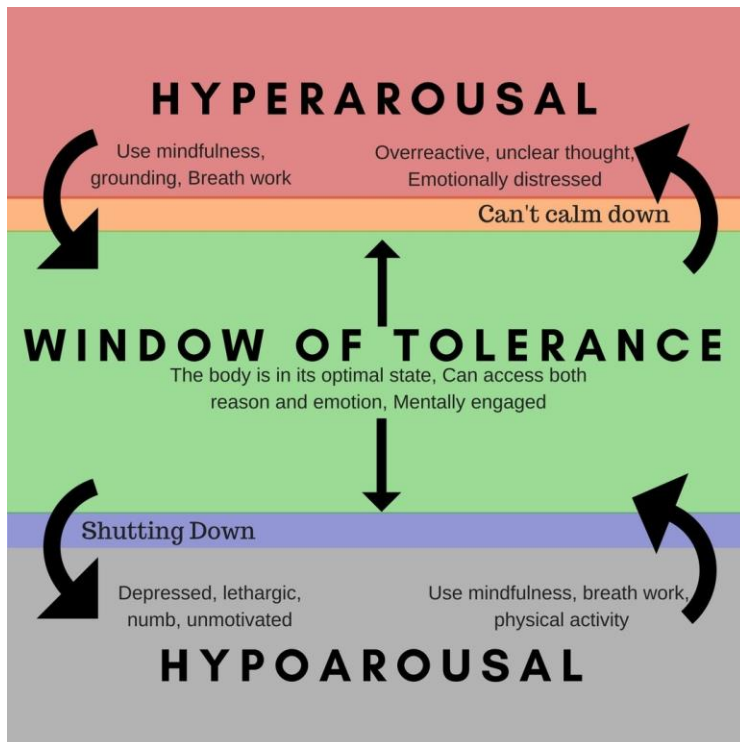
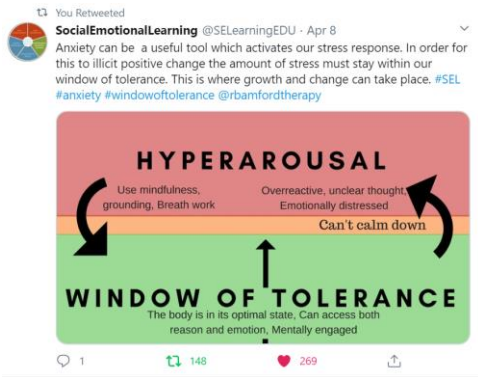
Establish a self-care routine.



Recognize toxic stress events.

Blessing Manifesting

Cultivate interests and hobbies.



Dear Parents,

Don't stress about schoolwork. In September, I will get your children back on track. I am a teacher and that's my superpower. What I can't fix is social-emotional trauma that prevents the brain from learning. So right now, I just need you to share your calm, share your strength, and share your laughter with your children. No kids are ahead. No kids are behind. Your children are exactly where they need to be.

With love,
All the teachers on planet Earth

From the Kentucky Writing Project:



DRAWING CHALLENGES FOR KIDS

1. Draw a cover for your favourite book
2. Draw a dinosaur in modern times
3. Draw something you can see right now
4. Design a robot to help you with some tasks
5. Make a picture, using three colours only
6. Draw a fantastical animal
7. Design your coat of arms
8. Draw a short comic
9. Make a zentangle doodle
10. Engineer an amazing treehouse
11. Draw your name in fancy letters
12. Make a drawing in the style of your favourite cartoon
13. Draw what happiness looks like
14. Draw yourself if you lived a long time ago
15. Draw an imaginary friend
16. Draw an underwater world
17. Go outside and draw something there
18. Draw yourself ten years in the future
19. Make a treasure map
20. Design a cool invention
21. Draw a house inhabited by tiny people
22. Make an impromptu squiggle, then turn it into a drawing
23. Draw an animal with superhero abilities
24. Draw your preferred mode of transportation
25. Draw your favourite season
26. Draw your ideal pet
27. Draw a fairy based on your favourite flower
28. Design a perfect birthday cake
29. Draw your dream travel destination
30. Draw yourself dressed in an extravagant costume
31. Draw an anthropomorphic vehicle
32. Draw an amazing ride in an amusement park
33. Draw life on a different planet
34. Design a new statue for the city/town you live in
35. Draw the most beautiful flower
36. Draw a ship that would take you on a trip around the world
37. Draw a landscape of a magical world
38. Make a draw-by-number picture
39. Draw the things you would pack for an adventure
40. Draw your friends as a team of superheroes
41. Draw a house of a wizard
42. Draw an animal dressed in historical attire
43. Design a maze
44. Draw a memory from when you were very small
45. Design a new video game
46. Engineer a bridge that will connect two islands together
47. Draw a castle for yourself
48. Draw a tree that bears something unexpected
49. Make a drawing in a cave-art style
50. Draw a logo for a business you would like to start
51. Make a drawing just with dots
52. Draw your favourite recipe



Adventure-in-a-Box.com

1. GRADING
FEEDBACK, NOT GRADES

2. SOCIAL-EMOTIONAL LEARNING

→ LEAD WITH LOVE, NOT LESSONS
→ CURRICULUM WITH CARE

ARE YOU OK?

7 Tips for Remote Teaching

— LARRY FERLAZZO —

! MODIFICATIONS
may be needed

! EQUITABLE ACCESS
of computers / internet assumed

5. INDIVIDUAL CONVERSATION
OFFICE HOURS, VIDEO CHATS AS POSSIBLE, IF POSSIBLE

6. KEEP IT SIMPLE
2-3 SENTENCE INSTRUCTIONS
MAX!

COGNITIVE BANDWIDTH
PLAN IN HALF

3. MINIMIZE SYNCHRONOUS ONLINE MEETINGS

BE MINDFUL OF DIFFERENT NEEDS, ABILITIES, AVAILABILITIES

4. NOT ONE SIZE FITS ALL!


DEADLINES = ASPIRATIONAL vs. IN-STONE

7. OFFER GRACE

assume BEST INTENTIONS → STUDENTS
→ PARENTS
→ SELF

colleagues

Wendi Pillars @wendi322



NOT EVERY TEACHER

Not every teacher lives in conditions they want broadcasted to their co-workers or students over video conferencing.

Not every teacher can afford to buy out a craft store to convert their living room into a learning wonderland.

Not every teacher has the bandwidth, literally or otherwise, to become an online instructor overnight.

Not every teacher can put their health at risk to pass out work packets or meals to families in need.

Not every teacher works in neighborhoods you can parade through.

Not every teacher has the in-home support to balance being a caregiver, instructor, chef, tutor and tech support all day.

But one thing **every teacher** is doing is trying. Through pandemics, technology breakdowns, revolving expectations and unknown unknowns, we keep trying and we keep teaching.

So if you feel like you are not every teacher, principal, para, librarian or counselor, please know this: while your *daily diligence* may not go viral, the work you do everyday is **vital**. Truly. Thank you.

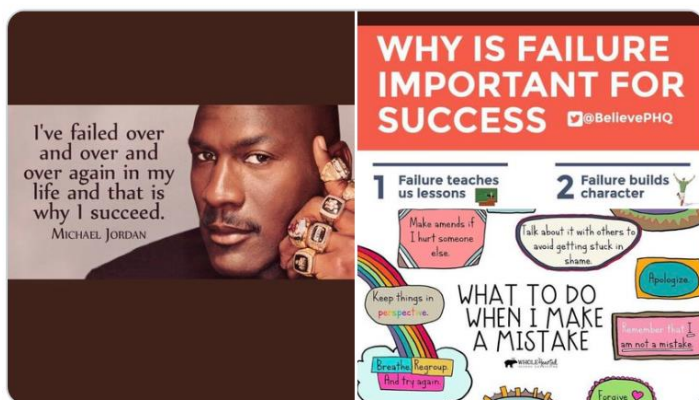
=PrayerAndPedagogy

16 Everyday Activities That Count as Learning

1. Cooking & Baking 
2. Meal Planning 
3. Budgeting 
4. Checking the Weather Forecast 
5. Building with LEGO 
6. Playing Card Games 
7. Playing Board Games 
8. Doing Puzzles 
9. Imaginative Play 
10. Listening to Music 
11. Reading 
12. Coloring, Drawing, Painting 
13. Listening to Podcasts or Audiobooks 
14. Writing Letters or Emails 
15. Taking a Walk 
16. Cleaning & Doing Chores 



Dr. Erik Youngman #D70 @Erik_Youngman · 19h
Learn from mistakes and failure reflectively and creatively with a #GrowthMindset...



I've failed over and over and over again in my life and that is why I succeed.
MICHAEL JORDAN

WHY IS FAILURE IMPORTANT FOR SUCCESS

1 Failure teaches us lessons

2 Failure builds character

3 Failure makes us stronger

4 Failure builds resilience

5 Failure helps us learn

6 Failure encourages improvement

7 Failure creates opportunities

8 Failure encourages thinking

9 Failure encourages problem solving

10 Failure makes us more courageous

WHY IS FAILURE IMPORTANT FOR SUCCESS

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Look how much you've
already managed to
adapt to. Look how
resilient you've already
been. There's no "right"
way to respond to this
because it's never, ever
happened before. Give
yourself some credit. ☆
There's no one in the
whole world who has
this figured out yet.
So it's absolutely okay
if you don't either ♥
mellow doodles

THREE IMPORTANT REMINDERS...

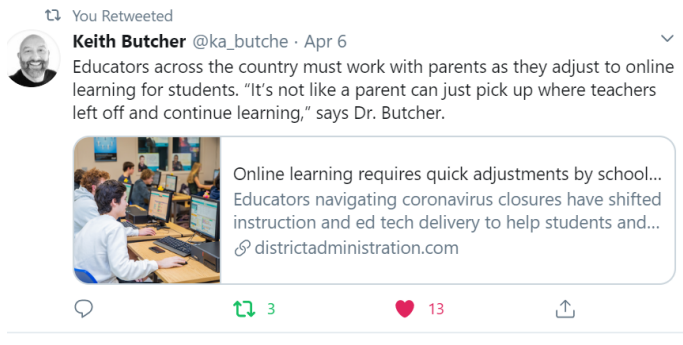
1. YOU MATTER.

2. YOU ARE LOVED.

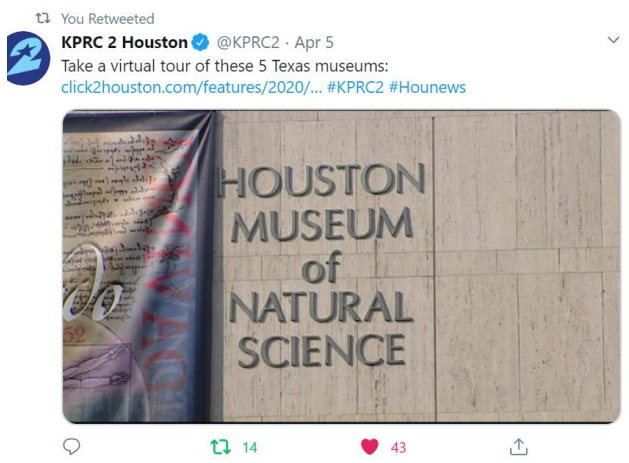
3. EVERYTHING WILL BE OKAY.

@WeinsteinEdu

Helpful Articles



<https://districtadministration.com/online-learning-homework-superintendent-adjust-coronavirus-schools-closed>



https://www.click2houston.com/features/2020/04/03/take-a-virtual-tour-of-these-5-texas-museums/?utm_source=twitter&utm_medium=social&utm_campaign=snd&utm_content=kprc2



<https://www.entrepreneur.com/article/348558>



https://www.pbs.org/parents/thrive/said-want-red-bowl-responding-toddlers-irrational-behavior?utm_source=ptwitter&utm_medium=social&utm_campaign=sdfy20



<https://news.umich.edu/social-distancing-and-coronavirus-what-are-the-implications-on-mental-health/>



<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?fbclid=IwAR1HV0sCAUzy3JARQ4cnoDvgO30-UuLv-51gNOzAUpsaiwElqS4vCZKrMis>

You Retweeted



MHA Greater Houston @MHAHouston · 6h

Understand how **#COVID19** anxiety manifests in your child by taking a deeper dive into each reaction.



8 Ways A Child's Anxiety Shows Up as Something Else...
Anxiety has many faces including anger, negativity and defiance. Is your child's anxiety showing up as ...
gozen.com



<https://gozen.com/8-ways-a-childs-anxiety-shows-up-as-something-else/>

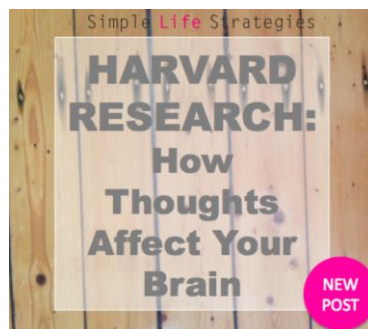


Sure! Here is the first one. I have another one coming soon entitled when schools resume...



No Protocol in a Pandemic: How Educators Respond
Schools and districts across America are now closed. The schools in my home state of Virginia are closed through the end of the year.
[linkedin.com](https://www.linkedin.com/pulse/protocol-pandemic-kathryn-starke)

<https://www.linkedin.com/pulse/protocol-pandemic-kathryn-starke>



<https://simplelifestrategies.com/harvard-research/>

David Geurin @DavidGeurin · 22h
Why You Should Care About How People Are Feeling bit.ly/2RPnPMK via @KatieMTLC #in

Why You Should Care About How People Are Feeling
In Permission to Feel, Marc Brackett writes, "It is one of the great paradoxes of the human condition- we ask some variation of the ..."
katiemartin.com

<https://katiemartin.com/2020/04/19/why-you-should-care-about-how-people-are-feeling/>

American Psychological Association @APA · 20h
Children experience stress and anxiety just like adults, but they may not know how to recognize the symptoms or ask for help. Follow these tips to start a conversation and keep the lines of communication open, especially during the uncertainty of #COVID19.

Talking to kids when they need help
It is important for parents and teachers to build a sense of trust with kids and teens, and have an open line of communication.
[apa.org](https://www.apa.org)

https://www.apa.org/helpcenter/help-kids?utm_source=twitter&utm_medium=social&utm_campaign=apa-parenting&utm_content=help-kids

KPRC 2 Houston @KPRC2 · 19h
Here are 14 gyms and fitness studios offering online exercise classes so you can keep active while you're cooped up inside. --> bit.ly/2KfgSQL #KPRC2

Stay active indoors in Houston: Here are 14 gyms, fitness studios offerin...
Here are 14 gyms and fitness studios, some local and some not, offering online exercise classes so you can keep active while you're cooped up ...
[click2houston.com](https://www.click2houston.com)

https://www.click2houston.com/news/local/2020/03/29/stay-active-indoors-here-are-14-gyms-fitness-studios-offering-online-workout-classes-during-the-coronavirus-outbreak/?utm_source=twitter&utm_medium=social&utm_campaign=snd&utm_content=kprc2

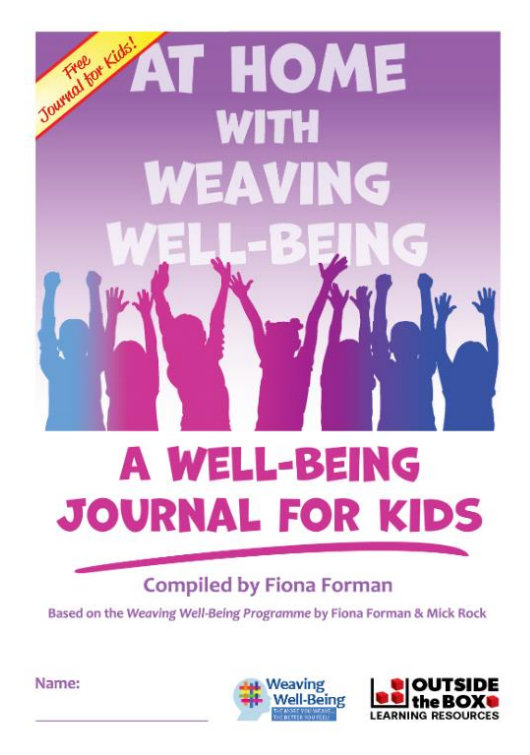


<https://www.washingtonpost.com/opinions/2020/04/13/how-show-lovingkindness-despite-social-distancing/>



<https://www.thechicagoschool.edu/insight/for-our-wellness/succeeding-in-online-learning/>

Helpful Toolkits and Websites



<https://indd.adobe.com/view/5237deef-2311-469f-9e2d-b5ee89c2000f>

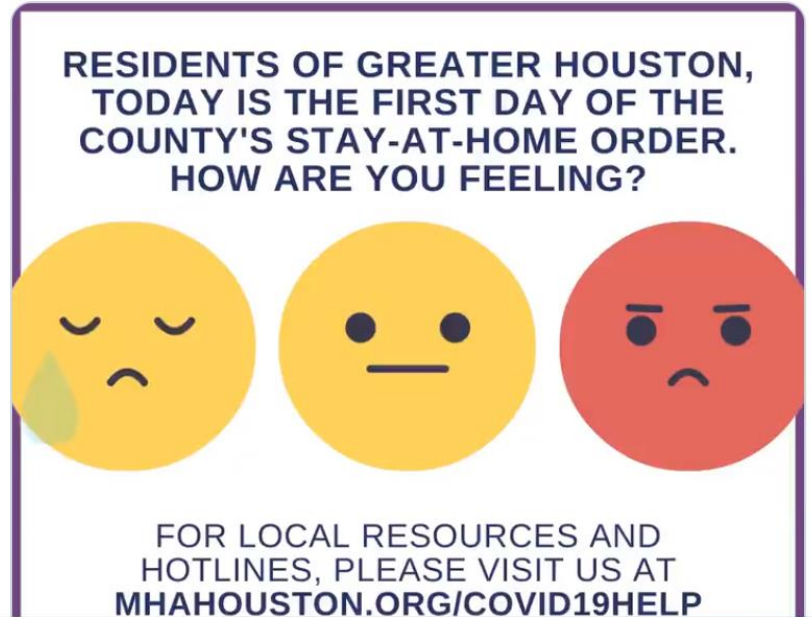


<https://mhanational.org/mental-health-month>



MHA Greater Houston @MHAHouston · Mar 25

If you or someone you know need room to express emotions or cope with our current situation, please visit our resource page. We are here to help you through this. mhahouston.org/covid19help
#houston #houstontx #houstonmentalhealth #houstonstrong
#houstonshutdown #selfcare #COVID19



<https://mhahouston.org/covid19help/>

7 MINDSETS

7 Mindsets Solution SEL Resources Store Get In Touch



REQUEST INFO



<https://7mindsets.com/coronavirus-resources-for-educators/>


Helpful Webinars and Transcripts

PEARLS OF CHANGE

WELLNESS, LLC

TIPS ON

MENTALLY SURVIVING COVID 19



Hosted by Glenda Demas, LPC
Attending Clinician

APR 22

Free Webinar covering Mentally Surviving Coronavirus (COVID-19)

by Glenda Demas, Psychotherapist

[Follow](#)

Free

[Register](#)

<https://www.eventbrite.com/e/free-webinar-covering-mentally-surviving-coronavirus-covid-19-tickets-102002187288?aff=erelpanelorg>

Free webinar on Thursday, April 16, exclusively from Corwin



Join us for a webinar on:

Supporting Educator Resilience During Shelter in Place

Presented by Ricky Robertson
Thursday, April 16
3:00pm ET/12:00pm PT


[Sign me up!](#)

The COVID-19 pandemic has disrupted schools across the nation and contributed to a general sense of uncertainty and anxiety. As we shelter in place, school is no longer the source of stability and connection that many of our students rely upon. During this time, educators play a critical role in supporting the social-emotional well-being of their students. However, that responsibility carries with it considerable stress and emotional labor for our teachers. In this webinar, we will explore ways to care for our well-being as we support others through this challenging time. Participants will learn strategies for self-care, bite size resilience, and building supportive virtual communities for educators.



https://zoom.us/webinar/register/WN_obSYCiozSMGH9sV2jpwQEA





YOU'RE INVITED TO

Meditate & Flow

JOIN US FOR A VIRTUAL SESSION OF GUIDED MEDITATION

TREAT YOURSELF BY RECONNECTING WITH YOUR INNER SELF, WHILE WELCOMING PEACE, BALANCE, AND SERENITY DURING THESE UNCERTAIN TIMES

EVERY 4TH SUNDAY STARTING APRIL 26, 2020 |
11:11 PM | LIVE ONLINE
RSVP ON EVENTBRITE



MULTIPLE DATES

**Meditation After Dark:
Meditate & Flow**

by 2 Inspire Peace [Follow](#)

<https://www.eventbrite.com/e/meditation-after-dark-meditate-flow-tickets-98291046165>



HAABSE

Houston Area Alliance of Black School Educators

JOIN US FOR A

PRAYER CALL

Sundays at 6:00 pm

Call-In # 517-317-3122

Access Code: 499-915-165

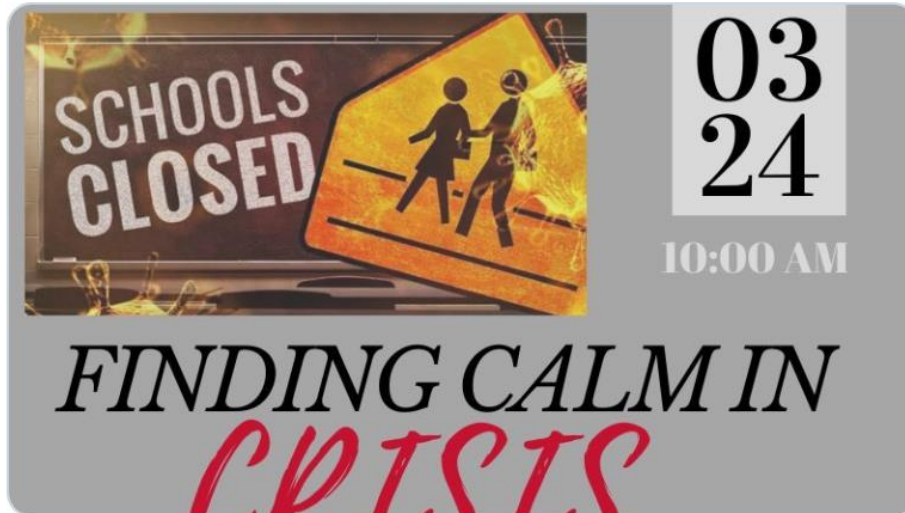
Sponsored by HAABSE Chaplain Dr. Brenda Dearmon

You Retweeted



Safe&Secure Schools @CSSS_hcde · Mar 25

If you missed yesterday's conversation don't worry, you can watch here:
transcripts.gotomeeting.com/#/s/c598d85316...



<https://transcripts.gotomeeting.com/#/s/c598d85316b8aaf974a7ea53d089af491e912d54f79a6db6a661b1da448ae687>

COVID-19 AND STUDENT MENTAL HEALTH

Town Hall on COVID-19 and Child Mental Health

TOWN HALL

Friday, April 3, 2020 • 10 am

Facebook Live: facebook.com/MHAGreaterHouston

Simultaneous Twitter Chat: @MHAHouston

Hosted by

MHA Mental Health America of Greater Houston

LEGACY COMMUNITY HEALTH

children at Risk

speaking Out • Creating Change for Children

<https://mhahouston.org/covid19help/>



MHIA Greater Houston @MHIAHOUSTON • Apr 13

Did you know you are experiencing trauma?

Join us TODAY for our first [#MentalHealthMonday](#) with [@BakerRipley](#)! Tune in to our Zoom meeting at 12:00 for a great presentation from Lauren about Trauma & Strategies for Healing. Meeting ID: 287.160.668



JOIN US VIA [zoom](#) FOR:

#MENTALHEALTHMONDAY

April 13th: Trauma & Strategies for Healing (ENGLISH)
April 20th: Trauma & Strategies for Healing (SPANISH)
April 27th: Battle Buddies...We Got Your Six (ENGLISH)
May 4th: Battle Buddies...We Got Your Six (SPANISH)
12-1PM
ZOOM MEETING ID: 287-160-668

**BakerRipley**
Community Developers





MindfulBeing

Free Daily Meditations

EVERY WEEKDAY ON FACEBOOK LIVE

Join us for a **FREE** every weekday on Facebook LIVE! 30-minute meditations will be led by our certified instructors each day.

Monday-Friday from 12:00 – 12:00 PM CST

Just follow us on Facebook and you'll receive a notification daily!

<https://www.facebook.com/mindfulbeinghouston/>

Also...

SPANISH MEDITATIONS BEGINNING **TOMORROW!**

Meditación Gratuita en Español

ESTE VIERNES 10 DE ABRIL A LAS 12:30 PM

<https://www.facebook.com/mindfulbeinghouston/>



Monique Boone @M_D_Boone · 8m

Please join Women in School Leadership as they discuss leading schools and districts in the time of COVID-19. It's happening Today, Tuesday, April 16, 2020, 4:00P/6:00C/7:00E @Melody_Gerard @montra_rogers @EducatorGoals @BrownWarrens @TamikaBartley @ErricaDH @Tyesha_Beller

Principal CAPTAIN KIRK

 Dr. Shoemaker Riverdale, GA	 Dr. Otway Atlanta, GA	 Mrs. Harris Jonesboro, GA	 Dr. Humphery Los Angeles, CA	 Dr. Young Houston, TX	 Mrs. Bryant Jonesboro, GA	 Mrs. Ortega Buena Park, CA
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**7 P.M. E.T.
4 P.M. P.S.T**

Facebook Live
<https://www.facebook.com/principalcaptainkirk>
April 16, 2020



You're Invited

**CHICAGO, WE HAVE A PROBLEM
GRIND CULTURE**

APRIL 23, 2020 5:00PM

**'WHY YOU SHOULD STOP AND
REST IN THE MIDDLE OF A
GLOBAL PANDEMIC'**

Appreccia D. Faulkner
Founder, CEO Global Strategists Association

Join us for a conversation on the impact of grind culture on Covid_19
For social entrepreneurs, change agents, local/global activists & artists

Dr. Amara Enyia
Public Policy Expert

LIVE



**PARTNERS
IN EQUITY**
EMPOWERING OUR RELATIONSHIPS

**VIRTUAL SUMMIT:
EMPOWERING OUR RELATIONSHIPS IN
THE AGE OF SOCIAL-DISTANCING**

**WEDNESDAY APRIL 22, 2020
11:00 AM - 4:30 PM (EDT)**

WED, APR 22, 11:00 AM

Partners in Equity - Virtual Summit

Helpful Directory- Guide

https://mhahouston.org/wp-content/uploads/2017/10/The_Guide_2015-17_FINAL_PDF_Rotated.pdf

School Climate and Culture

The Approach

Climate and culture are the undertow of a school. They can directly influence student belonging, teacher morale, parental involvement, and school safety.

The Resources

There are a variety of **customizable** workshops available through the Center for Safe and Secure Schools to enhance your school climate and culture. The Center can provide ongoing support for your needs.

The Benefits

Course offerings through the Center's division of School Climate and Culture aim to increase your overall school safety and security through knowledge and prevention.

Register for an upcoming
School Climate and Culture workshop at:
<https://hcde-texas.org/workshop-registration/>



For more information contact:




Cierra B. Nickerson

School Climate & Culture Specialist

6300 Irvington Blvd.

 cnickerson@hcde-texas.org

 832-627-4758

Cierra Nickerson is a proud educator and an advocate for educational equity. A Teach for America alumna with over 10 years of education experience, she has served in various capacities such as an English as a Second Language Teacher, teacher and leadership recruiters, a Magnet Coordinator, and most recently a manager for Wraparound Services.

Now, Cierra has transitioned into her new and exciting role as the School Climate and Culture Specialist for the Center for Safe and Secure Schools. A certified instructor for Youth Mental Health First Aid, Restorative Practices, and Nonviolent Crisis Intervention (CPI), Cierra will provide trainings and additional resources for schools and districts that aim to reduce exclusionary practices and create a healthy and safe culture and climate.

Cierra is a proud graduate from the University of Michigan- Ann Arbor with a B.A. in Psychology and a proud graduate of University of Houston, earning a Master of Education in Administration and Supervision, and Cierra will soon begin her Doctor of Education (EdD) in K-12 Educational Leadership at Baylor University.



Who We Are

Developed at the request of local superintendents in the spring of 1999 to advance safe and secure environments for learning and teaching, the [Center for Safe and Secure Schools](#) is a leader in the development of increased safety and security strategies in school environments for students and educators. This role was reinforced on August 31, 2005 when the Texas Education Agency asked the Center to coordinate school relief efforts for victims of Hurricane Katrina with state, county and local disaster recovery officials and agencies.