

virtual event

SOCIAL-EMOTIONAL WELL-BEING CONSIDERATIONS DURING THE PANDEMIC

Tuesday, January 12, 2021 | 3:30 PM ~ 4:30 PM

Zoom Link: *click here* → **FIRST SPED PAC EVENT**

Meeting ID: 820 4293 8113 Passcode: 921171 One tap mobile
+13126266799,,82042938113# US (Chicago) +19292056099,,82042938113# US (NY)

Stress and anxiety levels are high while we continue to battle the global COVID Pandemic. This is especially true for our Worcester Public Schools families as the district plans to transition student learning from a fully remote learning model to a hybrid learning model, which would involve in-person and remote instruction. Many families have questions around safety, behavioral supports, and instructional learning.

This workshop will include behavioral strategies that can be used both at home and in conjunction with school.

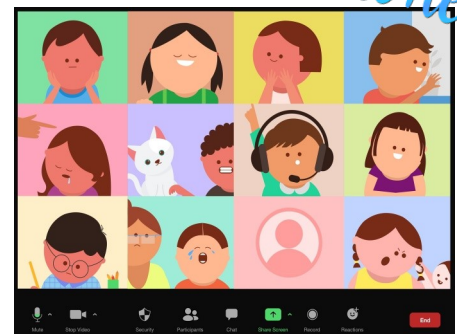
Targeted topics will include:

- behavioral contracts
- distraction-free learning recommendations
- positive reinforcement
- self-care for parents
- overview of planning steps to return to in-person learning

We will also review the anxiety cycle and anxiety avoidance, as well as coping strategies on how to best handle anxiety.

A guide of community support and resources will be available.

You are
NOT
alone!



YOU GOT THIS