

Welcoming Children Back to School During Covid-19



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Background

In 2018, 260 million children were out of school. That's one in five kids aged 5-18.

There is a global coordinated response to out-of-school children that focuses on transitioning children back to school.

Interrupted education and transitioning kids back to school is not new; it is only new to us.



Applied Framework



Neuroscience & Developmental
Psychology



Crisis Intervention



Child Rights

Coping by Ages & Stages

Elementary
School

Middle
School

High
School



Processing Emotions

Purpose: To help children understand what happened and is happening, and rebuild their social and developmental network to cope with the crisis

Children's Experiences Prior to School Reopening

- Economic Hardships
- Household Changes
- Social Isolation
- Media & Social Media Messaging
- Family Reaction & Messaging
- Increased Abuse
- Sickness & Death of Loved Ones
- Awareness of Racial Inequality



Key Ideas

1

Use the normalcy of school to create a sense of safety.

2

Remember intersectionality and the individual dignity of each child.

3

Look for fight, flight, freeze, or fawn responses to identity when a child needs additional support.

Advice & Tips

Start the day with social-emotional check-ins without asking “how are you feeling?”

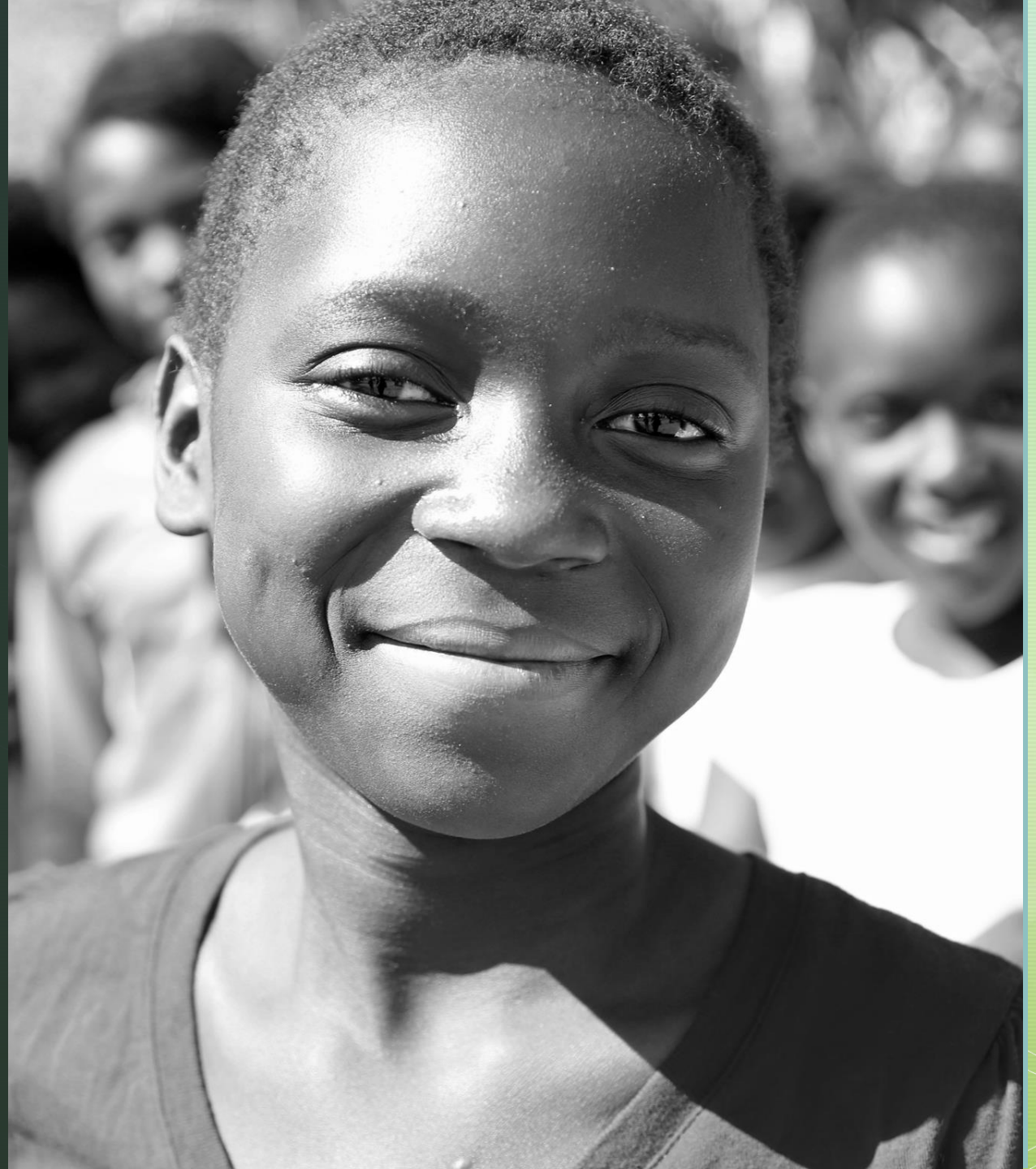
Remember the power of creative play and use puppets, art, theater, stories, songs, etc.

Create assignments that help children process emotions through identification

Give children the language to identify emotions and the coping skills to respond (Stressors & Swords)

Empowering Children to Protect Themselves and Others

- Purpose: To guide children in a manner that encourages their belief in their own abilities and potential for positive development



Key Ideas

1

Resilience is built over time. Consistent adult support is key in helping children build resilience.

2

Not all empowerment activities should directly address Covid.

3

Shift attention from the stressful memory or situation to awareness of coping.

Advice & Tips

Visual presentation of names

Affirmation/Intention Circle

Future focused prompts, i.e. “If I had a superpower, I would....”

Covid-inspired community service

Preparing Children for an Uncertain Academic Year

Purpose: To help children recognize their strength and feel secure through their own future safety planning while grounding themselves in the present



Key Ideas

1

Provide factual, current, and age-appropriate information.

2

Engage in activities that help children focus on the present while acknowledging future uncertainty.

3

Help children identify positive coping skills and create a plan to use them.

Advice & Tips

Help children recognize what they can and cannot control

Facilitate mindfulness activities

Engage children in letter writing to their future selves

Create Power Boxes for kids to take home

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