

Dear Educators,

Hello and Welcome to EQ in your PJs: Bouncing Back from Challenges. This series was inspired by the many teachers and students who have experienced significant challenges as COVID emerged. Some people have watched loved ones suffer with the illness, many are experiencing significant financial hardship, and all are having to make serious adjustments in working and schooling from home.

With COVID risks and restrictions, there is a prevalent sense of displacement and uncertainty across the U.S. and internationally. Emotions can swing between frustration, fear, gratitude, and sadness. We're thankful for a recent *Harvard Business Review* article that helped us better define this new sensation: **"That Discomfort You're Feeling is Grief."** This insight along with the videos and handouts of this series will help students, teachers, and their families begin to zero in on the range of emotions that can come with uncertainty and isolation and utilize effective SEL strategies.

NOTE: These lessons describe healthy and unhealthy levels of emotions. We are asking students to self-reflect on the emotions (e.g., sadness, anxiety, fear, anger) they may be feeling and the level of intensity of that emotion(s). All students are probably experiencing some level of grief for things lost this semester (e.g., not seeing friends, not playing sports) but others may be experiencing more significant and severe levels of sadness or anxiety.

We encourage you to join your students through the process of exploring grief, loss, and recovery. Before sharing these lessons with your students, please watch the videos and review the handouts. Be prepared to talk through these lessons with your students and consider partnering with your school counselor(s). Students should not be alone in their grief. It is important schools address and support students through this new norm. We recommend you watch the ["How to Host a Check-In"](#) video to help connect with your students.

Each "Bouncing Back from Challenges" video is approximately five-minutes long and each handout should take approximately 20 minutes to complete.

To get your students started on the lessons, we recommend:

- 1) **Lesson Delivery:** Determine if you want to direct your students to the main page link: www.school-connect.blog/eq-in-your-pjs or email them the handouts and links to each video separately.
- 2) **Handout Completion:** The handouts are **writable** so can be completed and uploaded online. We will also be posting a **Google Classroom** version and **Spanish** translations. The answers are embedded within the EQ in your PJs videos and articles or draw on students' personal experiences.
- 3) **Recommended Resources:** Check that section for additional video links and articles to help take learning to the next level.

We commend you for your efforts to continue quality education and SEL resources during school closures. Please let us know how we can be helpful. Keep safe and keep smiling.

All the best,

- Keeth Matheny and The School-Connect Team