



Classroom Challenges Inside and out

CHALLENGES TO THE NEW YEAR

School is back in session! This year will look a bit different than years we are used to. For teachers and parents, we want to acknowledge some of the challenges that you may find with your teenager both inside and outside of the classroom this year. We want to you to feel prepared to help your teens manager the changes that they too are experiencing this year. Below are a few helpful tips and resources for you to read and share with your children throughout this year.

EFFECTS - STAYING IN ONE ROOM ALL DAY:



Mental

- Complete daily or weekly mental health check-ins in the classroom.
- With a teen, this can be a simple conversation, check-in questions. This helps the teen feel validated and heard.



Physical

- Movement options for kids staying in one classroom all day
 - Have a fidget available for each child
 - A large stretch rubber band over the feet of each chair for students to move their legs during the day
 - Walk around the room, stretch breaks, leading yoga or progressive muscle relaxation
 - This prevents everyone from being overwhelmed
- Create an open environment for students to share what is working and what is not
 - This will motivate students to be active in recognizing their needs as well as provide ideas for increased motivation, participation and discussion
- Create a suggestion box can promote similar feedback
- Remind students that you have final say in classroom changes

CHALLENGES invoke feelings. Realize it is okay to feel pain, let yourself be sad, angry or other emotion.

FIDGETING IS making small movements with your body, usually your hands and feet. It's associated with not paying attention.

Guardians - an increase in stress and anxiety is normal. Changes leads to stress, both in positive and difficult ways. It is not your job to eliminate this stress, but help your child manage it in healthy, appropriate ways.

For Guardians

- Do your best to stay positive. Teens are influenced by the things you as guardians say and do. If are positive, your teen will likely approach this year positively
- Complete a daily or weekly check-in at home. A simple conversation on the way to school or dinner can help a teen feel validated and heard.
- Teens transitioning from one school to a new school may experience higher levels of worry or anxiety as they are unaware of what to expect at the new buildings with new expectations.
- Talk to your teen before the school year starts regarding changes they can expect and share positive stories you remember from school.
- Ask you teen what they need to feel comfortable and confident at school this year.
- Keep consistent communication with your teens teachers. This will keep you update on successes and challenges your teen is experiencing. It also provides a topic of conversation check-in after school.
- Just be present and positive. Let your teen know they can reach out to you with any success or challenge they experience this year.

