

Maryland's Largest School District

MONTGOMERY COUNTY PUBLIC SCHOOLS

Expanding Opportunity and Unleashing Potential

Obtained via MD PIA by Judicial Watch, Inc.

3rd through 5th grade Psychoeducational Lesson

MCPS Return to Physical Space





Zoom Classroom Expectations



Take Care of Others -
While someone is speaking, please **mute yourself** so that we can hear what is being shared.



Take Care of Yourself –
Find **a space that helps you** learn at your best and focus.



Take Care of Yourself - **Raise your hand** through the chat if you would like to share an idea.



Take Care of Others –
Practice active listening by **following directions and listening to others** as they are speaking.

Note to the Teacher



This is an initial conversation on the topics that will be discussed today. This is not an in-depth conversation, which can occur later. The goal of the lesson is to *start the conversation*, to *address common reactions* to the events, *talk about stress management*, and *how to get help* if needed. We understand that for many of these topics, students may have additional questions and concerns. We welcome staff to continue the conversations with their students.



Objectives:

At the conclusion of this lesson, students will be able to . . .

- recognize 2-3 common crisis reactions,
- identify resources for support,
- perform a deep breathing exercise for relaxation purposes,
- identify and use 2-3 adaptive coping strategies.





Introduction

- Hi! My name is....
- Why are we here today?
- Learning Agreements
 - *Take care of yourself*
 - *Take care of others in our learning space*
 - *Take care of our learning environment*



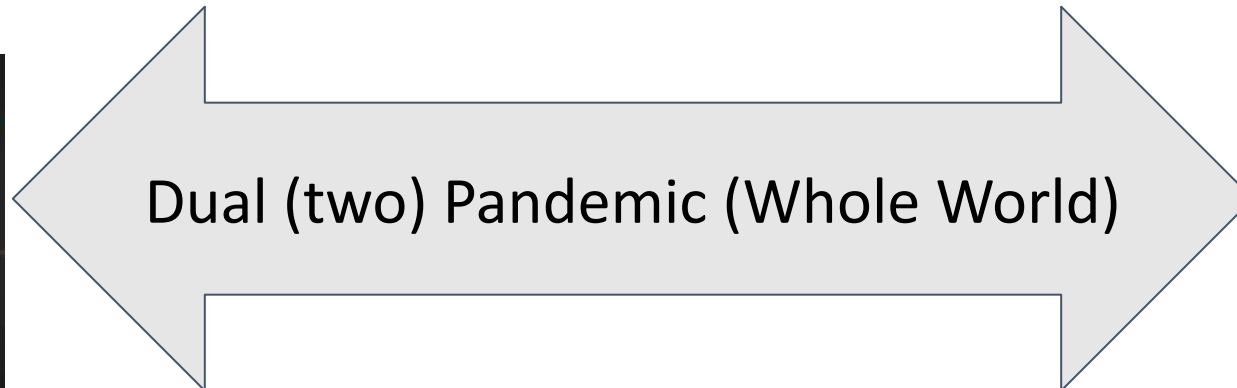
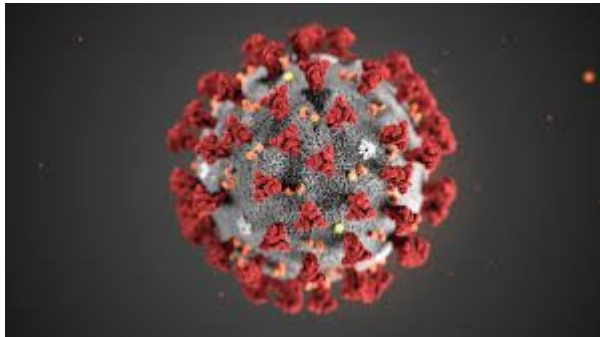


What is going on in the world?

There is a lot happening in our world right now!

Let's talk about some of the major events that are happening...

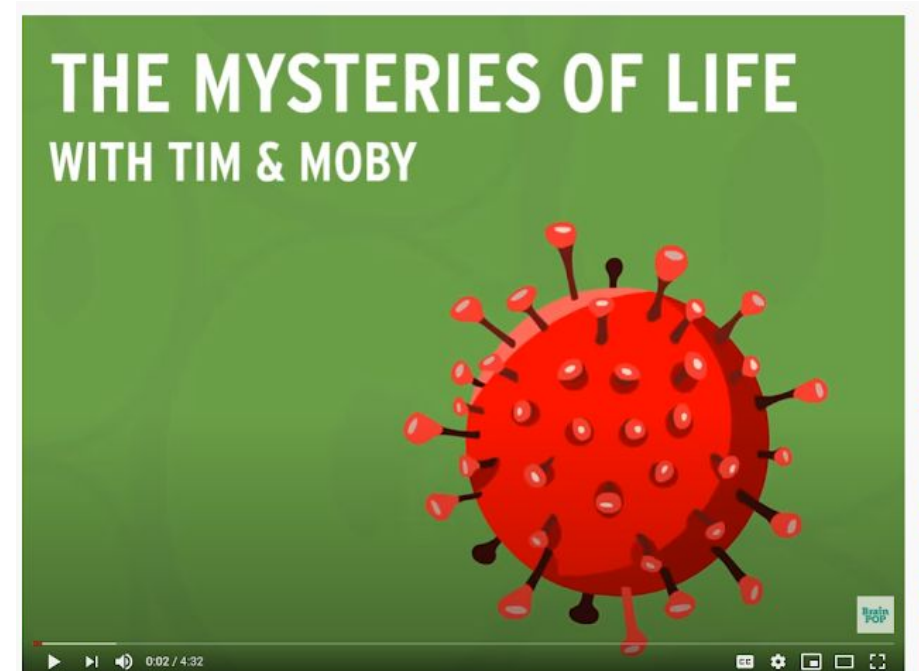
- Covid-19 ("coronavirus")
- Social Justice responses to combat racism (protests and marches)





Some Facts about COVID-19

- COVID-19 is a **new virus** that doctors and scientists are still learning about.
- Doctors and scientists are working very hard to create vaccines and medicines to help our bodies protect us from the virus. While the doctors and scientists are working, we have to do other things to **protect our bodies**.



Insert Reference here



How to Protect Yourself and Others:



Wash your hands often



Cover your coughs or sneezes



Wear a mask when around others



Avoid close contact with others



Stay home if you are sick



Clean and disinfect commonly used areas

TEACHER NOTES

Obtained via MD PIA by Judicial Watch, Inc.



The discussion about race is uncomfortable for some people, however, it is an important discussion to have among ourselves and with our students. If you are uncomfortable with having this discussion with your students, please co-teach with your school counselor, psychologist, or social worker. Provided below are some resources for staff to support their journeys to make it easier for them to have discussions with their students:

[They're not too young to talk about race!](#)

[Notes and Discussion Questions from Ibram X Kendi \(author of Antiracist Baby\)](#)

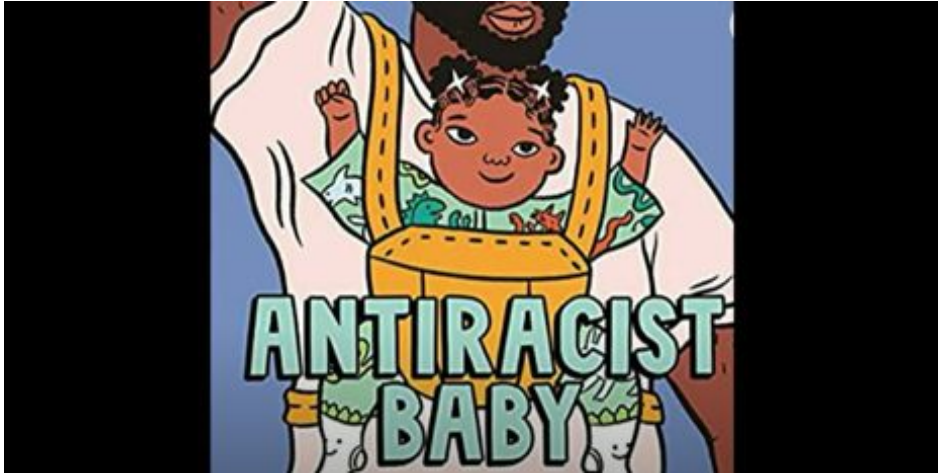
From Penguin RandomHouse (publisher): *Antiracist Baby* introduces the youngest readers and the grown-ups in their lives to the concept and power of antiracism. Providing the language necessary to begin critical conversations at the earliest age, *Antiracist Baby* is the perfect gift for readers of all ages dedicated to forming a just society. For ages baby to age 3.

[Educator and Caregiver Learning Guide from Disrupt Texts](#)

[Staff Work Playlist](#) - Here is a self-work playlist that is available to support facilitators of these lessons engage in their own learning before engaging in these discussions as well.



Some Facts about Racism



What is racism?

Why do people have different skin colors?



Some Facts About Racism and Social Justice



Around 200 students marched around Rio in Gaithersburg for a peaceful protest on Monday, stopping sometimes to chant "Black Lives Matter" and "No justice, no peace."

Why the coronavirus looks different to black America

Present Save Read Aloud Share Hide Print Add To Text Set



NASP, 2017



KEY TERMS

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Race - has to do with rules people use to group people based on their skin color.

Racism - is when people create policies or rules that are not fair to everyone because of their skin color.

Anti-Racism - helping to change policies or rules to make sure the rules are fair for everyone, regardless of their skin color.

Social Justice - believing that all people have equal rights, no matter their race or background, and doing actions to change rules or systems that cause some people to be treated unfairly.

Adapted from : https://www.racialequitytools.org/resourcefiles/RET_Glossary_Updated_October_2019_.pdf and Antiracist Baby (Kendi, 2020)



COVID-19 and Social Justice

- COVID-19 has shown how unfairness can hurt people.
- People in African American and Latinx communities have been *more likely to get sick from COVID-19* because of how racism and unfairness impacts their lives.
- Because of everything happening in the world, people are experiencing many different emotions.



<https://www.cdc.gov/coronavirus/2019-ncov/community/health-equity/race-ethnicity.html>



What have *you* heard?

Now is your opportunity to ask questions!

Let's talk about your concerns and make sure you know the facts.





Let's talk about feelings

You may feel different emotions like....



Mad/Enojada/o



**Surprised/
Sorprendida/o**



**Disgusted/
Disgustada/o**



Happy/Feliz



**Worried/
Preocupada/o**



Calm/Calma/o



**Scared/
Asustada/o**



Sad/Triste



Confused/Confusa/o

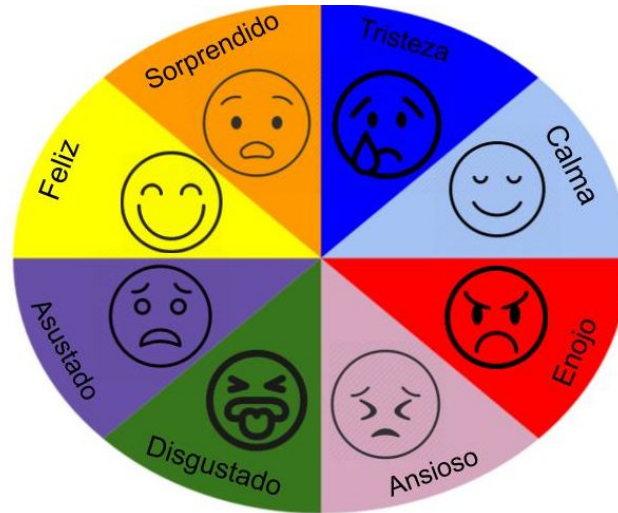
Normal Feelings When Life Is Not Normal

Obtained via MD PIA by Judicial Watch, Inc.



You may be feeling...

- Shock
- Surprise
- Anger
- Scared
- Helpless
- Sadness



Normal Feelings When Life Is Not Normal



Your brain may feel different. You might....

- Have difficulty thinking
- Forget things more often
- Feel confused
- Feel worried
- Have nightmares
- Feel guilty



Normal Feelings When Life Is Not Normal



Your body may feel...

- Tired
- Difficulty sleeping
- Aches and pains in your muscles, stomach, or chest
- Easily startled or scared



You might start acting differently. You may...

- Want to be alone more often
- Fight with your siblings and parents more often
- Cry more often
- Feel more out of control (screaming, yelling, have too much energy)





When do you need more help?

If you are still having really strong feelings and may be having thoughts of hurting yourself, you should tell a **trusted adult**. A trusted adult is someone who will listen to you and care about what you have to say.



Who can we talk to when we need help?



Family



Teacher

Friends



Pets

Tell me two groups that can help you. Anyone else?

Who can I talk to at school? Who are the trusted adults?

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Paraeducator

Add name



Counselor

Add Name



Teacher

Add name



Psychologist

Add name



Principal or Assistant Principal

Add name



Check for Understanding

- Who can you talk to at home?
- Who can you talk to at school?





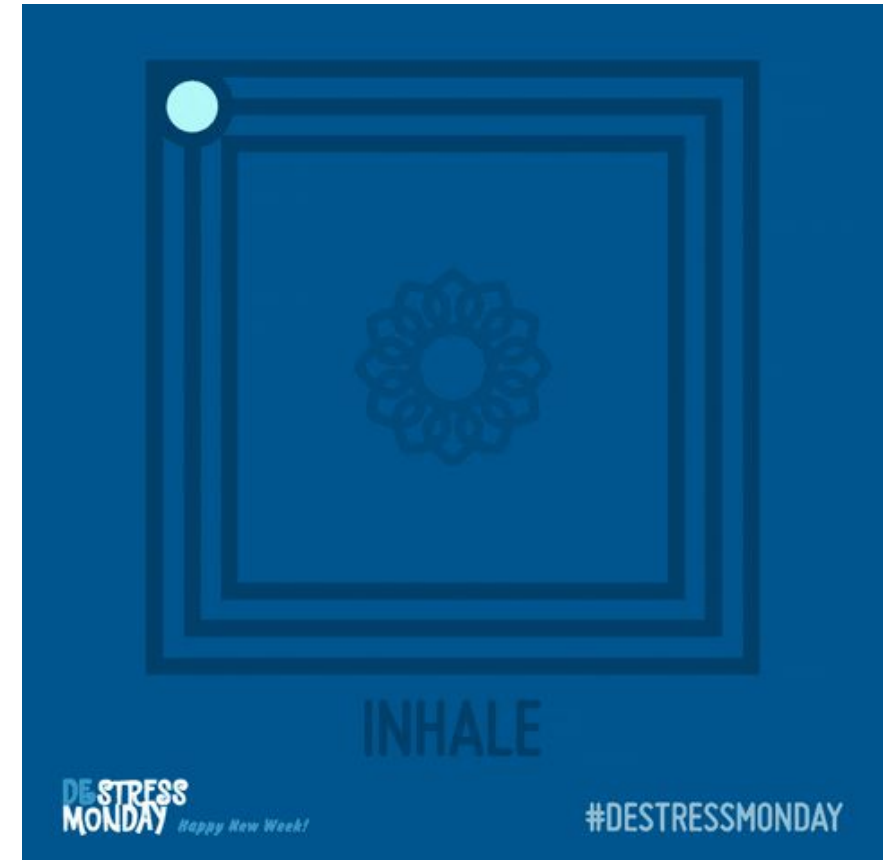
Things to do to feel better

- Run and Play
- Talk to a friend or family member
- Play a game with a friend or grown up
- Draw or color
- Listen to music
- Hug a stuffed animal
- Squeeze a stress ball
- Take deep breaths
- Rest
- Eat well
- Drink Water



Deep Breathing Activity

Breathe in ... 2...3...4...
HOLD...2...3 ...
Breathe out...2...3...4





Check for Understanding

Share a strategy that you will use the next time you feel scared, worried, or stressed.

Ex. When I feel _____, I can _____.



