



Creating and Maintaining a Routine

Coffee with the Counselors
Wednesday 4/22/20

Agenda

- Welcome and Introductions
(5 minutes)
- Logistics of Coffee with the Counselors
(5 minutes)
- Presentation
(20 minutes)
- Q & A
(30 minutes)



Introductions

Mia Morales
School Counselor
Community Outreach Liaison

PRIDE Academy
mia.morales@santeesd.net

HELLO I'M

trying my best

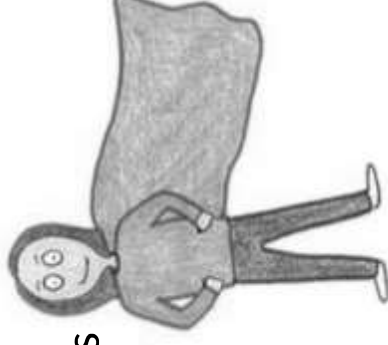
@ARTSY AFFIRMATIONS

Logistics

- Please stay on “MUTE” during the presentation
- Ask all questions in the chat feature.
- Questions will be answered at the end, participants will have a chance to talk.
- Webinar is recorded and will be posted on SSD counseling website for other parents to view later.

This includes the Q&A portion.

SOME DAYS OTHER DAYS

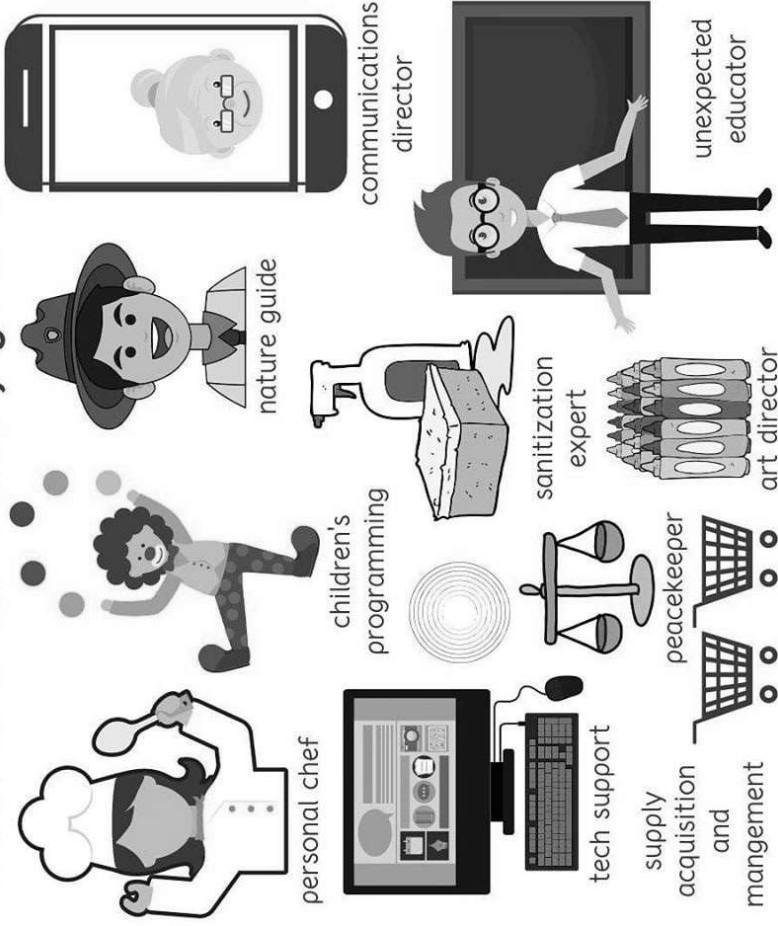


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Objectives

- Create a sustainable routine at home
- Feel confident in new remote learning role

Parenting during a pandemic
@mombrain.therapist
comes with many job titles...



Why a Routine?

- Helps maintain a sense of psychological safety
- A sense of managing stress
- Increase confidence in adults
- Continues to support disciplined learning in or out a classroom



Creating a Routine

- Make it work for your house
- Visual schedule
- Consistent learning spot
- “I am not a teacher, I am helping your teacher”



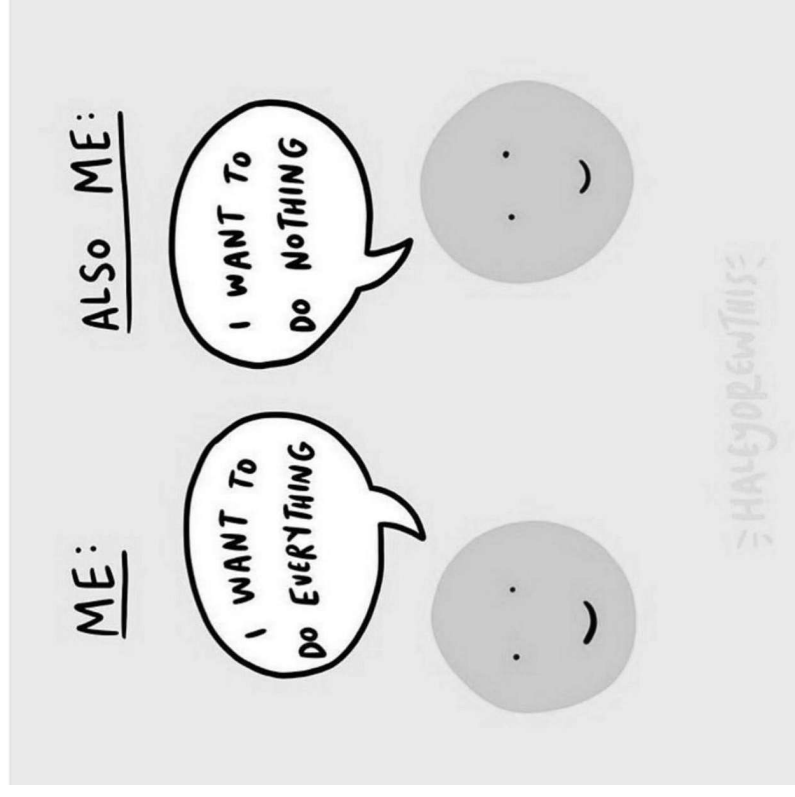


Chase's Schedule

Before 9:00	Wake	Make Bed Brush Teeth Wash Face Eat Breakfast
9:00 - 10:00	Move Your Body	
10:00 - 11:00	Reading/Vocabulary	
11:00 - 12:00	Creative Time	Cart, Legos, crafts, cool
12:00 - 12:30	Lunch	Make Your Own
12:30 - 1:00	Clean Up	
1:00 - 2:00	Math	
2:00 - 3:00	Free Play	
3:00 - 4:00	Academic Play	
4:00 - 5:30	Basketball/Soccer	
5:30/6:00	Dinner	

Starting the Day

- “How would you like to start the day?”
- Create a transition routine
 - Set up desk
 - Breakfast
 - Moving body
 - Tech Time
- Include clear expectations for the day



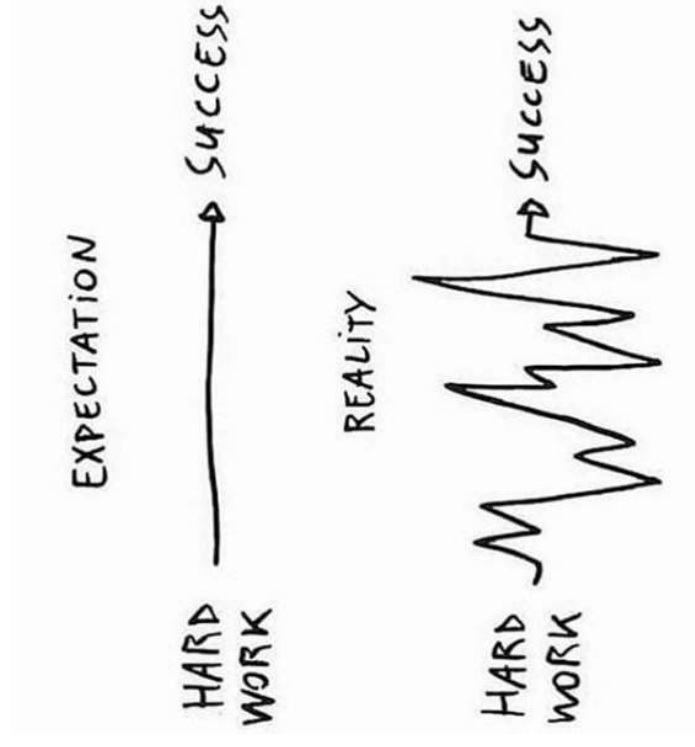
Rewards System



- A “point” for every:
 - Assignment
 - 15 minutes of work
- A decided upon number of points to receive the reward
- What motivates your child?
 - Tech
 - Snacks
 - Lego time

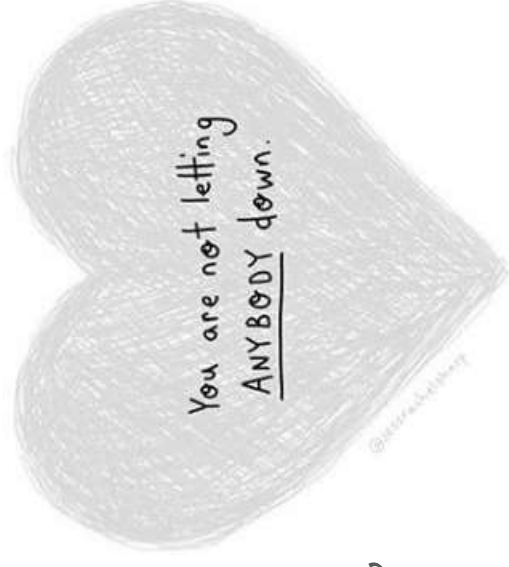
During the Day

- Cues for Transition
 - “If you _____ then you _____”
 - “When you chose _____ then you _____”
- Continue to pause for personal self-reflection
- Household calming routine
 - “I am feeling _____ I need _____”



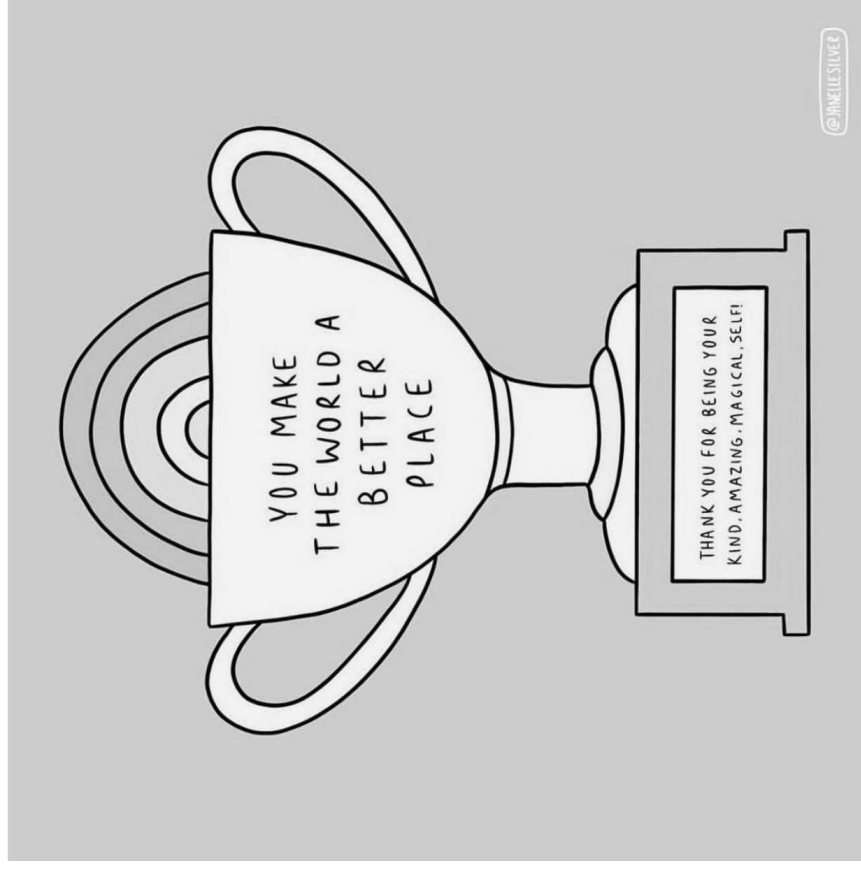
End of the Day

- Clean up area (s)
- Review work completed - Use of positive affirmations
 - “You worked so hard in _____”
 - “I liked watching you problem solve in _____”
 - “I was so proud when you tried ___ for 10 minutes”
- Review tomorrow’s schedule
 - Anything need shifting?
 - Open conversation

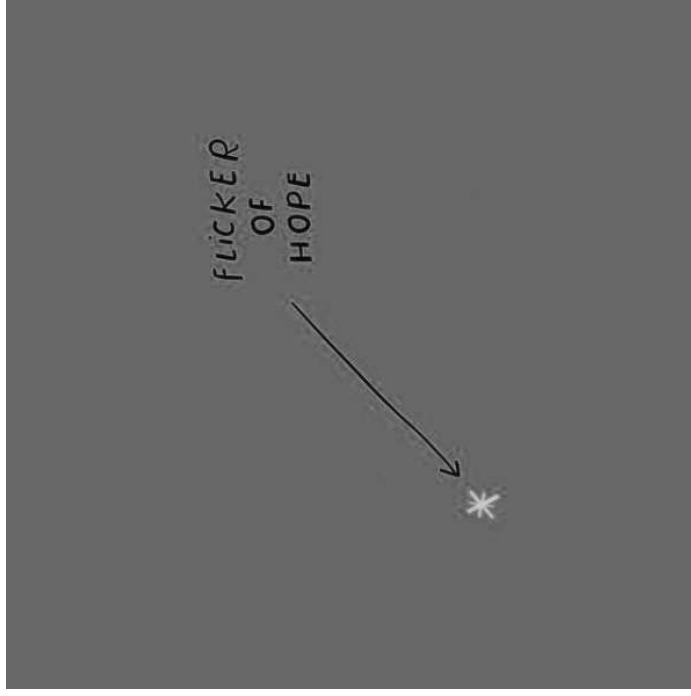


Takeaways

- A dedicated consistent learning spot
- Agreed upon visual schedule
- A calm down routine (for you and your student)



Questions!



Please post your question in the chat feature.

I will call on you to unmute yourself and voice your question to get feedback.

Thank you!

Join us next Wednesday at
7:30am for our next session!

*Mindfulness and Grounding
Techniques* by Tracie F. Perez,
Rio Seco School Counselor

