

CONNECTING IN A TIME OF COVID

Staying Connected During a Socially Disconnected Time

The importance of SEL during and after school

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

This quote by Lee Buscaglia sheds light on the importance of human connection and the positive effects a simple gesture can have on someone's life. However, what happens when these connections are now having less of an affect because they are happening through a computer screen, or in some cases, not happening at all? We have now been living in a virtual style of connectedness for just shy of a year, but that does not mean our needs as human beings for personal interaction have adapted as well as our computer skills have. So how do we stay connected when all we want to do after a long day of screen time is disconnect? With staff morale being reported low, many administrators are looking for ways to support their school community, and parents and teachers alike are joining forces to provide resources for students during school hours. We find, that the key is to capitalize on the moments we are together. We hope you find this comprehensive list of tools to support everyone from the educator to the working parent turned home school teacher helpful on your quest for providing support!

For the Virtual Classroom

5 Ways to Take Some of the Distance Out of Distance Learning

5 SEL Lessons that Work for Secondary Students

50 Activities that Support SEL

For the Home

Big Worries, Small Steps

Building Positive Conditions for Learning at Home

For the Educator

NJDOE: Keeping Our Kids Safe, Healthy & In School

Pure Edge - Pure Community Webinars: focusing on self-care for educators

5 Simple Lessons for Social and Emotional Learning for Adults

For Everyone

Reading Rockets-NEA Guide to Social-Emotional Learning During COVID-19

Social Emotional Learning Alliance for NJ





Being Screen Time Conscious During a Remote Learning World

It is no surprise to hear that too much screen time is not good for the developing brain. A [study](#) conducted by the National Institute of Health indicated that children who spent more than 2 hours a day on screen-time activities scored lower on language and thinking tests, and some children with more than seven hours a day of screen time experienced thinning of the brain's cortex, the area of the brain related to critical thinking ([Health Matters](#)). However, when we live in a fully virtual world what other options do we have? Parents are finding it difficult to limit screen time when everything from school to birthday parties is taking place on a device. There *is* some light at the end of this tunnel. Research has shown that some screen time has less of an effect than others on an adolescents brain. TV is recommended over a tablet because the screen is further away and the time spent watching it is better controlled, not to mention its lack of mobility. A large reason why tablets and phones can be more of a risk is because they can be taken anywhere and used hours on end without realizing. Sometimes parents are too tired after a long day to come up with some creative things to do with their kids after work and school, and that's where we come in. We hope you enjoy some of these great activities as a way to unplug for a bit!

Research and Resources

[Screen Time During the Coronavirus Crisis:](#)
Exploring what limits are appropriate when kids are stuck at home.

[Kids and Screens:](#)
How to Build Healthy Habits and Keep Your Relationship Strong.

[Parent Tips:](#)
Help Your Kids Reduce Screen Time and Move More

[50 Indoor Things for Kids to do Instead of Screen Time](#)

