

# COVIDtunities

## WORRIED ABOUT LEARNING LOSS FOR CHILDREN?

### Tips for Teachers



"EDUCATION IS NOT THE FILLING OF A PAIL, BUT THE LIGHTING OF A FIRE!" (attributed to Plutarch)

According to the Harvard EdCast\*:

- Small repeated information spread out over a number of weeks is more effective than long blocks of learning at one time.
- Children tend to have greater gains when they can learn concepts and practice them daily in ordinary ways.

\* <https://www.gse.harvard.edu/news/20/03/harvard-edcast-learning-loss-and-coronavirus>

Remember, teaching is your super power!  
Don't feel you have to make up for all that was "missed".



#### YOUR STRESS

Share your own stress and feelings about all that happened with someone you trust.



#### CHILDREN'S STORIES

Listen with your eyes, ears and body when children tell their COVID "story". You need not have the "right words" but show you care.



#### GET SUPPORT

Talk to a mental health professional about students who may need support.



#### SHARE YOUR CALM

Know that your students will feel your "calm"! Be aware that your feelings are conveyed through your gestures and voice.

"Operate at the speed of safety, calmness and engagement."

The "right" brain (feelings and safety) must be engaged before you work on the "left" brain - (language and learning). BOTH sides are needed for learning, but the right side develops first, and under stress, needs most attention!

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Things to Consider. . .



### REFRAME YOUR THINKING



- Reframe "RETURN BACK" as "RETURN TO THE FUTURE".
- Reframe "CATCHING UP" as RENEWED LEARNING".
- Reframe "LOST EDUCATION" as PAUSE AND CONTINUE".
- Reframe "DEFICIT" as "LEARNING TO COPE WITH THE UNEXPECTED".

Try to take note of new skills and new learning that occurred during COVID.

- Children learn through play and by being with the important people in their lives.
- Use children's past experiences as a portal to new learning.
- Adapt your teaching to build on the student's individual learning style (visual, tactile, etc.).
- Continue to use your resourcefulness cultivated during COVID!

It is important for teachers and students to:



Talk about sadness over missing school, teachers and friends. And ask about getting help if you need it.



Talk about the people in your lives who were sick or may have died. Be patient with yourself and others.



Express your feelings about being angry at all the changes that happened in your family's lives.



Try to meet children where they are. General rule of thumb: "Go as fast as the child can go - not as fast as the teacher can go!"

