



For those of you who are thrust into the role of teachers at home (parents, caretakers), make sure you check the **TEMPERAMENT** of the students (young people in your home), while also checking in with yourself!

After the morning HOMEROOM routine, ask the following:

- How is everyone feeling today?
- Use a number scale from 1 to 10, 1 being great and 10 not so great
- Review concerns that may arise, but then set the stage for learning

Remember...

As the novelty of learning at home wanes, so may the temperaments of each household member, including you!

As work demands and economic concerns of the parents may increase, patience may diminish.

Taking on the role of teacher, while maintaining a full-time job and home responsibilities temperatures can rise. Try to remember to pause and **SCORE!**

S

SLOW DOWN

Do not overload the schooling demands while trying to juggle work demands.

Identify what is truly important. Create target tasks.

C

CREATE

A small personal "office space" for chilling out; regrouping or private time.

Organize this for yourself and your children. Everyone needs a designated area!

O

OBSERVE

Listen and acknowledge feelings and fears. These are difficult and scary times for everyone.

Our children can experience stress and anxiety just like parents.

R

REFOCUS

DO THE MEANS JUSTIFY THE ENDS?

If your outcome is clouded by friction, yelling and confusion, the **GOAL** will never be met.

Reset the goals, reduce the load, Prioritize.

E

END IT

If temperaments are raging and voices are escalating, stop what you are doing and find another time to continue.

You may need to abandon the task completely.