In response to how to help parents who are struggling to get their students to the computer to e-learn-

I just completed day 3 of a timely conference on Resilience and trauma by Joelle van Lent- she's amazing!
Here are some take-aways about this current trauma (covid19 ) and e-learning;

Continued learning is a way to foster resilience, but it's not the main goal!

Design "assignments that foster resilience, keep people well, and optimize self-care and resilience- what keeps us right now are the 7C's ( Connections, competence, control, contribution, coping skills, character and consequences)"

Our assignments for students and for parents should focus on the above

And, help build stress tolerance by modeling this for all in our community right now-

-name the experience and emotion (self awareness and validation)
**Validation is the crown jewel of building resilience** (David Melnick, NFI Vermont)
-authentic their experience, help them speak the unspeakable, name it, label it, know what it is and how it feels
-focus on healing activities that provide the "four R's" - **rhythmic** movement**,**. **Relational**, **repetitive**, **rewarding** (inner sense of connection)

We can do this with our e-learning. For instance, science can be about gathering data on sleep patterns, eating, and mood, and older students can graph this. Youngers can color code emojis. Focus on self- awareness during this time.
We can start with families by validating their struggle! This crisis is about connection and relations- that is the work of our educational system right now. Learning does foster resilience, but our main goal needs to be about learning to manage our stress, both parents/guardians and students.

Focus on the Competence C. Students and caregivers (and educators!) need to expand the places the feel competence, even in little ways. Competence builds resilience.

Curiosity is the opposite of fear- increased curiosity dampens down fear, so as educators, now more than ever, we need to inspire curiosity in all we work with. "I wonder why..." rather than "Have you tried...." or "Use a schedule for...."

 -Assign- take a virtual tour of a place you'd like to visit- write down what you notice
-play "mindfulness games" that keep us in the moment (rainbow walk- take a walk around your house, find four things that are blue. Can you find something that is blue that you don't think you've seen before? Now do it for red," etc. There are many others out there.

Building a sense of purpose is huge to build resiliency and combat covid19, not to mention the many other traumas our students and families have dealt with, or are currently dealing with!

Thanks to Joelle van Lent, PsyD, Vermont based clinician and presentor