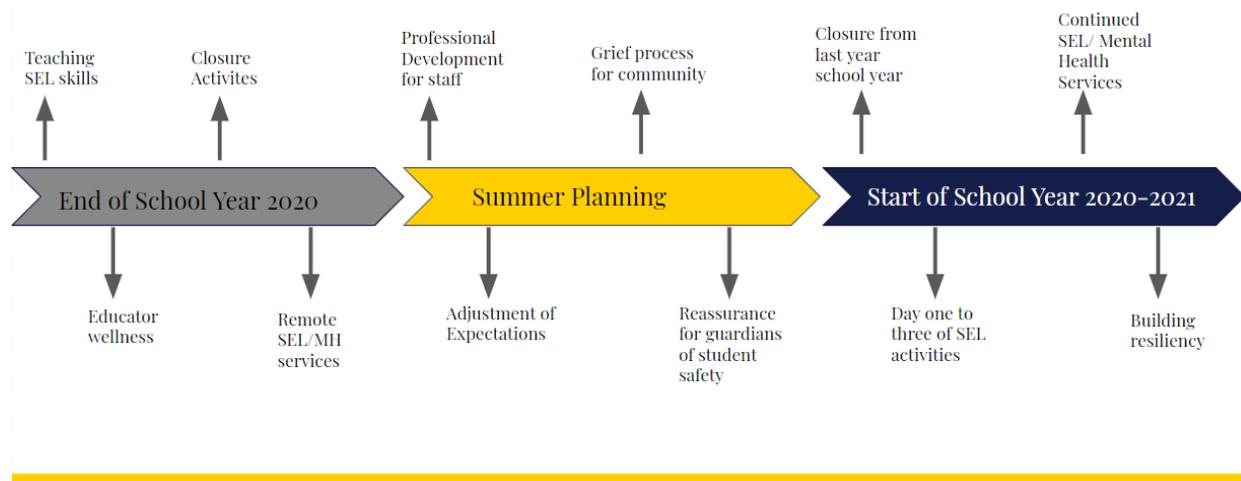


As Indiana schools and educators have been faced with new challenges through the COVID-19 pandemic Indiana Department of Education (IDOE) and partners wanted to provide a roadmap for re-entry. This roadmap is specifically designed to help support social-emotional learning for students, educators, and communities. Social-emotional learning (SEL) has been a priority for IDOE over the past few years. Numerous Indiana schools have started to incorporate SEL learning into their school day. When faced with a crisis response data shows<sup>1</sup> that SEL is essential to recovery. Given the individual and collective trauma felt throughout our communities from stay-at-home orders, daily data displayed on illness and death rates, and of course the closure of most schools, **SEL has moved from a “nice to do,” to a “must do”** in preparing for the student and staff return. Whatever the return to school shapes up to be, the social and emotional well-being of each child has to be considered before any academic advancements or remediation take hold. The roadmap below was created as a tool for districts and schools as they continue to support students, educators, and communities.

\*please note throughout the document there will be additional wellness topics and support not only social-emotional learning.

# Road Map For SEL Re-entry



## End of School Year 2020 (phase 1):

<sup>1</sup> <https://casel.org/impact/>

## **Teaching SEL skills**

- Continue and increase social-emotional learning practices virtually with students.
- Free and online resources can be found [here](#).
- Continuous learning activities can be found [here](#)
- IDOE's Science of Happiness for secondary students can be found [here](#).
- Social, Emotional, and Behavioral Wellness Resources can be found [here](#).

## **Closure Activities**

- Consider administration of closure surveys ([2019-2020 School Closure Survey](#) or Indiana specific [Panorama survey](#))
- [School Closure Transition Activities](#) may be accessed here.
- [School Closure Activities Just Fun](#) may be accessed here.
- [Reflective Closure Activities](#) may be accessed here.
- **Virtual Field Day** Field days are a common and highly anticipated celebratory event in schools signifying the end of the school year.
  - Virtual field days are a great way to connect with students in an engaging and physically active way. Each link below will show how Warsaw Community Schools organized and communicated about their field day.
  - [Virtual Field Day Promo Video](#) - This video was created by Warsaw Schools as a way to advertise their field day event to students and parents. To access this resource [click here](#).
  - [Field Day Challenge Guide](#) - This document gives an example of the procedures used in Warsaw Schools and the point system outlined for a field day event. To access this resource [click here](#).
  - Field Day Challenge - Day 1: "Bozo Ball Toss" To access this resource [click here](#)
  - Field Day Challenge - Day 2: "1/2 Mile and Mile Run" To access this resource [click here](#)
  - Field Day Challenge - Day 3: "Sock Ladder Challenge" To access this resource [click here](#)
  - Field Day Challenge - Day 4: "Overhand Ball Throw" To access this resource [click here](#)
- Plan for a virtual graduation with help from IDOE's [resource guide](#)
- Celebrate seniors with these ideas:

- Online dance party - set a theme, encourage students to dress up, share a playlist, and all join in on a video app.
- Decorating front doors of all the seniors with photos, mementos, college regalia for where they are going in the fall, etc.
- Video montage – create a video montage of each senior recording themselves saying something about what their post-secondary plans are, what they loved most about high school, what they will miss, etc. and have a time limit for each video of 30-60 seconds.
- Enlist help from local businesses - encourage local businesses to use their signs to give a celebratory message to the 2020 seniors.
- Check out these 50 virtual graduation party ideas: [Congrats, Grad! 50 Virtual and Drive-By Graduation Party Ideas for the Class of 2020! Click here to access this resource.](#)

## **Educator Wellness**

(Please note that “educator” refers to all staff in school buildings and school districts)

*“Self-care is a way to accept yourself so that you are not constantly exhausted from trying to be everything to everyone all the time and then needing to take deliberate breaks from living. Self-care should not be something we resort to because we are so absolutely exhausted that we need some reprieve from our own relentless life. True self-care is making the choice to build a life you don’t need to regularly escape from.”*

-Brianna West (adapted)

Adult SEL/ wellness

- [Educator Wellness and Mental Health Supports Infographic](#)
- [The Science of Happiness Course](#)
- [Self-Care Action Plan](#)

Become familiar with the 6 Dimensions of Self-Care:

1. Occupational
2. Social
3. Physical
4. Emotional
5. Intellectual
6. Spiritual

Complete the National Alliance on Mental Illness (NAMI) [“Self-Care Assessment”](#)

Free Apps to Assist in gaining a sense of mindfulness through guided meditations

- **MyLife Meditation (Previously - Stop, Breathe, & Think)**
- **Stop, Breathe, & Think Kids**
- **Calm**
- **Relax Melodies**
- **Headspace**

Additional article resources

- [“Taking Care of Your Mental Health in the Face of Uncertainty”](#)
- [“Stress and Coping”](#)
- [When Terrible Things Happen to Adults”](#)
- [COVID-19 Support Resources](#)

Safety supports

- National Suicide Prevention and Crisis Line: 1(800)273-8255
- Or text TALK to 741741
- Or call your Employee Assistance Program (EAP). If you don’t have the information check your employer’s human resources/benefits website

## **Remote SEL and Mental Health Services**

Remote supports for SEL:

- [Pear Deck](#) - for Google Slides is an add-on for Chrome that makes it effortless for educators to add interactive questions and formative assessments to presentations. There are SEL templates available in the template library.
- [Microsoft forms](#)-template can help student services personnel and teachers regularly check each students’ emotions and wellbeing.
- [Google forms](#)- could be used for students to fill out to request to speak with the school counselor or school social worker. Here is one [example](#). (make a copy before editing)
- [Doxy.me](#) - a free, HIPAA, GDPR, PHIPA/PIPEDA, and HITECH compliant video

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conferencing site used for providers to do telecounseling.

- [Screencastify](#) - allows you to create videos to publish. You can talk over a PowerPoint or make a video of yourself for students. This is a Chrome extension add-on. The free version allows for up to 5 minute videos.

Remote supports for mental health and/or counseling services:

- [Reestablishing Consent](#)
- [American School Counseling Association](#)
  - [Virtual School Counseling Toolkit](#)
- [National Association of School Psychologists](#)
- [School Social Work Association](#)
- [FERPA Student Privacy FAQs](#)

[Register](#) for webinar on June 24, 2020, focused on Effective Collaborations with Community Mental Health Centers for Schools.

School districts can use funding such as CARES ACT, Title IV, etc. to help increase safety, wellness, and supportive services. Please reach out to your local mental health partner to discuss a new partnership or new options around mental health/school support/SEL opportunities that could be implemented throughout the 2020/2021 school year due to effects of COVID-19.