At a Time of Crisis:
The BEST of us to the Front!

Find These Words In The Puzzle
BEST
CRISIS
DISTANCE
ENERGY
CONNECTIONS
EXTROVERT
INTROVERT
PERSONALITY
PROACTIVE
SELF CARE
SANE
SOCIAL

http://puzzlemaker.discoveryeducation.com/

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Connie Jo Smith
At a Time of Crisis: The BEST of us to the Front!

A presentation and conversation with
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A collaboration of the Region 9 Head Start Association and Training & Technical Assistance Services at WKU
Keep in Mind: *Be the BEST of YOU!*

- **Confident** – a sense of responsibility and leadership to our families and others
- **Informed** – get official, reliable and current sources of information
- **Safe & Secured** – provide own family and others a sense of normalcy during difficult times
- **Kind** – to oneself, others, strangers
- **Charitable** – give in proportion to what you have
- **Loving** – let the heart reach out to those who may need it

What are you doing to show confidence, be informed, provide safety and security, offer kindness, be charitable, and keep loving?
Today during our first class zoom meeting, we read Llama Llama Gram and Grandpa, practiced some handwriting and discussed drawing a picture for our grandparents, writing their names, and signing our work with our name. Hope grandparents get some pictures or notes from this. I know they would enjoy it! #MyNTIKy #CTEtimetoshine

Jennifer Provided Activities On Zoom for Preschoolers

- Showed confidence by trying something new
- Became informed about new technology opportunities
- Provided normalcy by reading a book and practice writing
- Encouraged kindness, being charitable, and loving by including grandparents

LOVE, MRS. HAWKINS
DEAR STUDENTS,
I MISS YOU SO MUCH! THANK YOU FOR JOINING ME TODAY!
LOVE,
Keep in Mind: **Be Pro-Active!**

- **It is NOT about “me”** – we’re all in this together
- **Don’t put things off** – the time is NOW
- Follow **real experts** and reliable sources of information
- Affirm **common sense** precautions

- Focus on **what you can control** (attitudes, staying busy, following CDC recommendations, using different techniques)
- **LET GO** of things you can not control (actions of others, predict what will happen, judging others, toilet paper in the stores)

*What are you doing to remember others, avoid procrastination, access real experts, use common sense, know what you can control and let go?*
A Wave Parade has been popular with many schools and programs. Would it work for your situation?
The Counseling Teacher Facebook Page provides this resource. Check it out!
Keep in Mind: **Connections!**

- **It is “Physical Distance, NOT Social Isolation”**

- **Communicate!** Old and new ways: phone calls, emails, text, FB, Zoom, Skype, Facetime, wave

- **Surprise!** Old high school friends

- **Reach out** to others – who may need us?

- **Polish a sense of community** with neighbors, co-workers, family members

- **We all need each other!**

**What are you doing to be social, communicate, check on old friends, reach out, and build a sense of community?**
Bored kids are going on a bear hunt and it's adorable

Neighborhoods across the globe are putting stuffed bears in their windows and front lawns to give kids a safe game. As the book says, 'We're not scared.'
Make up not required for Zoom, Facetime, Skype, or any other video sharing option!
Keep in Mind: **Self-Care**

- **Physical exercise**: walking, riding a bike, crawling from room to room
- **Try new experiences**: yoga, meditation, scuba diving in the tub
- **Check on your moods**: ask for help whenever needed
- **REAL Spring Cleaning!** Closets, kitchen cabinets, the back of the frig, the garage, or your work files
- **EXTRAS!** sing, draw, art project, movies, lots of humor, read, etc.
- **Be good to you** – YOU do YOU, let others do them

What are you doing to exercise, have a new experience, watch your mood, tackle needed work, enjoy and take care of yourself?
This community meets for exercise. Would this work in your community or your program?
Keep in Mind: **Stay Sane!**

- **Recognize and understand** that this dangerous health crisis will cause Anxiety, Fear, Depression, Illness

- **Get help** when needed and give it when you can at home and work

- Be a leader and a **positive role model** for your family, children, friends, strangers, and co-workers

- **Learn something new!** Play video games, freshen up your French, take up knitting, sign up for a class

- **Virtual Tours!** Virtually visit museums, zoos, national parks...better than running to the fridge every 15 minutes!

- **Avoid** alcohol, anti-depressants, laying around watching bad TV

What are you doing to understand, help, lead, learn, explore and stay healthy?
Find your favorite musicians on Facebook and listen to their live sessions!
Check out the Kansas City Zoo Penguins or live webcams from many different zoos. How can this help you, your family, and your Program’s families?
Visit a museum online. Would this be helpful for you, your family, or your program’s families?
References and Resources


• Graphics for presentation (unless otherwise noted) are all CC0 Creative Commons and were retrieved from Pixabay - https://pixabay.com/

• Discovery Education Puzzle Maker
  http://puzzlemaker.discoveryeducation.com
References and Resources

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• Cumberland Trace Elementary Staff Visit Students At Home With a Wave Parade https://www.wbko.com/content/news/Cumberland-Trace-Elementary-School--569048591.html

• The Counseling Teacher Facebook Page https://www.facebook.com/thecounselingteacher

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• Canine Assisted Therapy Facebook
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• Bored Kids are Going on A Bear Hunt and it is Adorable - Tampa Bay Times

• St. Paul neighbors meet for nightly calisthenics - 10 feet apart

• Kansas City Zoo Web Cam
  https://www.kansascityzoo.org/ouranimals/list-of-animals/king-penguin/

• Boston Children’s Museum Virtual Tour
  https://www.bostonchildrensmuseum.org/museum-virtual-tour