

A low-angle shot of several cosmos flowers with orange and yellow petals against a clear blue sky. The flowers are in various stages of bloom, with some fully open and others as buds. The stems are thin and green, with small leaves visible. The lighting is bright, suggesting a sunny day.

Together We Can
MCHP FAMILY MEETING

Who is in the house?

**Sally Shipley, School
Social Worker**

You can reach me by
email and phone.
shiples@gcsnc.com
336-317-6486



Who is in the house?

MCHP Staff

**Please use the chat
to tell us
who YOU are.**



How to use this online "house"?

Camera

Microphone

Chat – text, images

Raise your hand

Mr. Devonmille, Mrs.
McFarland and Ms. McGuire
will help me keep an eye on
things.



Who is in the house?

How many Thursday evening parent meetings have you attended?

Please put your answer in the chat.
1,2,3 or more!



Tonight's Gathering

- Guilford County Parent Academy
- Parent and Student Resources
- Adaptation Skills
- Fun Stuff



Supporting each other

Guilford Parent Academy Resources

[https://www.gcsnc.
com/page/2089](https://www.gcsnc.com/page/2089)

Command + click



GCS Parent Academy Parent Workshop

<https://www.youtube.com/watch?v=Z0kpQghFvR0&feature=youtu.be>

Command + click





Who is in the house? Are there responses in the chat?

GPA Parent Workshop

- What does stress a Ideas and anxiety look like in children?
- Our children are acting a few years younger than their age.
- We may not be seeing as much growing up as usual
- (New) worries and fears.



GPA Parent Workshop

What is your level of stress today?

On a scale of 1 - 10

10 = highest

Please type this number in the chat. You can put in more than one number for each person attending the workshop.



GPA Parent Workshop

- What to do to help our children?
- Compassion
- Patience
- Teaching skills
- Modeling those skills



10 Adaptive Skills

1. Self-Care
2. Communication
3. Self-Direction
4. Leisure Skills



10 Adaptive Skills

**5. Home or School
Living Skills**

**6. Using
Academics in
everyday life**



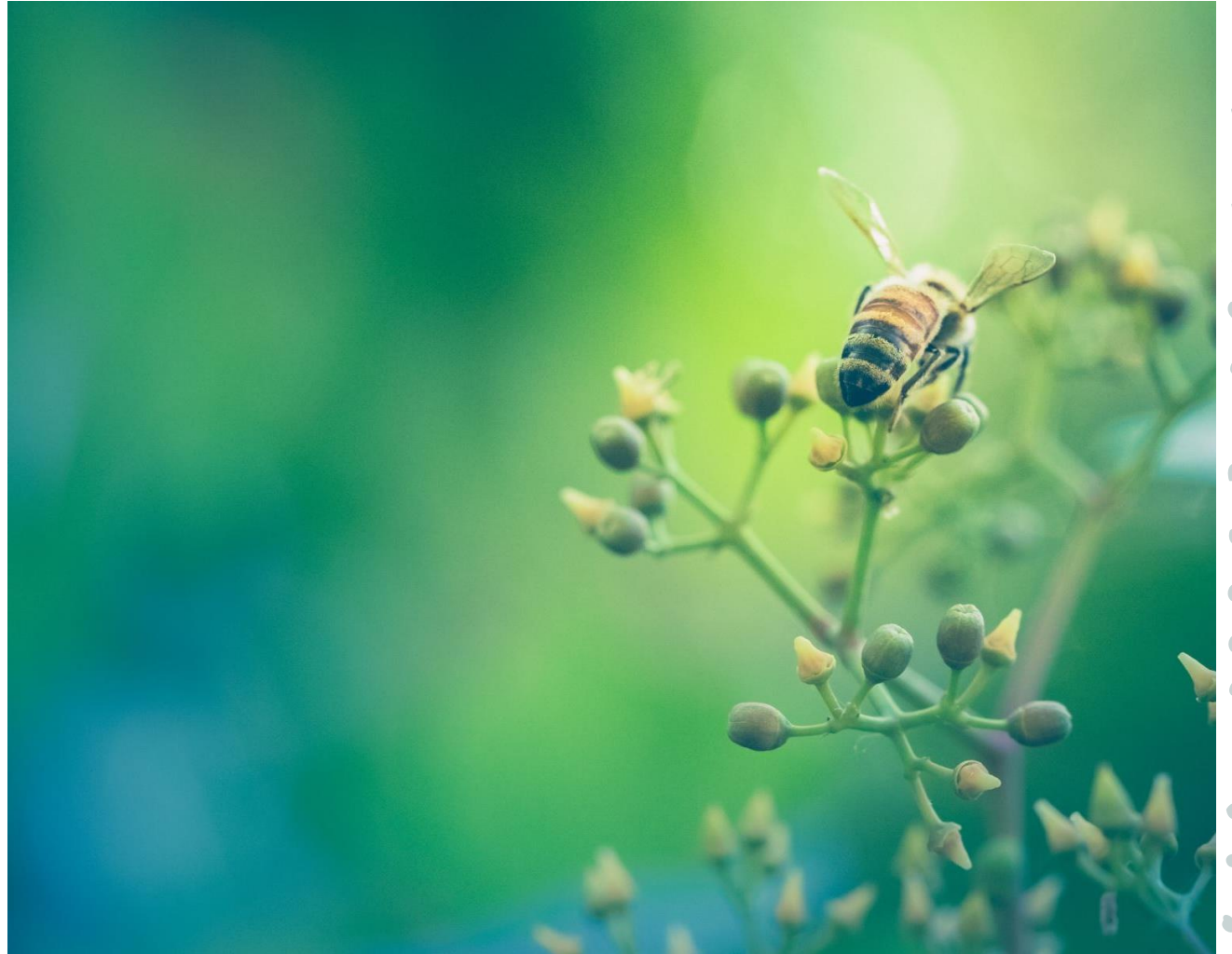
10 Adaptive Skills

7. Social Skills

8. Work Skills

**9. Using Community
Resources**

10. Health & Safety



Adaptive Skills

- Tonight -

- **Self-Care**
- **Communication**



Self-Care Skills

- ☐ **Bathing**
- ☐ **Dressing**
- ☐ **Grooming**
- ☐ **Nutrition**
- ☐ **Hydration**
- ☐ **Exercise**
- ☐ **Sleep**



Self-Care Skills

Personal Reflection

- ❖ **What is going well for me?**
- ❖ **What is not going well for me?**
- ❖ **What do I want to change about me? (You cannot change other people. You can influence others.)**



Self-Care Skills

Feelings/Emotions/Emos

- ✓ **Feel my feelings**
- ✓ **Name my feelings**
- ✓ **Express my feelings**
- ✓ **Share my feelings**



Feelings

Word List

Happy

Adored
Alive
Appreciated
Cheerful
Ecstatic
Excited
Grateful
Glad
Hopeful
Jolly
Jovial
Joyful
Loved
Merry
Optimistic
Pleased
Satisfied
Tender
Terrific
Thankful
Uplifted
Warm

Mad

Aggravated
Accused
Angry
Bitter
Cross
Defensive
Frustrated
Furious
Hostile
Impatient
Infuriated
Insulted
Jaded
Offended
Ornery
Outraged
Pestered
Rebellious
Resistant
Revengeful
Scorned
Spiteful
Testy
Used
Violated

Sad

Alone
Blue
Burdened
Depressed
Devastated
Disappointed
Discouraged
Grief-stricken
Gloomy
Hopeless
Let down
Lonely
Heartbroken
Melancholy
Miserable
Neglected
Pessimistic
Remorseful
Resentful
Solemn
Threatened

Scared

Afraid
Alarmed
Anxious
Bashful
Cautious
Fearful
Frightened
Horried
Lost
Haunted
Helpless
Hesitant
Insecure
Nervous
Petrified
Puzzled
Reassured
Reserved
Sheepish
Tearful
Uncomfortable
Useless

Surprise

Astonished
Curious
Delighted
Enchanted
Exhilarated
Incredulous
Inquisitive
Impressed
Mystified
Passionate
Playful
Replenished
Splendid
Shocked
Stunned

Disgust

Embarrassed
Exposed
Guilty
Ignored
Inadequate
Incompetent
Inhibited
Inept
Inferior
Insignificant
Sick
Shame
Squashed
Stupid
Ugly
Unaccepted

First – find a feeling you have never felt or you very rarely feel.

Second – find a feeling you feel often these days that you did not used to feel often.

Third – find a feeling you want to feel someday soon.

Self-Care Skills

Mindfulness helps us observe our feelings as we are feeling them. It helps us be more aware of our thoughts as we are thinking them.

<https://www.youtube.com/watch?v=vzKryaN44ss>



Self-Care Skills

- ❑ **How do you help your children?**
- ❑ **Why is this harder now?**

Use the chat box or speak out. We'd love to hear you.



Take a Moment

**Check on our
numbers.**

**If you are doing this at
home, let each person
take a turn at sharing
their stress level.**



Communication Skills



4 Key Ideas

- **Verbal Communication**
- **Non-verbal Communication**
- **Digital communication**
- **Feedback Loops**

Examples.....

Communication Skills



Feedback Loops

If you email a teacher or a college professor, and they do not respond and acknowledge your message, then the communication loop is not complete.

Communication Skills



Feedback Loops

If you email, text or call your manager or boss to tell them you are sick and not going to work and they do not respond, then you do not know for sure that they have received your message.

Communication Skills



We are all struggling with these skills right now.

- **We are missing clues we would have if we were at school and work together.**
- **We are not hanging out with friends and family as much.**

Communication Skills

- ❖ Be a good listener.
- ❖ It is difficult to figure out what we want to say.
- ❖ It seems to take more energy even though we have all these tools.
- ❖ Takes time to learn how to use the tools.



Communication Skills



- ❖ **Be more forgiving when things are not just right.**
- ❖ **Tell your teachers what is going on.**
- ❖ **Own up to what you are missing.**
- ❖ **Ask for help.**

Communication Skills

- ❖ **There is a lot we cannot control.**
- ❖ **What and how we communicate is something we can work on together.**
- ❖ **Texts, apps, emails, phone, video conferences**



Communication Skills

Self-Reflection - what is going on with me and what do I need to communicate? (What am I thinking and feeling?)

Help your students at home to give their attention to reflection & communication.





Communication Skills

Why is this harder right now for you?

What is working well?

What might you want to change?



*Our Adaptation Skills are in **CONSTANT** use.*



We are extra tired because we are constantly adapting to changes in our environment.



We use our adaptive skills a lot.

- new school year**
- new school**
- new jobs**
- new neighborhood**

We are not getting time to settle into new routines because life keeps changing.



**What routines do
you have in your
family?**

Household Routines

Personal Routines



Be compassionate.

Be patient.

Ask for help.

Don't give up.

Be supportive.

Be kind.

**Be active. Our bodies are
made for movement.**

Laugh! Early and often.

Fun Stuff & Resources

Guilford Parent Academy

Parent Workshop on Stress and Anxiety

<https://www.youtube.com/watch?v=Z0kpQghFvR0&feature=youtu.be>



Fun Stuff & Resources

Grover and Dave Matthews trying to name their feelings.

<https://www.youtube.com/watch?v=Po5lHYJJQfw>

Sesame Street - Bruno Mars - Don't Give Up

<https://www.youtube.com/watch?v=pWp6kkz-pnQ>

Sesame Street - Dancing is Easy Song

<https://www.youtube.com/watch?v=DSQRxdoXb3Q>



Fun Stuff & Resources

Yoga Reminder - never do anything that hurts. Adapt the moves to fit your beautiful body.

Gentle Yoga for Kids - 3 mins, singing and animation

https://youtu.be/fHIA_bCLyEY

Family Yoga for Kids

<https://www.youtube.com/watch?v=aaBB4VQS1F8>



Fun Stuff & Resources

An animated story about mindfulness.

2.21 minutes.

<https://www.youtube.com/watch?v=vzKryaN44ss>

Celebration - Kids Performance

<https://www.youtube.com/watch?v=8Lu41LulQos>



MCHP Lions Leading Cubs



I asked our staff to share
some words of wisdom for
this challenging time.

Here are three ideas.

MCHP Lions Leading Cubs – Ms. Wynn



1. I listen to instrumental music. My favorite is Piano Guys on Pandora. It has been comforting during this time as well as helping me to focus on my work while I listen.

2. Daily exercise, staying hydrated and taking Vitamin D helps with my mood and fatigue.

MCHP Lions Leading Cubs – Ms. Croom



DIY Spa Day!

Personalize each "spa" session. Grab that bucket that you no longer use that's laying around the house. Give yourself a manicure, pedicure, take a bubble bath with bath bombs, bubble bath, and your favorite scents to relax. If you're a bath lover, apply face and hair masks before that dreamy soak. The products can be purchased at the dollar tree for an economically great price.

Alyson Honeycutt, our new EC Teacher

My takeaway from this picture is that we have to take small steps, one at a time, to get where we are going. If a goal or task seems impossible, we need to break it down into smaller steps. This might mean tackling one assignment or one day at a time when the whole semester feels overwhelming.



- ❖ Can you think of one next step you want to take to better manage something in your life? school, work, household, etc...



Scale from 1 to 5

1= disagree 5= agree

- ❖ I feel more equipped to manage my stress.
- ❖ I feel more empowered to help my children manage their stress.
- ❖ Example: 2 / 4 or 4,4

Out The Door Dance Party



**Sesame Street -
Mahna Mahna**

https://www.youtube.com/watch?v=8N_tupPBtWQ