

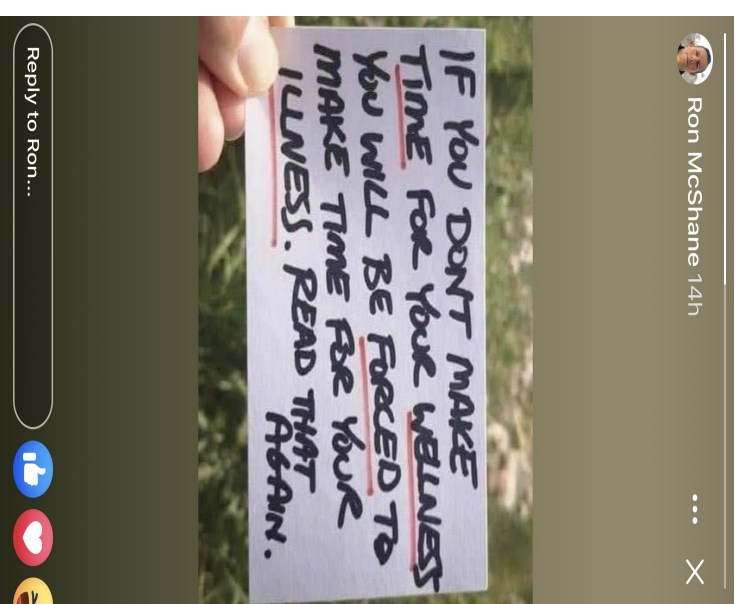
# **ProActive Caring ~ During Quarantine 2020**



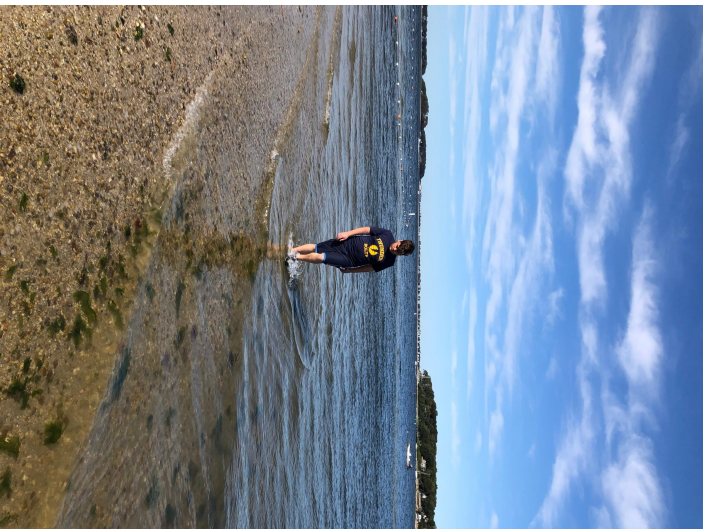
“Being Present  
For Students  
During These  
Changing Times”

Take care of yourself, then you can help others....

Ron McShane-Certified Qigong Master ~ FB-Request to join group



Thank you PAC for a lifetime gift of Meditation



Lisa Nathan gave me permission.....and said “it was OK not to clear my mind, just be present and focus on the breathing.....start with (3) minutes...”



# Make Time for Inner Peace and Find Outer Peace





# Discover Tapping

- TAPPING a simple set of exercises that can benefit anyone
- Developed in Military
- Helping individuals cope with Stress & Anxiety

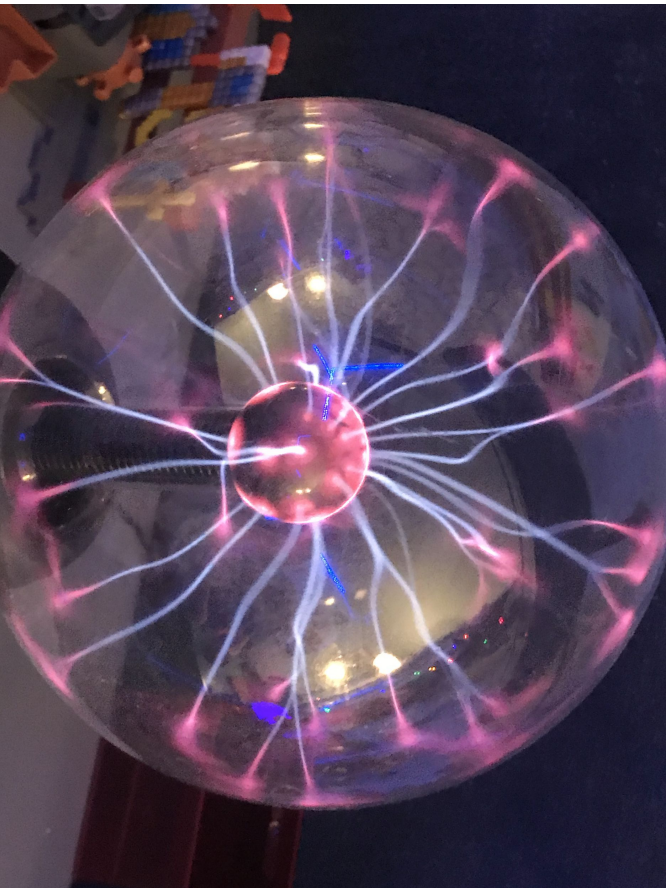


# Remote Education

## Strategies from a “Google Class Mom” Supporting Remote Learners



Create a home Classroom that is Engaging & Organized





# Home School Setting



- Organize & Label Supplies
- Have a place for spares
- Have Comfortable Seating
- Communicate with Educators if they have any specific home school supply requests
- Consider a Plain Backdrop

# Create Routine, Be Flexible, Accept Change



# Technology Tips



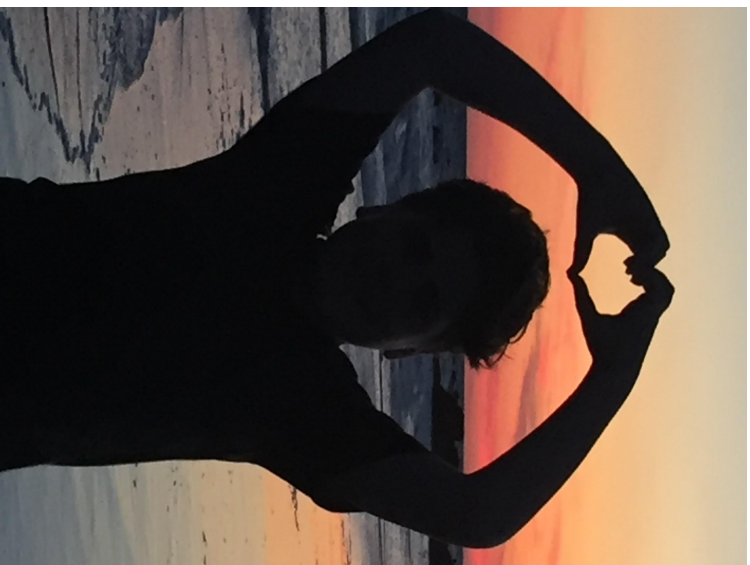
- Use Alexa to Set Alarms
- Use a Timer
- Turn ON Closed Captioning
- Turn ON Transcribing
- Ask Educator to Transcript Lessons and Share



# Using just (1) HDMI Cable Connect Laptop to TV



# Let The Sunshine In



- Consider your Lighting Sources
- The Illumination should be in front of your learner for the Educator to see them
- This image is “Back Lit” not ideal for remote setting





# Request Educator Build in Work Breaks



- Create Social Time
- Tell Jokes
- Have Show & Tell
- Discuss Favorite Things; Art, Music, Sports, Travel Hopes, Hobbies, Family Traditions

# Communicate with your Students Education Team



- Correspond Weekly
- Check the Google Email
- Use a calendar for DUE work
- Create checklist for DONE work
- Reward Progress

# Plan after school activities



- Get outside
- Focus on Strengths
- Build Confidence & Independence
- Home STEM Club
- Google meet a friend



# Community Collaboration ~ Build Confidence

**ProActive**  
**Caring e-News**  
**August 2020**



## 'Lisa & Peggy Corner' now a digital resource

Those of you who have recently visited the School Exchange section of the ProActive Caring Digital Resource Center (PCDRC) will notice that a new resource — "The Lisa and Peggy Corner" — has been added. The recorded webcasts may interact so parents and others who view the series with Lisa Nathan and Peggy Pisano, the co-founders and principal presenters of the "School Exchange" series — or may continue the series on their own.

"The Lisa and Peggy Corner" is illustrated by the drawings provided by Eric M. Orzell, a 13½-year-old with many interests, including science, art, and sports. He has been painting for just over a year with Zylodone, a Hudson Valley nonprofit whose mission is to help children with mental health issues express their feelings through the arts while enhancing social skills, confidence and independence."

**'Proactive Caring' — 'School Exchange' to continue in fall 2020**  
 Since schools will operate differently in fall 2020, if they are able to re-open, the School Exchange will resume once the school year begins, drawing on the expertise of Lisa Nathan, parent/educator and mediator, and Peggy Pisano, school psychologist/advocate, and invited speakers who will discuss how mindfulness may offer strategies for coping with everyday stressors.



Eric M. Orzell shows off one of his recent paintings.

Eric and his parents, Stacy and Brian Orzell, recently worked together to turn photos of some of his paintings into recorded webcasts, which he has been setting up on the PCDRC website. Parents are invited to learn more about Eric's notecards or to purchase cards.

**'Proactive Caring' — 'School Exchange' to continue in fall 2020**  
 and help build resilience.

The fall series will kick off with these topics: Aug. 19, "New Concerns and Mindful Solutions" and Aug. 26, "Building Resilience: A Breath of the New School Year."

A Zoom sign-on is circulated each week so you may join live via video or audio. The webcasts,

**Follow us on social media**

 @ProactiveCaring
  @ProactiveCaring
  @ProactiveCaring
  @ProactiveCaring

- Build a Portfolio
- Log Favorite Activities
- Explore Creativity
- Practice, Practice, Practice...

# Submit your Students work to Local Newspapers



# Have Commitments ~ Grow Talents

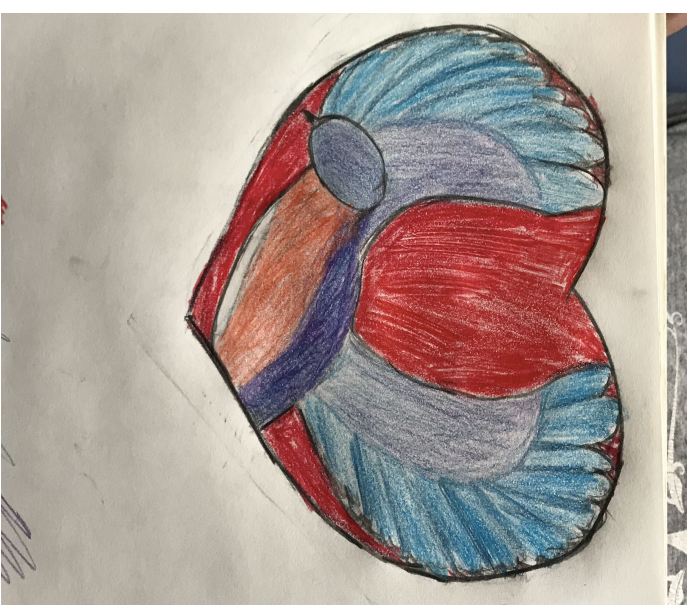
ZYLOPHONE.ORG



- Karaoke
- Animal Art
- Art in Music
- Ageless Grace
- TRAP The **R**hymem **A**rts **P**roject ~  
Drumming
- Sensory Play
- The BEAM
- Social Skills Acting
- ZYLOrobics
- Game Night
- Song Factory
- Theatre Production



# Skill Build



# Set Reasonable Goals & Establish Rewards



# FUNny is Healthy

## Eric Orzell Jokes ~ Google

Why did the kid throw his clock out the window?

What day of the week are most twins born?

Because he wanted to see time fly

TWO's-day

How do you get a squirrel to like you?

What did the big flower say to the little flower?

Act like a NUT!

Hi BUD

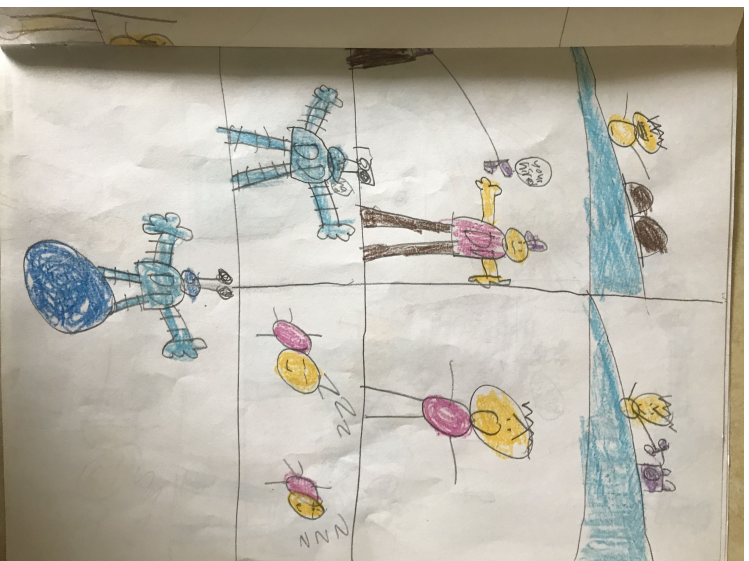
What kind of tree fits in your hand?

Why are fish so smart? Because they live  
in schools

A Palm Tree



# Teach A Picture Tells a Thousand Words.....



# Remote Learning ~ Work Together ~ Family Team



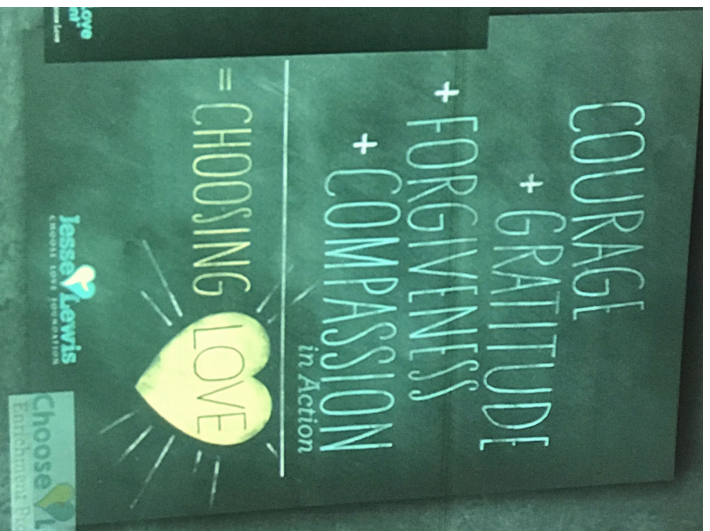
**T**ogether

**E**veryONE

**A**chieves

**M**ore

# Teach Social & Emotional Learning in School & At Home



**Courage + Gratitude +  
Forgiveness + Compassion  
in Action = Choosing Love**

**Teach *empathy, bravery* and  
take action doing random  
acts of *kindness* in school,  
at home and in your  
community**



# Jesse Lewis Choose Love Movement



**My most proud COVID quarantine accomplishment was to become Certified as the first NY Choose Love Ambassador. Visit our Website, Register, Sign in and download; No Cost SEL-Social and Emotional Resources ~ Grades K-12. "A Brave New World" Unit Empowers Educators and Families assisting students to understand what just happened and how to grow forward.**

**[Chooselovemovement.org](https://chooselovemovement.org)**