

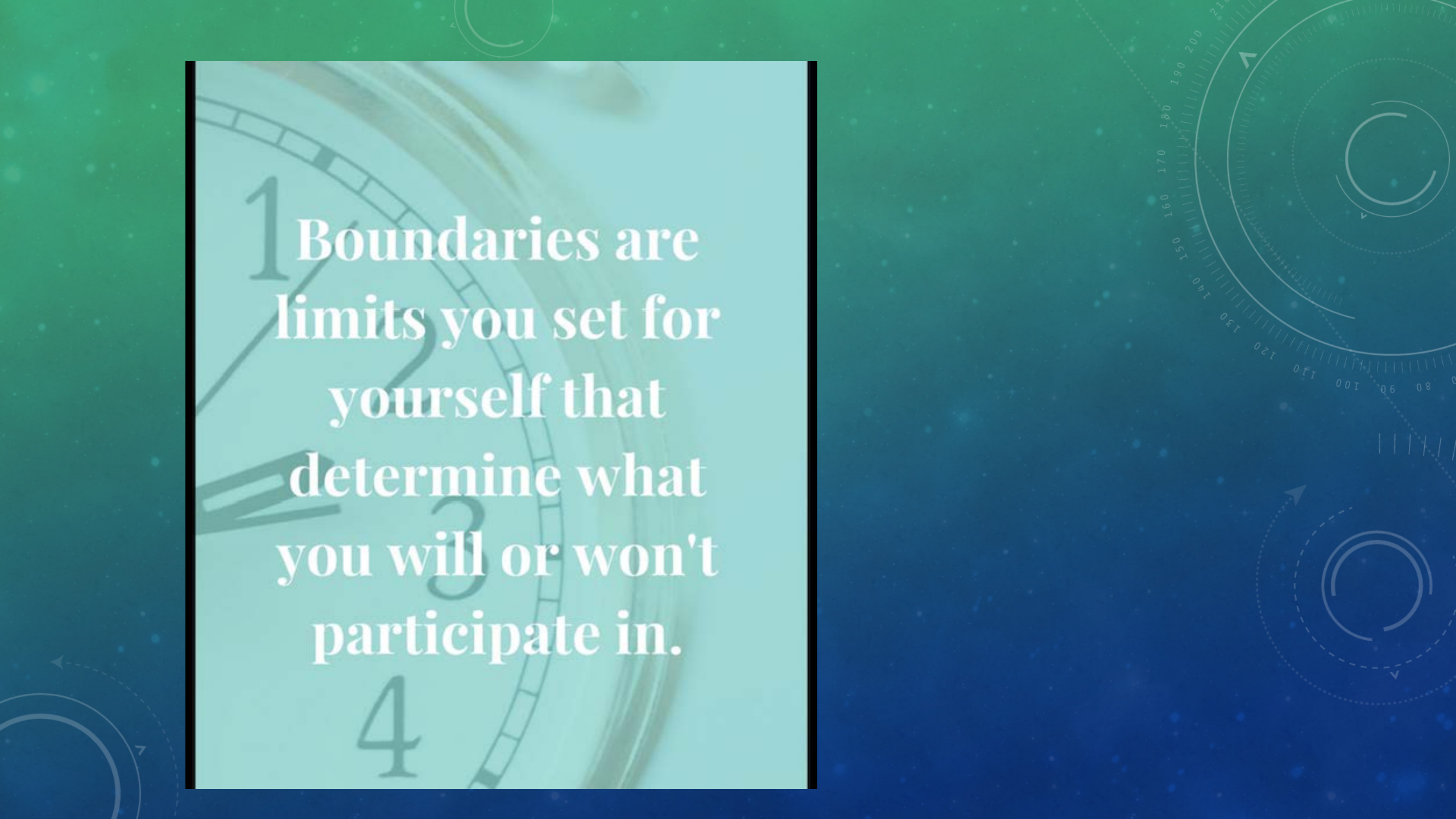
THE SOCIAL WORK CORNER....



MS. S. WARE, LCSW-BACS

BOUNDARIES...



The background features a teal-to-blue gradient with faint, semi-transparent circular patterns and a clock face. The clock face is visible on the left side, showing numbers 1, 2, 3, and 4. On the right side, there are several concentric circles and arcs, some with tick marks and arrows, resembling a technical or scientific diagram. The overall aesthetic is clean and modern.

1 Boundaries are limits you set for yourself that determine what you will or won't participate in.

SIGNS OF POOR BOUNDARIES....

SIGNS THAT YOU HAVE POOR BOUNDARIES

you tend to...

Hate letting people down

Struggle with making decisions

Feel a lot of guilt when
taking care of yourself

Avoid speaking up when
your feelings are hurt

Feel burned out

Feel taken advantage of

Say "yes" even when
you don't want to

Feel responsible for the
happiness of others



@PSYCHEDMOMMY

Agree with others to
keep the peace

Give away too much
of your time

CHANGE PERSPECTIVE...



A change of perspective

INSTEAD OF:

BLAMING YOURSELF FOR EVERYTHING

NEGATIVE SELF-TALK

BOTTLING YOUR EMOTIONS

ENDLESS SCROLLING & SCREEN TIME

COMPARING YOURSELF TO OTHERS

TRY:

JOURNALING ABOUT THE SITUATION ITSELF

CELEBRATE YOUR WINS

FACETIME A FRIEND

COOK YOURSELF A NICE MEAL

TRY YOUR HAND AT A NEW CRAFT

BOUNDARIES WITH STUDENTS...

The school was the one place I felt safe and comfortable, and it's now gone. Now to attend, I must invite not only the teacher but my entire class to a place I dislike, and I'm embarrassed about, and that's my home. I cry every morning before I log on.

- Dr. Marcus Jackson

VIRTUAL TIPS...

VIRTUAL TIPS - FOR TEACHERS



Tips To Get The Most Out of Virtual Teaching:

• Exercise Empathy

- Ask families and students how they communicate best.
- Keep open "office hours," and schedule time check in with students.
- Students may feel uncomfortable showing themselves at home. If so, allow them to use a background or a silly filter or turn off their camera and change their profile photo to a bitmoji or favorite selfie.
- Ask don't assume. Start with empathy, then problem-solve.

• Eliminate Barriers to Access

- Keep your routines simple and consistent.
- Make directions simple and clear.
- Have one central virtual classroom space, such as Google Classroom, that students are familiar and comfortable with.
- Minimize the number of app/platforms you use with students.
- Explicitly teach students how to use virtual tools.

• Support and Innovate

- Use both synchronous and asynchronous learning.
- Use flexible grouping: whole group, small group, one-on-one.
- Allow time for hands-on activities and off-screen learning.
- Give longer-term projects (with plenty of support).
- Use quick polls/surveys and discussion to assess progress and assign tasks that appropriately challenge each student.

SET BOUNDARIES

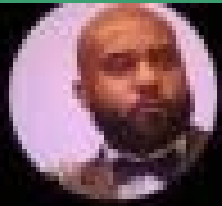
Communicate with families about the hours you're available and when you're not, and stick to them.

KEEP COMMUNITY

Take time each week to gather with colleagues to discuss successes, challenges, and tips.

TAKE CARE OF YOU

Take breaks, go for walks, eat well, get lots of rest, keep in touch with friends, and stay healthy and safe.



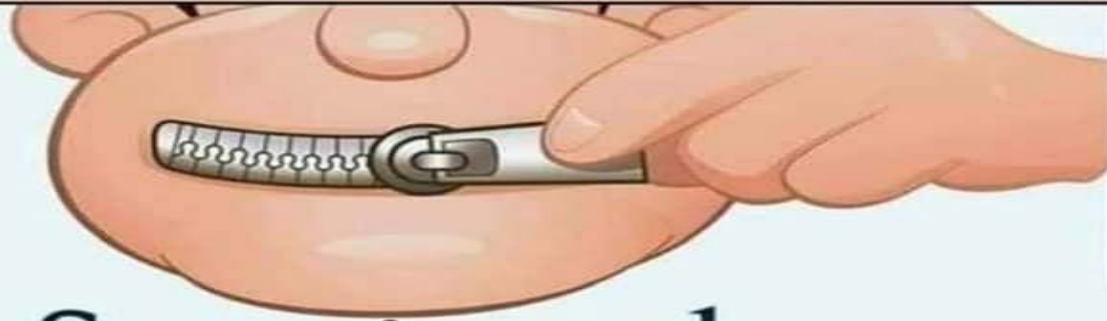
Roosevelt Mitchell
@DisabledScholar

Today I was taking virtual attendance and I called a students name and his mother came on said "he here but he cleaning up the kitchen."

#virtualteachingchronicles

5:05 PM · 8/31/20 · Twitter for iPhone

IN THE END...



Sometimes the
Best Thing to Do
Is Say Nothing at
All and Let God Fight
Your Battle for You..
Say Amen

SOCIAL DISTANCE GREETINGS...





