

# Welcome to Lunch and Learn Education Series

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*Resources for families of children with disabilities.*



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# Social-Emotional Wellness for Children during COVID-19

**Presented By: Tova Deborah Eggerstedt, MS, Ed.S**

Training and Technical Assistance Specialist, Center for Disabilities

Instructor, Department of Pediatrics Sanford School of Medicine

Adjunct Graduate Faculty, Department of Curriculum & Instruction

# Social Emotional Wellness

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## Social-Emotional Wellness for Children During COVID-19

In addition to keeping children physically safe during the COVID-19 pandemic, it is also important to pay close attention to their social and emotional health and wellbeing. The Centers for Disease Control and Prevention (CDC) currently reports that while children appear to be at lower risk for contracting COVID-19, they are far more vulnerable to the emotional impact of traumatic events and adverse experiences. This webinar is designed to provide information on supporting and protecting children's social and emotional well-being as this public health crisis unfolds.

**We know the risks associated with COVID, we also know the harms related to the pandemic on:**

- Social
  - Emotional
  - Behavioral
  - Economic
  - Academics
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# Social Emotional Wellness

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## Social-Emotional Wellness for Children During COVID-19

A review of studies conducted on pandemics, revealed a strong association between the length of quarantine and:

- Post-Traumatic Stress Disorder Symptoms
- Avoidance Behaviors
- Feelings of Anger and Resentment

**Understanding the why behind it.  
(what is causing this feeling and what can I do about it).**

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# Social Emotional Wellness

## Social-Emotional Wellness for Children During COVID-19

Everyday life has changed and may continue to change for most people:

- Schools
- Childcare Closures
- Athletic Opportunities
- Social Distancing
- Home Confinement
- Increased Isolation

Which may interfere with a child's sense of:

- Structure
- Predictability
- Security



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## Managing Anxiety During this Challenging Time

- Anxiety is a feeling of uncertainty.
- Anxiety isn't always negative.
- Anxiety is normal.

“The COVID-19 pandemic has caused anxiety to sky-rocket, if internet searches are anything to go by. A new study, published in the Journal of the American Medical Association, found a record high of anxiety related Google searches. Researchers analyzed search queries that mentioned “panic attack” or “anxiety attack” emerging from the United States between January 2004 and May 2020. Searches for anxiety and panic attacks were the highest they’ve ever been in over 16 years of historical search data.”

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# Social Emotional Wellness

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## Supporting Children's Emotional Well-Being During COVID-19

- Structure and Predictability
  - Permission to Feel
  - Provide a Nurturing Environment Where Self-Care is Priority
  - Provide Children with Calming Resources
  - This is Temporary
  - Get Kids Outside and Moving
  - We Can't Stop the Waves, but We Can Learn to Surf
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# Social Emotional Wellness

## The Story of Two Wolves

- Which wolf will win the fight?
- The one I feed.
- We don't try to deny our anger.
- Help strengthen our kind and loving wolf.
- Seeing our thoughts and feelings.

We choose what we strengthen and bring in to action and we choose what we will gently let go of.





# Social Emotional Wellness

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## So What is Emotional Literacy?

The ability to notice, accurately name and interpret their emotions and it is the foundation of Social Emotional Learning (SEL) and a key skill children need in order to make clearheaded decisions and manage emotions throughout life.

- Emotional literacy, like other social and emotional skills, can be taught and developed with practice.
- There are 3,000 words in the English language to describe emotions, but most people typically use less than 20 words on a regular basis.
- Unfortunately, children (and adults too!) often have a hard time managing their emotions when they don't have the words to describe them (especially when emotions are escalated!)

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## Why Emotion Vocabulary Matters:

In everyday life, children must understand the emotional state of others (parents, teachers, peers, self).

Naming emotions accurately helps children develop a better understanding about what is happening inside, so they can manage themselves in positive ways and become better learners.

For younger children: As you read, point to characters and ask,

- “How do you think they are feeling?”
- “How can you tell?”

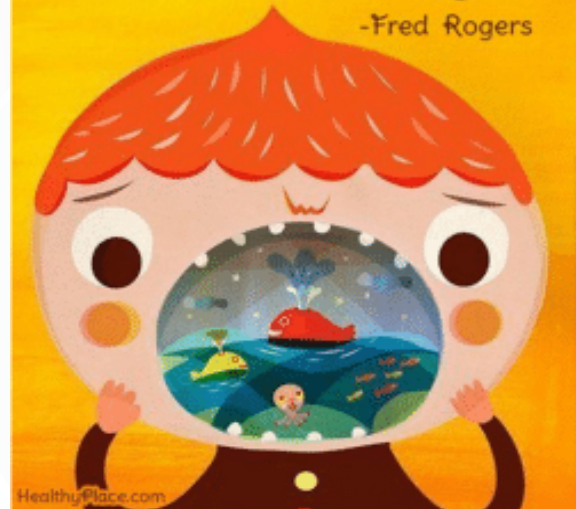
Ask for several ways to describe how they or someone else is feeling.

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Emotional literacy starts  
with vocabulary!

When we can talk  
about our feelings,  
they become  
less overwhelming,  
less upsetting,  
and less scary.

-Fred Rogers



# Social Emotional Wellness



**Anger**  
To fight against  
problems



**Joy**  
To remind us  
what's important



**Anticipation**  
To look forward  
and plan



**Sadness**  
To connect us with  
those we love



**Disgust**  
To reject what is  
unhealthy



**Surprise**  
To focus us on  
new situations



**Fear**  
To protect us  
from danger

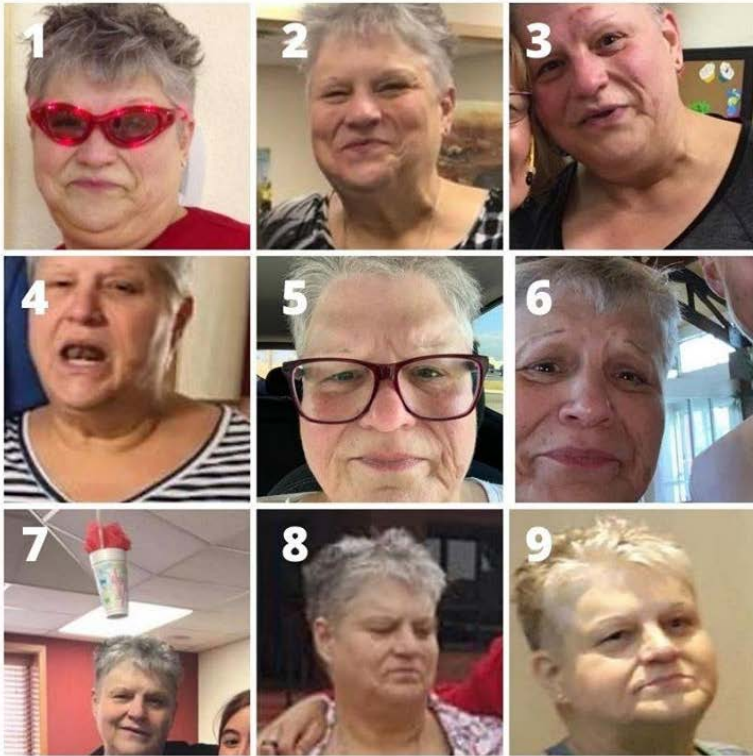


**Trust**  
To connect with  
people who help

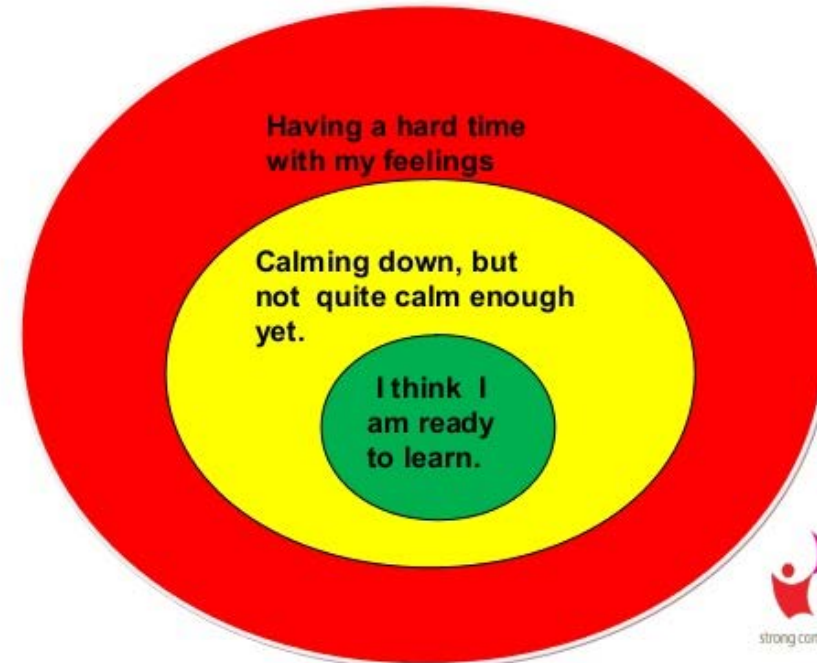
- **What is the purpose of this emotion?**
- **Encourage children to widen their emotional reflection when they are reflective writing or journaling.**
- **When reading or watching videos, pay attention to how authors and directors convey emotion in words, pictures, gestures, settings, and sounds.**

# Social Emotional Wellness

**On a scale of 1- Velo,  
how do you feel today?**



Visual tool used by Principal Jim Sporleder to help his students identify when they are ready to talk or to learn.





# Social Emotional Wellness

## Building Resiliency in Youth

- Using positive self-talk
- Goal Setting
- Stick-with-it-ness, Bounce-back-ed-ness
- Teaching optimism
- Helping children cultivate positive emotions
- Sharing positive events with each other
- Learning from failure, viewing mistakes as opportunities
- Researchers have found that highly resilient children use humor as a way to deal with stressful situations.

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When students look at me with a puppy dog face and say: ‘This is hard,’ I say, ‘That is fantastic. That feeling of hard is the feeling of your brain developing, strengthening and growing.’

— Jo Boaler

# Social Emotional Wellness

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## Quick Recap:

- **Managing Anxiety.**
- **Schedules. Routines. Predictability.**
- **Being Mindful of our Circle of Control.**
- **Self-Awareness and Co-Regulation.**
- **Building Resilience.**
- **Connecting with Others.**



*We don't have  
to do all of it  
alone. We were  
never meant to.*

- BRENE BROWN



# Social Emotional Wellness

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- *Questions?*

**Tova Eggerstedt, MS, Ed.S.**

Behavioral Specialist - Center for Disabilities  
Instructor, Department of Pediatrics  
1400 West 22nd St. | Sioux Falls, SD 57105  
P 605.357.1430 | F 605.357.1438  
Email: [Tova.Eggerstedt@usd.edu](mailto:Tova.Eggerstedt@usd.edu)

**Kristine Bollig, MS**

Behavioral Specialist - Center for Disabilities  
Instructor, Department of Pediatrics  
1400 West 22nd St. | Sioux Falls, SD 57105  
P 605.357.1436 | F 605.357.1438  
Email: [Kristine.Bollig@usd.edu](mailto:Kristine.Bollig@usd.edu)

## MY CHECK LIST FOR EVERY CLASS THIS YEAR

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1. Keep them safe
2. Lower their anxiety  
about the current situation
3. Make them laugh
4. Make them feel loved
5. Teach them something

All in that order

