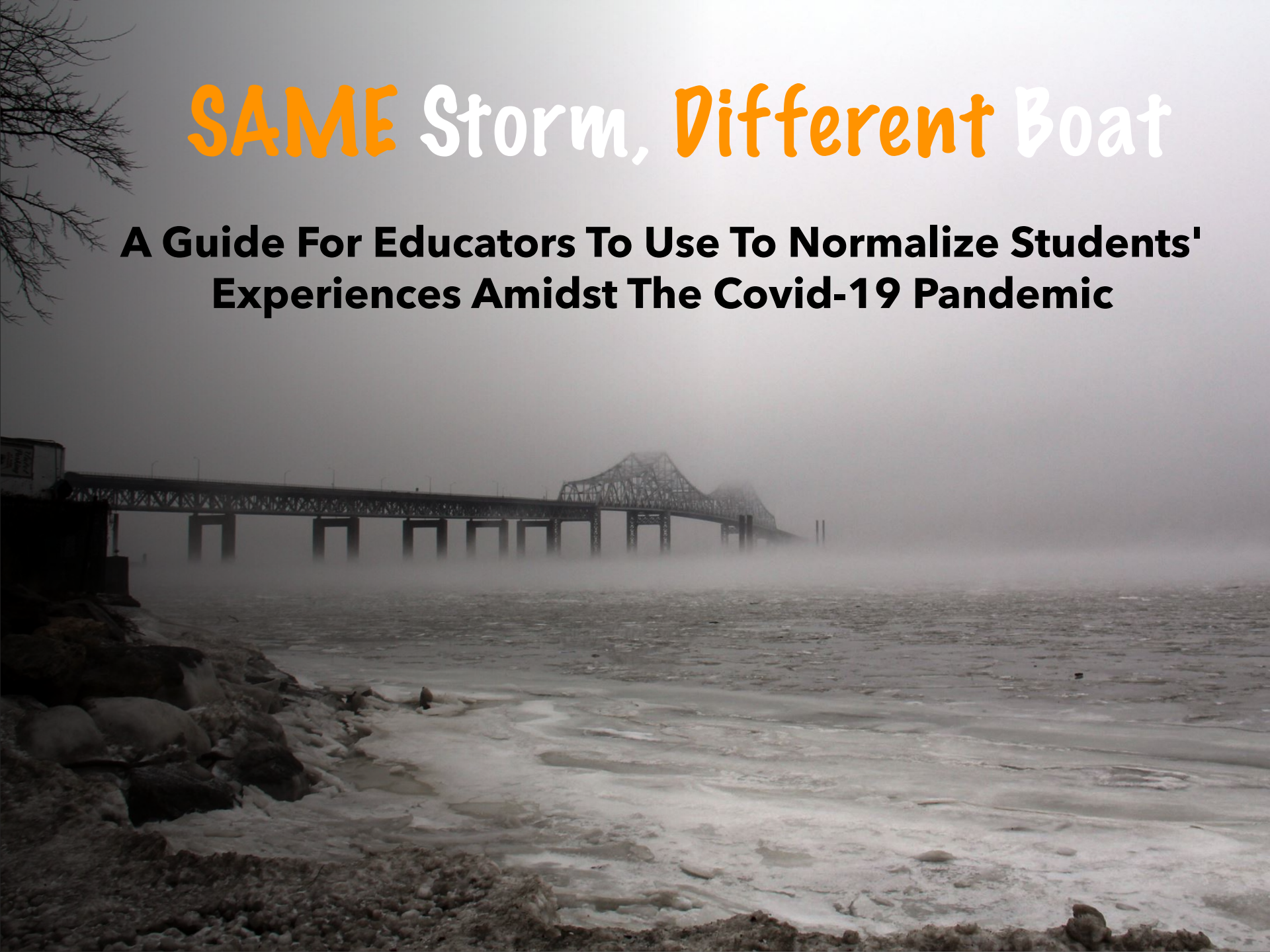


SAME Storm, **Different** Boat

A Guide For Educators To Use To Normalize Students' Experiences Amidst The Covid-19 Pandemic



What Does **SAME** Storm, **Different** Boat Mean?

Same Storm, different boat means we are all in “**uncharted waters**” but have *not* necessarily been experiencing the same thing in the same way.

- **Different** Equipment
 - (Some have a yacht, others just an oar)
- **Different** Circumstances
- **Different** Perspectives
- **Different** Experiences

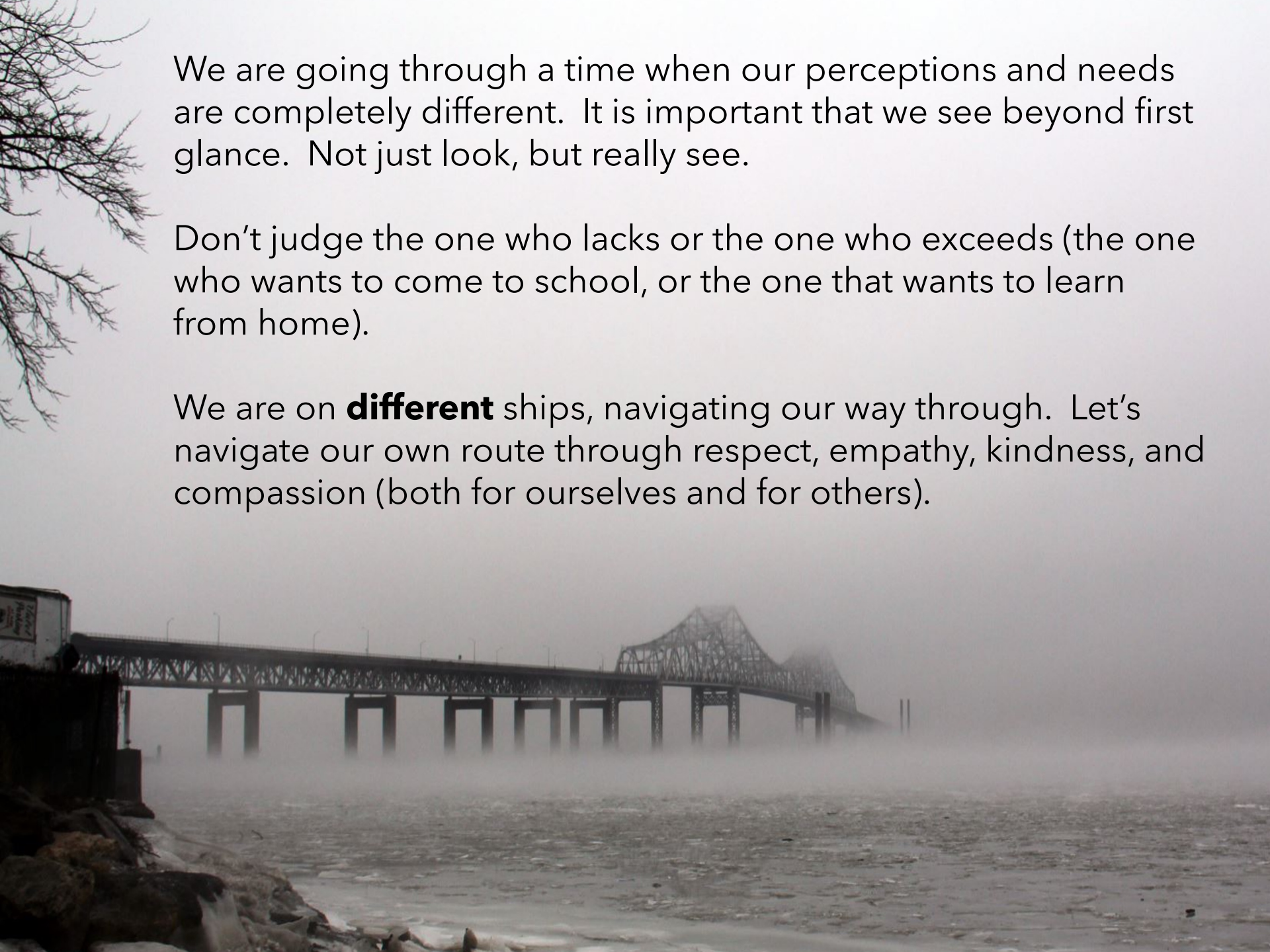
Some may have enjoyed the break and found it relaxing. Others might have experienced a crisis... loss of financial security within the family, loss of a loved one, feelings of loneliness and isolation. Some experienced a mix of both.



We are going through a time when our perceptions and needs are completely different. It is important that we see beyond first glance. Not just look, but really see.

Don't judge the one who lacks or the one who exceeds (the one who wants to come to school, or the one that wants to learn from home).

We are on **different** ships, navigating our way through. Let's navigate our own route through respect, empathy, kindness, and compassion (both for ourselves and for others).



“We must accept finite disappointment,
BUT we must never lose infinite hope.”

-Martin Luther King, Jr.

- **Finite** means to have limits or bounds
- **Infinite** means limitless or endless in space or size



1. TAKING CARE OF OTHERS

How can we be respectful to everyone, regardless of circumstances?



GREETINGS & CONNECTIONS

Greetings continue to feel strange during this time (we all miss hugs, high fives and fist bumps).

Instead of touching others at school, try waving and smiling.

It can be difficult to feel as connected to others when we are six feet apart but remember that physical distancing is a sign of respect right now (as well as imperative for your health and the health of others). We can still connect with others by:

- Showing Compassion
- Demonstrating Kindness
- Sending an upbeat text, Snapchat, or a note to someone
- Smiling/Waving
- Saying "Hello"
- Asking how someone is doing and really listening to their answer



TRY TO UNDERSTAND THE PERSPECTIVE OF OTHERS

- Don't **assume** anything!
(To *assume* means to think you know something about someone or something, without proof).
- In other words, your peers may be feeling differently about things than you do.
- If you are unsure about how someone feels, it is okay to ask politely, but don't pressure them to answer if they don't want to talk about it.



WEAR YOUR MASK FOLLOW SAFETY & HEALTH GUIDELINES

Wear Your Mask

Wearing your mask in public (along with physical distancing) can GREATLY reduce the risk of Covid-19 spreading.

Wash Your Hands

Make sure you are washing your hands regularly.

Monitor for Signs of Illness

If you have any signs of illness (fever, sore throat, headache, muscle pains, etc.), let an adult know right away.

We all take care of each other when we follow health and safety guidelines.



AVOID BLAMING & STEREOTYPING

When tensions are high, sometimes we try to blame someone.

- Avoid stereotyping any one group of people as responsible for the virus.
- Negative comments made toward others are hurtful. If you hear negative or hurtful comments (either in regards to Covid-19, about racism, or something else), speak out against the comments and/or let an adult know so they can help.



BE POSITIVE

While it is incredibly important to acknowledge the challenges and losses we have all experienced, a positive approach to the future is more likely to be helpful.

- Focus on building strong relationships.
- Focus on what you **can** control and positive changes that you **can** make.
- Focus on the things in your life that are going well.

Being optimistic helps everyone feel more hopeful for a brighter future.



BE COMPASSIONATE



This cannot be emphasized enough right now. These are extraordinary times we are living in. You don't know what might be affecting someone's life making the current situation even worse (emotionally, physically, financially). It is important to respect people where they are at and not blow off their concerns.

Many of us are fortunate to have multiple connections to help us through a crisis, but loneliness and anxiety are still big concerns.

- **Reach out** to one another.
- **Be patient** and **kind** with each other.
- **Listen** to one another.
- **Respect** one another.
- **Help** those in need.

These are the kinds of attitudes and actions that will carry us through the storm.

A foggy coastal scene with a bridge and a rocky shore. The bridge is a long, dark structure with a central arch, extending across the water. The water is choppy and grey, and the sky is a uniform, overcast grey. In the foreground, there is a rocky shore with some ice or snow patches. The overall mood is somber and quiet.

2.

TAKING CARE OF YOURSELF

Self-Care is extremely important during trying times.

Practice Good Self-Care

You Can't Help Others If You Don't Take Care Of Yourself

- 1. Sleep:** Set a consistent sleep schedule. Remember, your body needs about 10-11 hours of sleep right now to function properly. Turn off electronics at least 30 minutes before going to bed.
- 2. Eat Healthy:** Choose whole foods rich in vitamins and minerals (especially fruits and veggies), drink lots of water.
- 3. Exercise:** Exercise can really help to decrease stress levels. Aim for at least 30 minutes each day.

Practice Good Self-Care, Continued

- 4. Journal:** Journaling is a great way to write out your thoughts and feelings. You can even create a gratitude list in your journal that can help your mind shift to more positive thinking.
- 5. Meditate & Practice Relaxation Techniques:** Meditation is a great way to build self-awareness and manage stress. Find a quiet place to take deep breaths and relax.
- 6. Set Realistic Goals For Yourself:** Set long and short-term goals for yourself and place them in an area where you can see them daily.

Practice Good Self-Care, Continued

- 7. Get Support From Relationships:** Having supportive relationships at home and at school boosts mental health.
- 8. Don't Be Afraid To Ask For Help:** Sometimes we can feel overwhelmed, or we may need something and be afraid to ask for help. Always know that your teachers, principals, and school counselors are here for you. Whether you need a listening ear, advice, or something else, please let us know.

We want to help you!

A foggy landscape with a bridge and a rocky shore. The scene is overcast and misty, with a large bridge spanning across a body of water. The foreground shows a rocky shoreline with some ice or snow. The text "HEALING TAKES TIME" is overlaid on the image in three different styles: orange, white with a grey outline, and grey with a diagonal hatched pattern.

HEALING TAKES TIME

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