**My Covid “ER” plan**A trigger survey for emotional regulation in a time of distance learning during the pandemic



# **My name: Date:**

Distance learning is a diffeFrent experience for all of us. We want to make sure you feel safe and supported. Please let us know, what works best for you?

1. **Concerns:** Here’s what happens when I’m stressed during distance learning:
	* Not showing up to class
	* Difficulty doing work and learning
	* Feeling overwhelmed and shutting down
	* Seeking attention from peers and teachers
	* Angry outbursts
	* Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.  **Triggers:** When this happens I am more likely to feel stressed and overwhelmed:

* Lots of people looking at me
* Having to see my own face while on a video call
* Worried people will judge my home on video
* Worried about family members being seen on the call
* Spending a long time on the screen
* Trying to log in to different platforms/websites
* Seeing friends but not being able to spend time with them
* Feeling left out and/or lonely
* Worried about getting sick or a family member getting sick
* Not getting to choose when I learn
* Not getting to choose who I work with
* Falling behind in the work
* Getting up early for a call
* Family financial struggles in the pandemic, worry about basic needs being met
* Not being able to talk with my teacher one on one to check in
* Not being able to talk with friends
* Not being able to get a hug from others
* Being on mute with no option to participate
* Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. **Signs:** Here is what you may notice if I am feeling stressed:

* Shut down, do not engage in the call
* Not completing work
* Seek attention through chat/video/interruptions
* Stop attending class or returning messages
* Addiction to video games or social media
* Difficulty sleeping
* Crying
* Making negative comments about myself
* Bullying others
* Fidgeting or nibbling on things
* Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. **Supports:** Here are some things that will help me feel safe and supported:

* Teacher saying my name and being recognized in class
* Time to connect with classmates online
* Clearer explanations of what we need to do
* Time talking to an adult I trust. Like who?: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Hearing hopeful messages
* Playing a game
* Reduction in time spent online
* Being allowed to use a picture/avatar instead of using video
* Food and resources for my family
* Tutoring or tech support
* Time to practice mindfulness
* Exercising/ time outdoors
* Reading a book
* Doing coursework at my own pace
* Less time on a screen
* Parent support
* Phone call home
* Office hours/time to talk with my teacher
* Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Things that make it more challenging:

* Having to care for younger siblings at home
* Having to translate materials and messages for my parents from English
* Not having a strong internet connection
* Having to share devices with others in the home, having limited access
* Feeling hungry
* Being ignored
* Being given too many rules
* Not knowing what is expected
* Getting up early
* Adults being stressed around me
* Not having a regular routine
* Losing my login
* Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## **Action plan:**

When I notice these warning signs or triggers:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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When teachers or staff notice \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I’d like them to help by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**People who support me:**

**Name: Way I contact them (phone number, email, chat, etc)**