

GUIDELINES FOR TEACHERS & GROUP LEADERS

Here is an optional script you can use for reference in presenting this project to your group. We intend this dialogue to be psychoeducational. Here are the goals of this activity:

- To promote recovery and resilience. It is often helpful to reflect on the hardship within a framework that showcases coping skills.
- To provide information about pandemic related psychological stress. It is helpful to understand our reactions may be caused by the stress and terror of the pandemic.
- To reduce social isolation. Recognizing that the pandemic was a communal event can diminish the isolation felt by many who were unable to share feelings during quarantine.
- To assess those in need of further intervention. Participants may share issues that warrant more exploration. This is a helpful way to check in on their current states of functioning.

"Since the pandemic began, many of us have had some hard days. Much of what we always knew about going out with friends, going to school and staying safe changed. What were some of the hardest things you had to manage in the past year? "

(Ask for a couple of volunteers to share their experiences)

"These were stressful things for us to figure out. Raise your hand if the pandemic made things really stressful for you."

(Acknowledge how this was a really big event for so many in the shared space)

"Now, raise your hand if you think the pandemic created stress for your parents."

(After acknowledging those with hands up, you can share, "I wonder how it felt to see your grown-ups stressed. What were some of the things you were thinking about when you saw them stressed about what was happening in the world?" Get one or two volunteers to share.)

If no one shares, you can offer, "I know that some kids can get a bit uncomfortable when they see grown-ups getting stressed out. That can be really hard.")

"Now, a last question, raise your hands if you think your teachers got stressed out by the pandemic." *(Scan the group for raised hands.)* "Whoa. You are right. Teachers got stressed about how to use the computers to teach, teach with masks.... This was hard for teachers too."

"When we get stressed, we can become really cranky. We might have more tantrums or become really upset over smaller things. We can become depressed."

"When we get depressed, our sleeping changes. We might want to sleep way more or even way less. Our eating changes. We might want to eat way more or even way less. The things that made us happy in the past may no longer make us so happy. Some of us felt that stress in our bodies. Some of us got headaches and stomachaches and our bodies felt really slow moving."





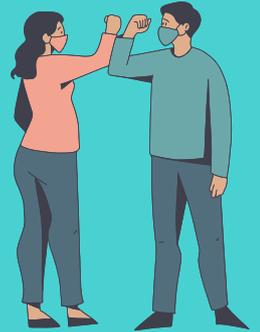
"While ALL of this was happening, other amazing things happened. Doctors and nurses figured out how to treat this virus and saved many people. While we were stuck in our house, we created new recipes. We figured out how to make delicious food with the groceries we found in our kitchens. We spent more time with our loved ones. People even began singing outside their windows. And we covered our windows with rainbows!!"



"What is something new you did during our time in quarantine?"

(Ask for a couple of volunteers to share. Share your own story of what you did that was new or uncommon for your usual routine.)

"Some of us began to appreciate things with more gratitude. You see, what we know about humans is that when things become hard, we can figure out how to grow stronger, smarter, and braver. We have been doing this every single time tough things happened on this planet. This pandemic is going to be another event in our human history of people RISING UP.



The pandemic hit us hard. But we are all NOW different PEOPLE. STRONGER PEOPLE."

"Let's see who is ready. We wore these masks as our protection. We are now going to use these masks to show our superpowers. We want you to decorate your masks with colors. Create designs and drawings that show how you are stronger, smarter and braver. When you are making the mask, maybe think about how you have grown from this experience. Think about how you would answer this..."

The pandemic came. It was hard. But I am NOW _____.

"We are going to take a picture of you modeling your mask! "

People all around the world are sharing their superpowers on their masks. We are then going to join all our masks together. When you look at it, the mask sort of looks like a parachute."

(Show the mask from its side profile as shown below.)



"We use parachutes when we want to land safely. We are going to put all the masks together to make a giant parachute. We will all remember that we can land safely when tough things happen - as long as we use our powers!"

"Who is ready to get started?"



TIPS FOR ARTMAKING

- It is best to use the loophole disposable face masks as shown below



- Use a piece of newspaper or scrap paper underneath the mask so avoid any leakage on the surface.



- Try to avoid using permanent markers as these will emit a strong odor. You can use watercolor paint, water-based markers, stamps, collage materials. Allow the masks to dry or air out depending on the art media used.



- Use your mask to showcase what helped you rise above this time. What can you communicate about your experience? Use symbols, lines and colors to represent your expression.



- Take your headshot wearing your mask as shown below in the example below:



- Fill out some basic information on this link:

https://nyu.qualtrics.com/jfe/form/SV_03ziv5lpavfNrWm

- All images with consent will be showcased on the Parachute Project website.

You are all set.

