

GUIDELINES FOR PARENTS

Here is an optional script you can use for reference in engaging your family in this initiative. This is an opportunity to reflect on the challenges of the past year and encourage what is known as “post-traumatic growth.”

Goals:

- **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 acknowledge feelings during quarantine.
- **To assess how your child is managing.** Children may share feelings that warrant more exploration. This is a helpful way to check in.

"Since the pandemic began, many families 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 our family had to manage in the past year?"

(Ask your child about their perspective and share your own experience.)

"These were stressful things for us to figure out. "

(Acknowledge some of the ways the family struggled with basic necessities – like accessing groceries or food supplies.)

"I know we (as parents / guardians) were stressed at times. I wonder how it felt to see your grown-ups stressed. What were some of the things you were thinking about when you saw us stressed about what was happening in the world?"

"Did you think your teachers got stressed out by the pandemic? You are right. Mr. or Ms. (Name the child's teacher) _____ got stressed about how to use the computers to teach, teaching with masks.... This was hard for teachers too."

"When we get stressed, 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."

(Or, name how you witnessed all family members – not only the child expressing these symptoms. Be mindful to monitor your disclosure here so as to not overwhelm your child.)





"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.



(Remind your child of some of the more unusual food that was created.)

We figured out how to make delicious food with the groceries we found in our kitchens. We spent more time together. Can you remind me of what else did we did while this was happening? "

"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. We are all NOW different people. STRONGER PEOPLE"

"We wore these masks as our protection. We are now going to use these masks to show our superpowers. Kids around the world are showing off their masks. Let's create designs and drawings that show how we 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.)*

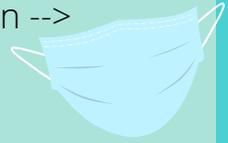


"We use parachutes when we want to land safely. We are going to put all the masks together to make a giant parachute. We will all remember that we can land safely when tough things happen - as long as we use our powers!"



TIPS FOR ARTMAKING

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



- Use a piece of newspaper or scrap paper underneath the mask so to 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.

