



Commissioned by



Dear Parents & Guardians,

Your child is participating in the Quarantine Time Machine program! This program was created by DLUX Puppets and commissioned by the Diablo Regional Arts Association in order to help children reflect upon their time in quarantine. The COVID-19 pandemic and quarantine has had a tremendous impact on the mental health and wellness of our youth. Some children have experienced feelings of isolation, insecurity, fear, despair, anxiety, and helplessness.

This project was commissioned to serve educators and their students in processing their experience in a healthy way. With the help of our Mental Health Expert, we have created a 4-lesson video series and social-emotional learning curriculum for educators to complete with their students. This program was designed to be completed via distance or hybrid learning, but can be adapted for strictly brick and mortar settings as well.

TOPICS INCLUDE:

1. School is Different

Students will have an opportunity to tell their story and process their emotions about school being different. They will explore strategies to help themselves and others feel better.

2. How to Manage Extreme Emotions

Students will learn how to determine the size of problem they are having and will learn how to respond in a healthy manner. They will also build on their existing feeling vocabulary and learn strategies to help regulate their extreme emotions.

3. Practicing Empathy

Students will practice active listening skills to gain perspective of other student experiences in quarantine. They will learn valuable interpersonal skills that will allow them to support others during this time and in the future.

4. How to Manage Uncertainty

Students will learn to zoom in on what they can control (e.g., thinking), and develop skills that will help them to focus on the positive in order to enhance their optimistic growth mindset.

Your child's teacher will share these entertaining and educational videos with your child and guide them in a reflective conversation. Each video is accompanied with activities to help reinforce the coping strategies taught on the topic. In addition, parents, guardians, and educators will have access to our Mental Health Expert advice on each topic if more resources are needed.

We would love to include you in this healing process. Please ask your child about what they are learning from the Quarantine Time Machine and complete the home extension activities together. Hopefully, they will support your ongoing conversations at home. We sincerely hope your child's experience with the Quarantine Time Machine program will be reflective, healing and give them strategies to manage their emotions during this unprecedented time.

With Love,

A handwritten signature in a cursive script that reads "Lauren Lux".

Lauren Lux
Education Director & Co-Founder DLUX Puppets

