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TEACHER NOTE:

It is highly recommended that you give students the option to use their paper puppets when sharing in class conversations.

For many students using the puppet helps them to be more comfortable, open, and honest

SCHOOL IS DIFFERENT

TEACHER INSTRUCTIONS

Pre-Video Conversation:

Today we are going to start a 4-lesson video series about a brother and sister named Cory and Tina. It is about their experience with their grandfather “Pops” in quarantine during the pandemic.

What does the word quarantine mean for you?

How is school different for us?

How is school the same?

What do you miss about how school used to be?

How do you feel about school being different? What do you like/dislike about it?

Today’s video is about school being different for Cory and Tina, too. In this video, Pops is going to take Cory and Tina in the Quarantine Time Machine to show them that they have already developed skills to help them deal with all of the feelings they have about school being different.

Post Video Conversation:

How was Cory feeling at the beginning of the video?

What did Cory do to help himself feel better when he was in Quarantine?

What did Tina do to help herself feel better when she was in Quarantine?

What did you do when you were in Quarantine to help yourself feel better if you were down?

Just like Cory and Tina did, you have been through difficult things in the past and have had success in problem solving. Who or what has helped you in the past to overcome these challenges? How can those same resources help you now?

Activities:

- School is Different Journal
- Make a “Feel Good” Plan

Home Connection:

- Send Parents & Guardians Mental Health Expert Advice on School Being Different
- Encourage students to find someone at home they can talk to about their feelings.
- Have students choose one activity from their “Feel Good” Plan to do as homework. Have them share their “Feel Good” plan with a family member or pet.
- Other ideas: Start a journal (or a piece of paper) where you and your parent(s)/guardian(s) can write back and forth to each other.

Possible 4th and 5th grade extension:

Teach your students how to set a S.M.A.R.T. goal. They can evaluate their progress toward their goal after each lesson.

<https://www.scholastic.com/teachers/blog-posts/genia-connell/setting-almost-smart-goals-my-students/>

