

EQ @ Home or School

Hello and Welcome to EQ @ Home or School. Thank you for joining us in this journey to help students make meaningful connections with their teachers and classmates, and develop key social-emotional and academic skills they need for school and life.

The most important goal of these lessons is for students to feel a sense of connection to you (their teacher) and their classmates. Especially with the isolation and uncertainty of COVID-19 times, connecting as a group is essential to engagement in learning and mental health and well-being. School-connectedness and connection to a caring adult are leading protective factors against most risk factors.

As students return to learning—on campus or at home—it is essential to build time into the schedule for connection. **Each lesson takes approximately 50 minutes.** If you have a dedicated class (e.g., freshman seminar), you can complete the lesson in one class. If a shorter 25-minute advisory class, you can do the check-in at one class and the check-out the next class. If facilitating online, we recommend a 20-minute check-in at the beginning of the week then the check-out at the end of the week.

There are 36 lessons—one for each week of the schoolyear or a one-semester class. If schooling from home, we recommend Mod 7: Navigating Relationships in Tight Quarters earlier in the year.

Each lesson includes **“Check-in”** and **“Check-out”** guides for teachers to lead a collaborative discussion. The questions are designed to spur interesting conversations for students to get to know their teacher, each other, and themselves better. The **“Check-ins and Check-outs Overview”** includes more info about facilitating engaging discussions in class or by videoconference.

All lessons are designed to be easy to use with little or no experience in EQ education. The only prerequisite is genuinely caring about your students and being willing to learn from this experience. Each lesson includes a video and handouts that cover everything you need to know about the EQ topic for successful discussions. If a student asks a question you don't know the answer to, that's OK. Responding with *“That's a good question! What do others think?”* or *“We should look that up.”* will usually maintain students' interest and your relationship.

If you have questions about EQ or anything else, you are welcome to contact us at info@school-connect.net and we will help you help your students.

How?

STEPS to Facilitating an EQ @ Home or School Lesson

- ① Review the lesson videos and handout
- ② Host a **Check-in** in class or online
- ③ Give students time to watch videos & finish handout
- ④ Reconvene for the **Check-out** discussion

Where?

Online, in-class, or a hybrid of both

All lesson videos and handouts are accessible to students through an online console that can be accessed at home or in class.

When?

Synchronis or Asynchronis Instruction

Each lesson takes approx. 50 minutes.

In class: Finish the lesson in one or two class periods

or

Online: “Check-in” at beginning of week then “Check-out” at end of week