

Dear Educators,

**Hello and Welcome to EQ in your PJs!** Like you, when we were planning this school year, we were not anticipating nationwide school closings – but also like you, we are looking for ways to make the best of the situation and continue students’ education through online options.

SEL teacher and School-Connect co-author, **R. Keeth Matheny**, quickly rose to the occasion and offered to do a series of online SEL lessons relevant and meaningful to students during COVID-19 times. His son, Truman, is an award-winning videographer and was also home from school. With help from the rest of their family and the School-Connect team, we worked together to create a four-part **“Managing Stress Before It Manages You,”** video and student handout series.

We purposefully started with managing stress lessons to meet students and their families in this time of need. Change and uncertainty can be a leading cause of stress. Plus, worrying about health/safety and removing routines like interacting with friends, exercising, and a regular school schedule can all mount up, especially over time. The videos and activities are designed to be calming and give students a sense of ownership over their emotional management and purpose in navigating the current situation.

Each video is approximately four-minutes long and each handout should take approximately 20 minutes to complete. Plus, most handouts include a “try this out” or “include a family member” activity that may take longer.

To get your students started on the lessons, we recommend:

- 1) **Lesson Delivery:** Review the videos and student handouts. Determine if you want to direct your students to the main page link: [www.school-connect.blog/eq-in-your-pjs](http://www.school-connect.blog/eq-in-your-pjs) or email them the handouts and links to each video separately.
- 2) **Video Passwords:** EQ in your PJs – Managing Stress Video 1 does not require a password but the other three videos are password protected. Students will find a clue for the password to the next video at the bottom of the handouts Part 1, Part 2, and Part 3. The passwords are:
  - EQ in your PJs, Video Part 2 Password: **glucose** [all passwords are small letters, no capitals]
  - EQ in your PJs, Video Part 3 Password: **eustress**
  - EQ in your PJs, Video Part 4 Password: **connect**
- 3) **Handout Completion:** The handouts are **writable** so can be completed and uploaded online. The answers are embedded within the EQ in your PJs videos and articles or draw on students’ personal experiences. Part 1 and Part 4 include a family member or a friend.
- 4) **Recommended Resources:** Check that section for good video links and a Kahoot! Quiz. We highly recommend you require your students watch Dr. Kelly McGonigal’s *TedTalk: How to Make Stress Your Friend* and write a reflection. (They will also need it for the Kahoot! Quiz).

We commend you for your efforts to continue quality education and SEL resources during school closures. Please let us know how we can be helpful.

Sincerely, - The School-Connect Team