

Dear Educators,

**Hello and Welcome to EQ in your PJs, Part 2: Navigating Relationships in Tight Quarters.** For all of you who are also parents working from home, hopefully these lessons will be especially helpful and timely.

Last year, who would have guessed most schools and businesses would suddenly close March 2020? Who would have thought you'd be teaching your students in their homes – not your classroom. Who knew you'd be “sheltered in place,” with your family or be isolated in your home alone? Who was prepared for the health risks and concerns of an international pandemic? Without much warning, we have all gone through significant change and uncertainty.

For many households, emotions may be running high and tolerance levels are running low. Sharing time, resources, and “tight quarters” 24/7 can take its toll – even on the most supportive families but especially on those overwhelmed by illness, financial hardship, and “homeschool responsibilities.” Family units desperately need a “reset” and an “instruction manual” to help navigate this new uncharted territory.

We designed this series of lessons – Navigating Relationships in Tight Quarters – to join families in their journey through COVID-19 risks and restrictions. We start with understanding the impact of “group dynamics” then help equip students and their family members with the social and emotional tools that bolster resiliency and boost relationships.

As you assign these lessons to your students, realize that **Video 3: Building a Family Social Contract requires family involvement.** Students need to work with their family members to schedule a time they can watch Video 3 together and co-create a Family Social Contract. If it is not possible to include family members, students can create the contract they “wished” they had – but even if only one other family member can participate, it is an important protective factor in this time of family stressors to go through the process of co-creating a contract and agreeing upon norms about how they want to be treated and treat each other.

Each video is approximately five-minutes long and each handout should take approximately 20 minutes to complete.

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:** We initially included passwords on EQ in your PJs videos to encourage students to complete the handouts before going to the next video. Many schools have restrictions on Vimeo usage so we've moved all videos to YouTube without passwords. Students may be confused by the note about “passwords” on some of the handouts. You may want to use those passwords for other purposes (e.g., the next handout). If you do, the Navigating Relationships video passwords are:

- Part 2 Password: **performing** [all passwords are small letters, no capitals]
- Part 3 – No password but family involvement required
- Part 4 Password: **norms**
- Part 5 Password: **stronger**

3) **Handout Completion:** The handouts are **writable** so can be completed and uploaded online. We are also creating a **Google Classroom** version and handouts translated in **Spanish** that will be posted soon. The answers are embedded within the EQ in your PJs videos and articles or draw on students' personal experiences.

4) **Recommended Resources:** Check that section for good video links and a fun online game.

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. Keep safe and keep smiling.

All the best,  
- Keeth Matheny and The School-Connect Team