



WHAT WOULD YOU DO?

PRESENTED BY CARA KEATING



WORD ASSOCIATIONS

**YOU WILL NEED A PIECE OF PAPER
AND SOMETHING TO WRITE WITH
(PARENTS AND STUDENTS)**

HOW TO PLAY:

- Number your paper 1-10
- Presenter will show a slide with a word or phrase on it and read it to the group.
- Quickly write down the first feeling that comes to mind.
- Ex. If the slide says “Pillow” the first feeling to me would be “tired”
- **IMPORTANT:** There is **NO** right or wrong feeling and feelings can be written more than once.
- If you cannot think of a feeling, just write down the first thing that comes to mind, that’s ok too.

1. PANDEMIC

2. QUARANTINE

3. SOCIAL DISTANCING

4. ONLINE LEARNING



5. RETURNING TO SCHOOL IN PERSON



6. WEARING A MASK

7. COVID-19

8. FRIENDSHIP

9. SCHOOL

10. BUS RIDE

PROCESSING ACTIVITY

- Sigmund Freud, the father of psychoanalysis believed that free association was a way to get an unfiltered look at someone's unconscious process without censorship.
- Look at your lists, you do not need to share with me, but if you have joined us with family members feel free to show your list to them.
- Look at feeling “themes” or feelings that tend to arise more than others in this activity.
- Take 2 minutes to share your list with others at home, or to think about your responses on the activity. This may give you some insight into where you are at with everything.



FICTIONAL SCENARIOS

**WE WILL LOOK AT SCENARIOS AND
HAVE AN OPPORTUNITY TO DISCUSS
AND PROBLEM SOLVE**

SCENARIO

#1

Ian misses his friends so much and is looking forward to returning to school in person. He puts on his mask and his new sneakers. It is the first day back to school. Everything is a little different when Ian arrives at school, there are lots of new social distancing rules and even though he was a little nervous, the day is going well overall. It's time to go home on the bus. Ian lines up 6 feet apart from one of his friends, Jack he hasn't seen before. Now there are assigned seats on the bus far apart. Ian goes and sits in his assigned seat. The bus pulls out of the school lot and stops at the first traffic light. Jack jumps into Ian's seat and pulls his mask off to talk to Ian and show him pictures on his phone of what he did over the summer.

What would you do...?

SCENARIO

#2

Shayna is very outgoing and loves spending time with her friends. Her Mom works in a nursing home and is very cautious about COVID. Shayna and her good friend Elyse's parents made an agreement that they could ONLY spend time with each other to keep their families safe. Shayna goes over to Elyse's house to swim. When Elyse's parents leave to go to the grocery store, Elyse texts two other friends Milly and Melissa to come over and swim without asking her parents or Shayna.

What would you do...?

RESOURCES:

[HealthyChildren.org](https://www.healthychildren.org)