THE SOCIAL WORK CORNER.....

MS. S. WARE, LCSW-BACS
BOUNDARIES...
Boundaries are limits you set for yourself that determine what you will or won't participate in.
SIGNS OF POOR BOUNDARIES....

SIGNS THAT YOU HAVE POOR BOUNDARIES

you tend to...

- Hate letting people down
- Feel a lot of guilt when taking care of yourself
- Feel burned out
- Say "yes" even when you don't want to
- Agree with others to keep the peace
- Struggle with making decisions
- Avoid speaking up when your feelings are hurt
- Feel taken advantage of
- Feel responsible for the happiness of others
- Give away too much of your time

@PSYCHEDMOMMY
**A change of perspective**

**INSTEAD OF:**
- Blaming yourself for everything
- Negative self-talk
- Bottling your emotions
- Endless scrolling & screen time
- Comparing yourself to others

**TRY:**
- Journaling about the situation itself
- Celebrate your wins
- Facetime a friend
- Cook yourself a nice meal
- Try your hand at a new craft
The school was the one place I felt safe and comfortable, and it's now gone. Now to attend, I must invite not only the teacher but my entire class to a place I dislike, and I'm embarrassed about, and that's my home. I cry every morning before I log on.

- Dr. Marcus Jackson
VIRTUAL TIPS - FOR TEACHERS

Tips To Get The Most Out of Virtual Teaching:

- **Exercise Empathy**
  - Ask families and students how they communicate best.
  - Keep open “office hours” and schedule time to check in with students.
  - Students may feel uncomfortable showing themselves at home, so allow them to use a background or a filter or turn off their camera and change their profile photo to a bimoji or favorite animal.
  - Ask don’t assume. Start with empathy, then problem-solve.

- **Eliminate Barriers to Access**
  - Keep your routines simple and consistent.
  - Make directions simple and clear.
  - Have one central virtual classroom space, such as Google Classroom, that students are familiar and comfortable with.
  - Minimize the number of apps/platforms you use with students.
  - Explicitly teach students how to use virtual tools.

- **Support and Innovate**
  - Use both synchronous and asynchronous learning.
  - Use flexible grouping: whole group, small group, one-on-one.
  - Allow time for hands-on activities and off-screen learning.
  - Give longer-term projects (with plenty of support).
  - Use quick polls/surveys and discussion to assess progress and assign tasks that appropriately challenge each student.

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**SET BOUNDARIES**

Communicate with families about the hours you’re available and when you’re not, and stick to them.

**KEEP COMMUNITY**

Take time each week to gather with colleagues to discuss successes, challenges, and tips.

**TAKE CARE OF YOU**

Take breaks, go for walks, eat well, get lots of rest, keep in touch with friends, and stay healthy and safe.
Today I was taking virtual attendance and I called a student's name and his mother came on and said "he here but he cleaning up the kitchen."

#virtualteachingchronicles
Sometimes the Best Thing to Do Is Say Nothing at All and Let God Fight Your Battle for You.

Say Amen
SOCIAL DISTANCE GREETINGS...
I'm a SOCIAL WORKER
Not a MIRACLE WORKER
THANK YOU