

My Virtual “ER” plan

A trigger survey for emotional regulation in a time of distance learning during the pandemic

My name:

Date:

Distance learning is a different experience for all of us. We want to make sure you feel safe and supported. Please let us know, what works best for you?

1. **Concerns:** Here’s what happens when I’m stressed during distance learning:

- Not showing up to class
- Difficulty doing work and learning
- Feeling overwhelmed and shutting down
- Seeking attention from peers and teachers
- Angry outbursts
- Other: _____

2. **Triggers:** When this happens I am more likely to feel stressed and overwhelmed:

- Lots of people looking at me
- Having to see my own face while on a video call
- Worried people will judge my home on video
- Worried about family members being seen on the call
- Spending a long time on the screen
- Trying to log in to different platforms/websites
- Seeing friends but not being able to spend time with them
- Feeling left out and/or lonely
- Worried about getting sick or a family member getting sick
- Not getting to choose when I learn
- Not getting to choose who I work with
- Falling behind in the work

- Getting up early for a call
- Family financial struggles in the pandemic, worry about basic needs being met
- Not being able to talk with my teacher one on one to check in
- Not being able to talk with friends
- Not being able to get a hug from others
- Being on mute with no option to participate
- Other: _____

3. **Signs:** Here is what you may notice if I am feeling stressed:

- Shut down, do not engage in the call
- Not completing work
- Seek attention through chat/video/interruptions
- Stop attending class or returning messages
- Addiction to video games or social media
- Difficulty sleeping
- Crying
- Making negative comments about myself
- Bullying others
- Fidgeting or nibbling on things
- Other_____

4. **Supports:** Here are some things that will help me feel safe and supported:

- Teacher saying my name and being recognized in class
- Time to connect with classmates online
- Clearer explanations of what we need to do
- Time talking to an adult I trust. Like who?: _____
- Hearing hopeful messages
- Playing a game

- Reduction in time spent online
- Being allowed to use a picture/avatar instead of using video
- Food and resources for my family
- Tutoring or tech support
- Time to practice mindfulness
- Exercising/ time outdoors
- Reading a book
- Doing coursework at my own pace
- Less time on a screen
- Parent support
- Phone call home
- Office hours/time to talk with my teacher
- Other: _____

5. Things that make it more challenging:

- Having to care for younger siblings at home
- Having to translate materials and messages for my parents from English
- Not having a strong internet connection
- Having to share devices with others in the home, having limited access
- Feeling hungry
- Being ignored
- Being given too many rules
- Not knowing what is expected
- Getting up early
- Adults being stressed around me
- Not having a regular routine
- Losing my login
- Other_____

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Action plan:

When I notice these warning signs or
triggers: _____

_____, I will _____ to help me succeed.

When teachers or staff notice _____, I'd like them to help by

People who support me:

Name:	Way I contact them (phone number, email, chat, etc)
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Reference Page

My Covid "ER" plan. (n.d.). Retrieved August 19, 2020, from
<https://www.centerforcognitivediversity.com/>