

HISD | Social & Emotional Learning

PERSONAL ATTENTION. UNIVERSAL SUCCESS.



Common Emotional & Behavioral Reactions

Ages 1 to 5	Ages 6 to 10	Ages 11 to 18
<ul style="list-style-type: none"> ✓ Disobedience ✓ Fear of being alone, bad dreams ✓ Speech difficulties ✓ Loss of bladder/bowel control, constipation, bed-wetting ✓ Change in appetite ✓ Increased temper tantrums, whining, or clinging behaviors 	<ul style="list-style-type: none"> ✓ Disobedience ✓ Irritability, whining, aggressive behavior ✓ Clinging, nightmares ✓ Sleep/appetite disturbance ✓ Physical symptoms (headaches, stomachaches) ✓ Withdrawal from peers, loss of interest ✓ Competition for parents' attention ✓ Forgetfulness about chores and new information learned 	<ul style="list-style-type: none"> ✓ Rebellious ✓ Physical symptoms (headaches, rashes, etc.) ✓ Sleep/appetite disturbance ✓ Agitation or decrease in energy, apathy ✓ Ignoring health promotion behaviors ✓ Isolating from peers and loved ones ✓ Concerns about stigma and injustices



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How to Help Your Child

Ages 1 to 5	Reaction	How to Help
	<ul style="list-style-type: none">✓ Fear of being alone, bad dreams✓ Speech difficulties✓ Loss of bladder/bowel control, constipation, bed-wetting✓ Change in appetite✓ Increased temper tantrums, whining, or clinging behaviors	<ul style="list-style-type: none">✓ Patience and tolerance✓ Provide reassurance (verbal and physical)✓ Encourage expression through play, reenactment, story-telling✓ Allow short-term changes in sleep arrangements✓ Plan calming, comforting activities before bedtime✓ Maintain regular family routines✓ Avoid media exposure



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Ages 6 to 10	Reaction	How to Help
	<ul style="list-style-type: none">✓ Irritability, whining, aggressive behavior✓ Clinging, nightmares✓ Sleep/appetite disturbance✓ Physical symptoms (headaches, stomachaches)✓ Withdrawal from peers, loss of interest✓ Competition for parents' attention✓ Forgetfulness about chores and new information learned	<ul style="list-style-type: none">✓ Play sessions and staying in touch with friends through telephone and Internet✓ Regular exercise and stretching Engage in educational activities (workbooks, educational games)✓ Participate in structured household chores✓ Set gentle but firm limits✓ Discuss the current outbreak and encourage questions.✓ Include what is being done in the family and community✓ Encourage expression through play and conversation✓ Help family create ideas for enhancing health promotion behaviors and maintaining family routines✓ Limit media exposure, talking about what they have seen/heard✓ Address any stigma or discrimination occurring and clarify misinformation



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Ages 13 to 18	Reaction	How to Help
	<ul style="list-style-type: none">✓ Physical symptoms (headaches, rashes, etc.)✓ Sleep/appetite disturbance✓ Agitation or decrease in energy, apathy✓ Ignoring health promotion behaviors✓ Isolating from peers and loved ones✓ Concerns about stigma and injustices✓ Avoidance	<ul style="list-style-type: none">✓ Patience, tolerance, and reassurance✓ Encourage continuation of routines✓ Encourage discussion of outbreak experience with peers, family (but do not force)✓ Stay in touch with friends through telephone, Internet, video games✓ Participate in family routines, including chores, supporting younger siblings, and planning strategies to enhance health promotion behaviors✓ Limit media exposure, talking about what they have seen/heard✓ Discuss and address stigma, prejudice and potential injustices occurring during outbreak