

COVID-19 Chaos to Post-COVID Calm: Classroom Strategies to Build SEL Following Quarantine

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@hivethrive

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### Changes in Routine

Pre-Covid	Predictable Routine
Post-Covid	Disorganized

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### Changes in Environment

Pre-Covid	Campus/ Classroom
Post-Covid	Home/ Virtual Classroom

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### Changes in Environment

Pre-Covid	Little to no student freedom
Post-Covid	Great deal of student freedom

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### Changes in Education

Pre-Covid	Teacher-centered: teacher is center of attention and provider of information
Post-Covid	Student-centered: teacher is facilitator/coach

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### Changes in Cultural Norms

Pre-Covid	No Mask/Physical Touch
Post-Covid	Mask/Social Distancing

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### Changes in Economics

Pre-Covid	High Employment/Economic Rise
Post-Covid	High Unemployment/Economic Instability

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### Changes in Equity

Pre-Covid	School provided and supported technology and support services
Post-Covid	Pause in school provided support

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Courage  
Hope  
Adventure  
Navigate  
Goals  
Encourage

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Courage

Feeling afraid but  
choosing to act.

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Hope

40 Days  
4 Days  
4 Minutes  
4 Seconds

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Adventure

Explore  
Experience  
Excel

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Navigate  
Design and Direct  
Destiny

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Goals  
Universal Motivator

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Encourage  
The Courage to  
en**Courage**

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