



Stress

ECEnet Tips for Teachers

Parents, teachers, and childcare providers are responsible to assist children during times of stress. These may be one-time occurrences or continuity occurrences due to a crisis or situation they do not understand or with which they feel uncomfortable. Your first responsibility is to stay calm, pray for patience, and read encouraging Bible passages such as Job 16:5 and Psalm 33:22.

Stress relievers to use in classroom or group settings:

- Hold and/ or rock the child.
- Rub the child's back.
- Encourage the child to express what is bothering him or her, either verbally or through art. Assist the child in working through the situation.
- If stress seems to happen at the same time each day, find out why and change the stressful time if possible.
- Keep to a schedule and routine.
- Keep transition time low key.
- Let the child listen to quiet, soothing music on headphones.
- Guide the child to the modeling clay play center.
- Give the child a water wand to move and watch.
- Provide a pounding place for the child (Hammering nails in a tree stump, or graham crackers in a zip lock bag).

Stress at home is sometimes higher during holidays or family events. A list of stress relievers to suggest to parents is provided below.

- Recognize the age of your child and expect behaviors according to devel-

opment.

- Maintain a schedule and routine such as bedtime, meals, etc. Allow plenty of time in the morning and evening for routine.
- Control your stress or they will react accordingly.
- Take an adult time out from your child if necessary.
- Take time for yourself. Sleep and proper nutrition helps relieve adult stress.
- Prioritize your list. Include your children in the daily list and spend family time.
- If possible, schedule your errands when children are at school, childcare, or with another family member.
- Provide safe modeling clay, a quiet area with music, or other relaxing atmosphere for your child.
- Provide a punching bag, plastic storage bag of graham crackers, or other pounding opportunity for your child.
- Play as hard as you work. Include your children in things you need to do. Such as shopping, wrapping gifts, sending cards, baking, etc.
- Schedule a meal together and talk about daily, positive events.
- Allow plenty of time for children to play at home each day.
- Children should not be forced to sing, build, draw, etc. during a large family event.
- When visiting out of town, pack a favorite toy, blanket, etc. for security. Keep routine as normal as possible.

When adults reduce stress for themselves and their children, and when they teach children appropriate ways to deal with stress, homes and classrooms run

Chapel Talk

by Kim Marxhausen

“Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up” (Ecclesiastes 4:9–10 NIV).

Preparation: Fill a glass jar with an inch or two of sand or salt. Bury a marble under the sand. While talking with the children, gently tap the bottom of the jar on a table or on the floor. As you tap the jar, gravity will pull the sand down around the marble to fill air spaces. The marble will rise to the top of the pile.

Some days just make you feel down. The things that happen make you feel sad or worried or lonely or maybe even afraid. You don't feel like you are on the top of the sand pile. You feel like you are buried underneath the sand.

Let's stand up. We will list some things that make us feel worried or sad. Each time we think of a new thing we will make our bodies go lower until we are on the floor.

Now that we are on the floor, how can we get up? We could stand up by ourselves; instead, why don't we help each other up?

Now watch what happens with my jar. Please help me think of things that help our friends feel better. Each time you think of a new way to show love to a friend I will bounce this jar on the table.

Did you see what appeared in the sand? A marble came up to the top of the jar! You might think this was magic but it was not. When God made our world, He made sand to be light and marbles to be heavy. When I tap the jar the sand goes down and then pushes the marble up to the top. The marble was buried under the sand and could not get up without the help of the sand.

When we are sad or lonely or afraid or scared God helps us to feel better. He loves us and comforts us. He also sends friends to help us. Next time a friend falls down and gets hurt, you can be a child of God and help your friend up. God will send friends to help you, too.

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