

## Certificate of Completion

### Social Thinking Webinar

#### Exploring Our Children's Stress: Tips & Tools for Adapting Teaching to Students' Needs

No matter who you are—parent, teacher, or student—you're dealing with stress related to aspects of living through this pandemic. Chronic stress and anxiety can negatively impact children's ability to focus and learn, whether it's in the classroom or through an online education portal or some hybrid of the two. Unfortunately, due to the uncharted course of living through a pandemic, we can't eliminate these stressors. However, children and adults can work at building positive, emotionally grounded relationships by sharing each other's vulnerabilities. Many children with social emotional learning challenges are limited in their ability to express their thoughts and feelings.

Michelle Garcia Winner guided parents and professionals to create structured empathetic discussions with their children and/or students through the use of visual supports and tips to encourage children to share this type of information. Talking about one's feelings, tying them to one's thoughts, and examining how to manage stress over time involves learning about aspects of executive functions.

The original webinar took place on August 22, 2020, and included 90 minutes, or 1.5 contact hours, of instruction. The recording is available to be watched any time at [www.socialthinking.com/webinars](http://www.socialthinking.com/webinars)

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Participant

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