We are facing a crisis and that every crisis has a beginning, a middle, and an end.
WE are taking care of our physical and mental health, so we can support and help our children.

WE are listening respectfully and compassionately to the negative emotions and feelings our children are experiencing, and we provide them with factual information without exaggerating.

WE are collaboratively deciding with our children their daily schedule and their alternating activities (e.g., educational activities, home-based physical exercise, chatting with friends, leisure time, etc.).

WE are enduring difficult moments and situations within our family.

WE are using positive reinforcement and address behaviors and situations where “WE made it.”

WE are participating in an alternative way of getting an education that may cause uncertainty for students.

WE are refraining from having conversations that their content stigmatizes individuals, cultures, and circumstances; We refrain from overgeneralizations.

WE accept that for the time being our lives have drastically changed; During challenging times, WE have each other and We stay connected, responsible and ready to act in solidarity.

We tell our children that nobody is responsible for his / her / their life challenges, such as being sick or having a disease; Nonetheless, each of us needs to stay strong to overcome adversity.

It can be a relief for children to recognize that it is normal to experience various and negative emotions due to the special circumstances and to understand that gradually we will return to our previous lifestyle.

We provide our children the opportunity to express themselves and decide how to structure their day, so they feel empowered; a feeling that is necessary when they are experiencing uncertainty.

Our children may not be always productively kept busy or we may have yet to figure out how to organize our daily lives or we may not always have the mental and emotional strength needed. We are experiencing challenging times and we test or/and learn our limits. We think that a crisis can be a steppingstone and we can come out of this stronger.

Without making comparisons, we recognize family members’ behaviors and attitudes we want to reinforce (e.g., being responsible, following rules about personal hygiene, taking the initiative to make the most of their leisure time, working together on a project, being polite, etc.).

It is important to inspire children to incorporate education as a resource in their daily lives by being flexible and adaptive; Explain to them that when they will return to their regular schooling these exceptional circumstances will be considered and adjustments will be provided (e.g., national testing, curricula).

We stay connected by using reliable and valid sources and we avoid spending too much time on mass media or the Internet.

We become role models for remaining calm and responsible following the official guidance provided by the public health institutes.

We stay up to date by using reliable and valid sources and we avoid spending too much time on mass media or the Internet.

We tell our children that nobody is responsible for his / her / their life challenges, such as being sick or having a disease; Nonetheless, each of us needs to stay strong to overcome adversity.

WE are participating in an alternative way of getting an education that may cause uncertainty for students.

WE are refraining from having conversations that their content stigmatizes individuals, cultures, and circumstances; We refrain from overgeneralizations.

WE accept that for the time being our lives have drastically changed; During challenging times, WE have each other and We stay connected, responsible and ready to act in solidarity.
WE stay at home...
WE stay connected

Selected Resources


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