

A hand reaching out over a globe with a sunburst and a jagged red lightning bolt.

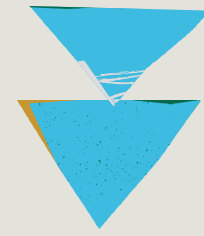
DISASTER/COVID-19 PREPAREDNESS:

**BEST PRACTICES,
RECOVERY & RESILIENCE**

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NATIONAL ASSOCIATION FOR THE EDUCATION
OF HOMELESS CHILDREN AND YOUTH

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TODAY'S AGENDA

- Brief Introduction
- Mindfulness practice (GAAWO)
- Self-Care as a Priority
- 6 Strategies During a Disaster
- Preparedness & Recovery
- Resilience



GENTLY ALERT W/ OUR ATTENTION WIDE OPEN (GAAWO)



- Place your gaze on an object 6 feet away from you. Look out a window if you have one nearby.
- As you keep your gaze soft, notice what is to your Left or Right without looking directly to your Left or Right.
- Simply notice what is in front of you as you let your attention open up wide to the Left and to the Right.
- Now, keeping your gaze forward and soft, notice what is Above and Below without directly looking Up or Down
- Simply notice what is in front of you as you let your attention open up wide Above and Below.
- Now, keeping your gaze forward and soft, notice what it is like to let your attention open up wide to the Left, Right, Above and Below, tuning in to notice all that your eyes are seeing.





SELF-CARE

“Anyone who wants to make change in the world has to learn to take care of herself, himself, or themselves.” -Angela Davis

6 STRATEGIES

- Take Care of YOU!
- Maintain Efforts to Identify
- Get Creative & Innovative
- Food Service Networks
- Build Relationships
- Remove Barriers

PREPAREDNESS & RECOVERY

- Build Relationships
 - School secretaries, registrars, attendance clerks, etc.
 - Teachers, aides, etc.
 - Administrators (school & district)
- Community Engagement
 - Community Collaborative or other gathering of resources
- Communication Tools
 - Texting apps or Work Phone to Cell Phone apps (Go To)
- Systems of Identification
 - Intake forms, Student Systems, Document, Document, Document!



RESILIENCE

“I can be changed by what happens to me.
But I refuse to be reduced by it.”
— Maya Angelou