Week 1: ZOOPS!

Each week during summer learning, students will target skills in order to prepare for the possibility of entering the building in the Fall. Each week will be focused on a specific skill or aspect of reopening that we feel is essential for our students. We need your support in discussing and practicing these skills/concepts at home to make everyone feel safe and prepared. Thank you for all your help in advance!

1) SO...WHAT IS A “ZOOP”?

A “zoop” is The Parkside School’s terminology for the occurrence of an unexpected change. Examples of “zoops” could be:

1) A child’s speech and language therapy appointment is cancelled...
2) Your class won a pizza party for a class reward!
3) It’s raining and the school picnic is postponed...
4) There is an unsafe virus spreading throughout New York City and we have to learn remotely on Zoom.
5) Your class will have lunch in the park instead of at school

"Zoops" can be big unexpected changes or small unexpected changes, positive or negative, and can make children feel happy, worried, excited, silly confused, angry and/or sad. “Zoops” can cause kids to have feelings in different “zones”.

Whichever learning model is used by Parkside in the fall, it will likely feel “zoopy”. We use the terminology of “zoop” to label an experience and decrease the anxiety a child may feel around something feeling unexpected or different. “Zoops” make abstract feelings around change feel more concrete.

2) WHAT CAN YOU DO AT HOME?

• Discuss with your child a time in their life that has felt “zoopy” and what they can do when an unexpected change happens...
  Some examples may be:
  - Ask yourself: “Is this a big deal or a little deal”?
  - Talking to an adult or drawing with an adult
  - Taking deep breaths or using another tool
  - Letting time pass to move on from your feelings
  - Make a plan

• Support your child in completing their weekend assignment associated with “zoops” via SeeSaw.