In this resource packet, you will find teaching materials for Week 1 of The Parkside School’s Student COVID Curriculum: ZOOPS

Parent Handout
ZOOPS Student Materials

- Schedule
- Video Link
- Story
- Assignment

Page 2
Page 3
Page 4
Pages 5-18
Pages 19-23
REOPENING PARKSIDE CURRICULUM - Parent Handout

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 reentry 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 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.
The ZOOPS Video can be accessed at:
https://www.youtube.com/watch?v=yiGTmwdAGnQ&feature=youtu.be
ZOOPS
Every day, some things are the same. We expect them to always happen. You brush your teeth in the morning. You might eat cereal for breakfast. You might take a walk outside.
But sometimes, changes happen. They might be expected. They might be unexpected.

We call these ZOOPS.
ZOOPS can be a fun surprise! Maybe you get to use bubblegum flavored toothpaste today. Or maybe, your parent made chocolate chip pancakes for breakfast! How exciting!
ZOOPS could also make you feel sad, frustrated, confused or even angry. Maybe it is raining outside so you cannot take a walk. How disappointing.
You might have many different feelings when something ZOOPY happens.

You might even have more than one feeling at the same time.
There have been a lot of ZOOPS this summer.
We have Parkside Summer Camp on Zoom.
It might feel ZOOPY to see our teachers and friends on the computer.
You might be in a different place right now. That might feel ZOOPY.
You might have a new teacher or make a new friend this summer on Zoom. It might feel like an exciting ZOOP to meet someone new. It might feel like a scary ZOOP.
Let’s think about what is the SAME this summer and what is DIFFERENT. Draw a line from the picture to the SAME or DIFFERENT box.

SAME

DIFFERENT

1 2 3

Math

Appointments

Zoom

Walk outside

Reading

Walk outside
Let’s think about what is the SAME this summer and what is DIFFERENT.

Let’s count how many are the same!
There are lots of things you can do when things feel really ZOOPY. You can...

- Talk to a parent, family member, teacher or therapist.
- Draw a picture or write about how you are feeling.
- Think about what is the SAME.
- Take deep breaths.
- Use a body tool.
- Listen to relaxing music.
Week 1 Assignment
Pages 19-23

Complete the handout on pages 22 and 23.

Refer to pages 20 and 21 to support idea generation prior to completing the handout.
Have you ever had a ZOOP before?

Let’s think about TIMES WHEN a ZOOP might have happened.

I went to a new school for the first time

My schedule changed

I had a new teacher.
NAME ________________

WRITE OR DRAW ABOUT A TIME WHEN THERE WAS A ZOOP!

HOW DO YOU FEEL WHEN THERE IS A ZOOP?
I FEEL... ________________________.
NAME ____________________

WRITE OR DRAW ABOUT A TIME WHEN THERE WAS A ZOOP! 😄

HOW DO YOU FEEL WHEN THERE IS A ZOOP?
I FEEL... ________________________________

WHAT CAN YOU DO WHEN SOMETHING IS UNEXPECTED?
I CAN...

_________________________________________________________________

_________________________________________________________________
WHAT IS “ZOOPY” ABOUT ZOOM LEARNING OVER SUMMER?


HOW WOULD YOU FEEL IF PARKSIDE LEARNING WAS IN THE PARKSIDE BUILDING IN SEPTEMBER?
For more information regarding The Parkside School’s COVID 19/Reopening Task Force, please visit:

http://www.parksideschool.org/reopening