

TEACHER

COACH

Discussion Questions for Educators and Parents

Why do you believe teachers or parents miss the signs a student is in distress?

Which student do you identify most with and why?

Why do we get stuck using the same protective mechanisms?

How would you handle student stress if you were a teacher?

Was there a teacher in your life who handled student stress really well? How did he/she do it?

How has virtual instruction impacted you? Where are you having your struggles?

What do you need to help you feel more peaceful during this time of stress?