

# BACK TO SCHOOL AFTER COVID-19 (AND OTHER CHALLENGES)

Here are some questions that you can use to structure a SF discussion or activity with teachers who have weathered a crisis. These questions can be adapted and used in meetings and with individuals. (They can also be used for discussions, writing assignments and art projects for students. )

Remember that, in general, people will answer the question you ask. If you ask neutral questions like, "How was it?", you are likely to get mixed answers, including a lot of talk about problems. If you want to help teachers talk about their resilience and coping, it is important to ask specific questions about it.

And remember, when they talk about what was difficult, take the time to listen and acknowledge what they are saying without trying to minimize it. Then turn your curiosity to coping and resilience. What did they do to cope? What did they learn? How did they keep things from getting worse?

## 1. Checking in after a crisis

- When things were difficult, what was most helpful?
- What did you do that made it a bit easier?
- Who was most helpful?
- What are you surprised that you were able to do?
- What is one important thing you learned?
- What are you most proud of?
- What's one thing you are grateful for?
- What did you do to keep it from getting any worse?
- What is one new thing you did that was helpful, that you had never tried before?
- What was the best day you had? The best activity?
- What was the funniest moment you had?

## 2. Looking to the future

- Now that we are back, what would you like the rest of the year to be like?
- Now that the worst is over, how would you like things to be? What would it look like if that happened?
- What do we need to see to move forward?
- Imagine this crisis helped us to make some positive changes. What would they be?



- What do we need as a group to end this year on a good note?
- We have \_\_\_ weeks left of school. How do you want those weeks to be? What should they look like?

## 3. Highlighting strengths and resources

- So, what are some examples in the past where we were able to \_\_\_? (refer to answers about the future). How did we manage to be so \_\_\_? (**compliment**) Tell me more about that.
- When we are at our best, what are we like? What do we do? Let's identify some examples from before all this happened. Tell me more about that.

## 4. Planning the next steps

- What do we need to repeat or keep on doing to finish the year in the best way possible?
- What do we need to add or change?
- Who will do what?
- How can I help?

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### Author's note:

This document was written for principals who have training in using the solution-focused (SF) approach. If you are interested in SF and would like to learn more, you can find information about training and free material in English at [www.lavoiesolutions.com/english](http://www.lavoiesolutions.com/english).

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