



Creating Connections

Connecting to people is one way to help ourselves and others be more resilient. Here are some ways other educators are connecting with students, with parents/ guardians, with colleagues and with family and friends:

- **Connecting with Colleagues**

- Support colleagues with small children who are working from home. Arrange to have older kids FaceTime or Zoom with younger children who need supervision when parents need to be on work calls.
- Virtual bingo
- Weekly newsletters with self-care techniques for colleagues
- Virtual lunch meetings with colleagues
- Share jokes
- Virtual happy hours after work

- **Connecting with Family and Friends**

- Virtual religious services
- FaceTime with family members, both grandparents who are isolated and grandchildren
- Virtual community service
- Create phone connections for people who live alone
- Share jokes
- Watch movies together using "Netflix Party" (Chrome extension)

• **Connecting with Students**

- Morning Meetings
- Virtual spirit week
- Google doc check-ins
- ClassDojo messages
- Video messages with breathing exercises students can follow along with
- Send students emails that are personalized
- Online social skills groups
- Drop off plant for student to grow as a reminder that good can come from difficult
- Make bracelets and drop them at student's homes and wear them during virtual meetings
- Students recommend a movie for educators to watch and then quiz educators on the movie

• **Connecting with Parents/Guardians**

- Virtual "parent university" workshops on topics such as stress reduction and social distancing
- Google doc check-ins
- Webpage or newsletter with resources for support
- Make a video of teachers and staff wishing parents/guardians and students well
- School educators and staff who don't have classrooms can reach out to families weekly who may need more support at this time.

