

Prompts/Ideas for Online Circles and Connections

Prompts:

- What are your Highs & Lows?
- What's your quarantine nickname?(many versions of this)
 - how you feel + the last snack you ate from the cupboard: tired peanut
 - Your nickname + your school mascot: Quesadilla Trojan
- What's the theme song for your dwelling today?
- What's the song- good or bad- that keeps turning up on pandora, MTV/ or the radio? (The new Roxanne song)
- PIES Check-In: P=Physical, I=Intellectual, E=Emotional, S=Social

Participants run through each one- idea: save time & have people write down or quietly think of the answers, then share 1 of the 4 (these 4 are the framework for child development)

- Read this mantra- **Eat well, Move daily, Hydrate often, Sleep more, Love, laugh & Connect.**
write it into the chat, participants reflect how they are doing for each area & then share the one they are struggling with & winning at!
- What surprised you recently -yesterday or today- in a positive way?
- Read Quote & ask folks to respond to it: "In times of strife, self care is a political act." How are you practicing self care?
- What from these days in shelter -inplace would you want to continue?
- What's real right now?
- What are your hobbies as you are staying at home?
- What's one new thing that you have done recently?
- If you could leave your house safely with \$100 and 2 hours, without getting in "trouble" or ill, where would you go & what would you do?
- What's your nickname?
- What are a few of the previous jobs you have had in your life?
- Fun Tips:
 - Pretend you are the DJ & play a little song as folks are signing on or off the calls
 - Do a Show & Tell- people bring something that's next to their laptop
 - Change your name on the zoom to a fun name
- Ask folks to enter into the chat the answer to a prompt- acts as a warm up & allows for latecomers: what's your superpower? Etc.
- Consider a group physical warm- up: anything from stretching, play copy cat, a yoga move, mindful app routine for 30 seconds or minute to get folks grounded

What's your ZOOM theme?

- Pretend your zoom is a COSTUME PARTY- have a low level **theme**: crazy socks, PJ's, hats, scarf, big jewelry, backwards day, t-shirt message day, pink day, black & white day, favorite mug, stuffed animal, crazy hair, etc.
- Have a theme - connecting an opening quote, or song lyric, the song & a prompt
- Use an item that you hold up connected to the theme- and pretend to hand it to the person via zoom, light hearted fun

Picking WHO shares next:

- Raise the real hand
- Raise the virtual hand
- Whoever goes, announces the next person
- Teacher creates list & writes it in the chat

- What is the weirdest food you have eaten since shelter in place began?
- What shoes do you have on -why?
- What has been the best/worst part of sheltering in place?
- What is the funniest meme you've seen this week?
- How much time are you spending online?
- Who have you spent the most time with?
- What time do you go to bed/wake-up now?
- What are you watching on tv/Netflix right now? What has been the funniest thing you've done recently?
- On a scale of 1-5 (five being awesome) what would you rank your hair right now?
- If you were stuck in the last novel you were reading what would you be doing and who would you be with?

Strengthening Connections through On-line Platforms: Activities

Recommended to use a video conferencing platform that allows for small group breakouts, such as zoom.

Treasure Hunts

Version 1:

1. Participants have 5min to find something in their home that is very meaningful to them.
2. Circle round of sharing

Variation: Who can find the smallest (or largest) object ?

Version 2:

1. Call out a random object that participants have to search for in their homes. *Ex. something that is orange and bigger than 6inches.*
2. Circle round of sharing objects
3. The first person back to the computer with the object gets to call out the next object to find. (continue for as many rounds as you'd like)

Scavenger Hunt

1. Participants are split up into virtual teams.
2. Each team is given an identical list of tasks to complete (ex. yoga pose with a family member, taking a photo of your reflection in something other than a mirror, wearing a funny hat throughout each task)
3. Teams meet in breakout room to divide up the tasks (some of the tasks will require the participant to take a photo or video with their phones)

4. All teams re-enter the main room
5. Facilitator announces the start and each participant goes to gather their items or do their task.
6. The first team with all members back with successfully accomplishing all the tasks gets to pick the next connection activity.

Modified from: <https://biz30.timedoctor.com/virtual-team-building/>

Deserted Island Scenarios

1. Participants are given the scenario that they are stranded on a deserted island with seven objects, but they can only choose three. Make these objects as obscure and strategic as possible so that participants are challenged to really think and plan.
2. Participants are split up into virtual teams and assigned a breakout room. Team members collaborate on which items they want to choose. Once all collaborations have finished, teams return to the main room.
3. Teams share their results and explanation for why they selected those objects.

Examples of items are:

1. a bag of fruit and vegetable seeds,
2. a pocket knife,
3. a 100 ft rope,
4. a bed sheet,
5. a bucket, 2
6. liters of kerosene,
7. a lighter

Credit to: <https://biz30.timedoctor.com/virtual-team-building/>

Movie Night:

Select a movie to watch together as a group.

One person shares the screen and plays the movie.

Mid-way through the movie pause for discussion or use the chat to share to share thoughts about the movie as it's going.

Credit to: <https://biz30.timedoctor.com/virtual-team-building/>

Sharing songs:

Each week one participant selects a song to share with their peers and brings the lyrics for everyone to follow along.

After the song, the person shares the reason this is their favorite song and invite further discussion among the group.

What we have in common:

Participants are broken up into groups and assigned a virtual breakout room.

Task:

Participants have to find 5 things they have in common with one another (and write them down)

When they return to the large group, each group shares what they discovered they have in common with one another.

Variation: Participants are given a certain amount of time (ex. 5min) to discover as many things they have in common with one another as possible.

Staff Self Care Bingo - make a bingo board of great self care ideas for people to try. Prizes for various level (5 in a row, blackout, four corners)

Group Mindfulness Exercise - you can use apps like Calm and Headspace

Online Skill demo for other staff or if students for the class - art, cooking, sewing etc

Play Us The Last Song You Listened To

Zoom Coffee Hour - no set topic, just a time for people to connect.

Zoom Dance Party

Show off the Best Online Deal You Have Found

Host a Trivia Night - people type answers into chat only to the person reading the questions.

Play online games via Jackbox.TV - This game is set up via computer and then players for 8-16 answer questions using their phones. Several different types of games.

Groups that Meet With A Theme (Can Be Adult or Students):

- Gardening Tips
- Baking
- Book Clubs
- Sports
- Podcast Group - listen to same podcast and discuss
- TV Shows - everyone watches and discuss
- Tarot Reading
- Meditation
- School Clubs - Anime Club, D&D Club, LBGTQIA Alliance, Math Club, Junior Counselors, Student RJP Team