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EDUCATION

Here is a sample of a webinar that we facilitated for educators across the state of Indiana and curated and designed with IDOE support. This session was 45 minutes with an optional 15 minutes discussion following the content.

# BUILDING CONNECTEDNESS AND BELONGING FOR STUDENTS WHILE SCHOOL BUILDINGS ARE CLOSED

*We will begin today's session at 11:45ET/10:45CT, so if you are here early, refill your coffee, stretch, and get settled into your space!*
*When typing in chat, please toggle to "All Panelists and Attendees" and share your name and location. Head to*
*pan-ed.com/indianabelonging to download this presentation and follow along!*

# Your Panorama Team

*I am your webinar facilitator!*

*I am standing by to answer your questions and support you in real time!*

**Feel free to ask questions in the chat or Q&A section.**

**Aida Conroy**
she/her/hers

**Nick Woolf**
he/him/his

# Begin With Gratitude and Breath

*What is one thing you are feeling particularly grateful for right now? Feel free to share your answer in the chat along with your name and location!*
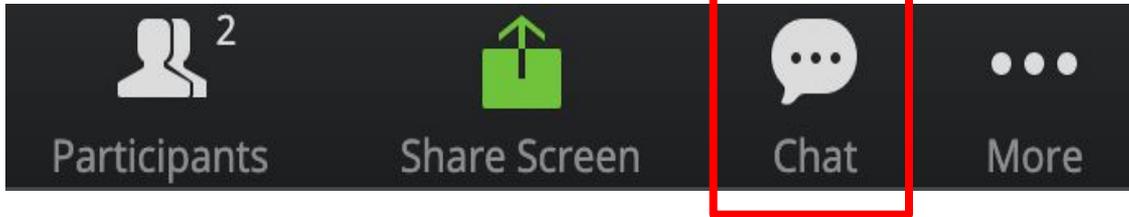
*We'll take two optional communal breaths to start this session.*
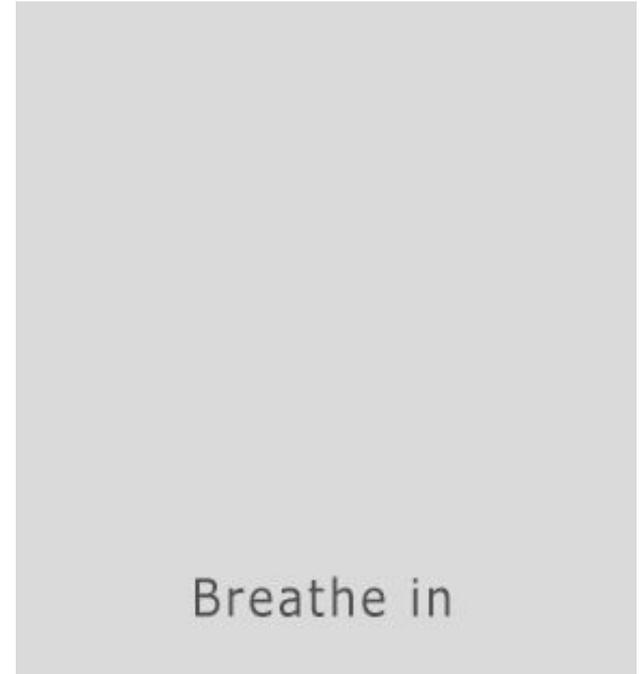
# Check-In Strategies

*Use these for classroom, small group, or individual check-ins with students. You can use these during video chats or community journals and written reflections.*

## Rose, Bud, Thorn

**ROSE** something positive that happened this past week

**BUD** something you are looking forward to next week

**THORN** something you need help with within the next week

How can we turn THORNS

into ROSES?

# About Panorama

- **Mission:** Help educators act on data to improve outcomes for students

- Team of former educators, software developers, designers, researchers, and education professionals

- Support a community of more than 1000 school districts serving over 10 million students each year

# Our Objective Today

✔️ Review the research behind why "Sense of Belonging" matters to students and staff alike.

✔️ Learn a set of guiding principles that can ground virtual communication during this time.

✔️ Learn both new strategies to "try tomorrow" as well as new virtual systems to institute.

# What Research Says About Connectedness

- Sense of belonging is grounded in our basic human need to build social bonds

- When students feel connected and cared about, they are better able to expend energy on helping and caring for others.

- A strong sense of connectedness is linked to greater academic achievement, lower likelihood of substance abuse, and reduced attendance issues.

"When students feel a sense of connectedness at school, **a fundamental psychological need of theirs is being met**... a feeling of connection to teachers and students can foster a **greater sense of emotional wellbeing**, leading to increased engagement with others and academic achievement."

*-Vicki Zakrewski, Education Director*
*Greater Good Science Center*

# Connectedness Through Technology

- Emerging research indicates that technology and media have the capacity to create the similar types of social engagement & connectedness as in-person interactions.

- **Joint media engagement** (JME) is a new term coined by researchers to refer to deliberately designed experiences of people using media together.

- JME supports interactive learning and connectedness by providing resources for making sense and making meaning in a particular situation, as well as future ones.

> **"The mobile, networked, and asynchronous qualities of increasingly affordable digital technologies offer new opportunities to co-engage children and parents -- especially those from underserved populations -- with high-quality educational content."**
>
> SESAME WORKSHOP®
> Joan Ganz Cooney Center

*Think of an action that a caring adult took when you were a student that made you feel like a valued member of your community or a personal connection to them.*

Optional: Share that thought in the chat!

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*Working Together for Student Success*

# Communicate · Connect · Care

# Communication Tenets

**Clear**     **Consistent**     **Proactive**     **Reciprocal**
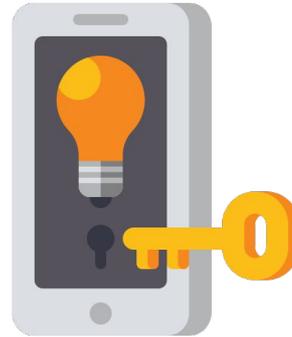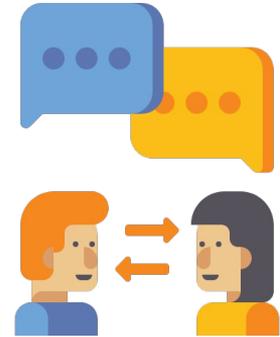
# Connection Tenets

**Authentic**

**Familiar**

**Flexible**

**Creative & Innovative**
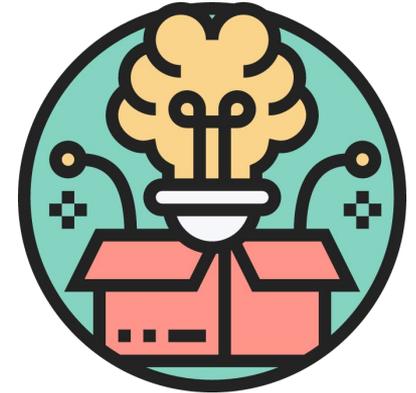
# "Try Tomorrow" Strategies

| Send or Mail Weekly or Daily Updates | Build A Virtual Classroom Hub, Website, or Blog | Moderate A Classroom Chat or Discussion Board |
|---|---|---|
| *Send weekly or daily email blasts to families and/or students. Collect ideas from your students and staff about what to include. If it is available to you, consider having your staff record and upload videos to send in the blast. Teachers can read a children's book from home, conduct a kitchen science experiment, or deliver a lesson on reading graphs. You can additionally include lessons or academic work, as well as SEL strategies to try at home. Need ideas? Try our Playbook or download this deck!* | *Build a community classroom journal where students can answer daily prompts in writing, art, or photography. Students can read the journal entries of others to build connection. You can moderate and build this through GoogleDocs or have students submit responses directly to you using a GoogleForms. You can include resources for additional learning and movement like, daily PE at home videos on your site!* | *Dedicate time to having small or large online "chats" with students using various online platforms. You can create virtual seating arrangements or "tables." You may want to give them prompts ahead of time, especially if it is related to academic content, or monitor it as an informal time to just connect. Students can submit ideas for topics they'd like to chat with others about. You can reimagine temperature checks with a daily emoji.* |

# "Try Tomorrow" Strategies

| Express Gratitude to Healthcare Workers & Essential Workers | Engage Students in a Kindness Challenge | Using Meal Distribution To Connect |
|---|---|---|
| *You can encourage students to communicate well wishes to health workers and other essential workers in their community.  Encourage students to make a homemade sign to hang in their window or distribute supplies to make signs during meal pick up. Another idea is to have students write messages by writing on sidewalks with chalk.* <u>*Learn how to make chalk at home, here.*</u> | *Engage your school community in a **Kindness Challenge!** Staff members can share pictures and videos of kind acts for their at home or broader community and post them.  Students can think of and share creative ways to be kind and share pictures and videos of these small & thoughtful acts.* | *Have students write notes or drawings to their general community. Parents or students can drop these off and they can be placed inside drop off bags.  The same can be done with SEL strategies stapled to the outside of the bags for families and guardians to use at home!* |

# "Try Tomorrow" Strategies

| Go On A Virtual Field Trip Together | Host Informal "Office Hours" | Collect & Share Notes of Appreciation |
|---|---|---|
| *Many museums, zoos, and cultural centers & parks are offering digital tours for free. Your classroom can go to museums in Paris and Sao Paulo, watch live footage of different animals at a zoo, or walk through Yellowstone or the Great Wall of China! Create a scavenger hunt for students as they explore individually. Then come together to share out findings and wonderings in a chat room or video conference!* | *Dedicate 1-2 hours a week to hold virtual "office hours" in a video conference or chat room. This can be a place where students come with academic questions, or just to say hello.*<br><br>*\*This works for students and staff!* | *Over the course of a week collect kind notes from students about their peers. You can do this online or via the post office by sending notes and postage to students. After notes are compiled create a slidedeck with pictures from the school and classroom with the notes of appreciation and share the slidedeck with students, or review it together over a virtual conference. \*This works for students and staff!* |

*Let's hear from you! What specific moments or interactions over the last few weeks have made you feel proud of your students, coworkers, school community, or the broader Indiana community?*

**Optional: Share that thought in the chat!**

# Systems Shifts

| Record & Share Videos or Audio Clips | Morning Meeting & Student Check-Ins | Staff Virtual Huddles |
|---|---|---|
| *Are students used to daily or weekly announcements over an intercom? You can record announcements and send them out via email or text.  Collect ideas for what should be in the announcement from staff and students, think student birthdays, important resource announcements, etc.* | *Set a time to start or end your day together as a classroom community. This can be daily or weekly. Move your morning meeting, advisory, homeroom, or closing circle to a video conference.  If a student can't make it, they can always write a message to share in advance.  Spend this time connecting with SEL activities and having students share thoughts and feelings.  For individual check-ins some schools have divvied up students across more than just counselors and social workers to lighten the load and so that students connect with multiple caring staff members on a rotation, just like they would in school.* | *Find a time to virtually check in as a staff using a video conference or GoogleHangouts.  Students aren't the only ones who need to feel connection! This time can be spent checking-in on your teams well-being, share effective learning strategies, and surface trends or concerns from students and families.* |

*Let's hear from you! What is one new system your school has tried to better support students and families from afar?*

Optional: Share that thought in the chat!
If you created an amazing resource and would be willing to share it, please email
newsletter-team@panoramaed.com and we can put it on your website hub!

# Virtual Belonging Reflection Protocol

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## Consideration

Consider the various needs and context of your school and classroom community when you plan virtual events. What differentiation, scaffolding, or accommodations can you put in place as you design virtual belonging activities?

## Caution

Try not to assume that modes of virtual communication, times, or activities will work for every student, family, or school team. Instead, solicit thoughts and feedback regularly from students and families about what is most effective for them. Some teachers let families decide the day before a check in how they'd prefer to check in (text, call, video, etc)

## Connection

Invite all students and staff to submit ideas on how to connect virtually! Depending on your school and district policies, school social media accounts can be used as a great tool to communicate and share stories with the broader school community.

# Communicate · Connect · Care

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*Working Together for Student Success*

# Next Steps and Resource Tour

1.  **Your "Belonging Hub"**
    Head to [pan-ed.com/indianabelonging](pan-ed.com/indianabelonging) for downloadable templates, this slide deck, and other resources!

2.  Has you or your school created something to support students that you would like to share? Email it to us at [newsletter-team@panoramaed.com](mailto:newsletter-team@panoramaed.com) and we will upload it to our website hub!

# Building Connectedness and Belonging
# For Students While School Buildings Are Closed

Follow-up materials, templates, tutorials, and other resources.

# Table of Contents

- **Morning Announcements Slide Deck Template**

- **Virtual Class Journal Creation Instructions + Template**

- **Virtual Notes of Gratitude Instructions + Template**

- **Virtual 'Temperature Check' Activity**

- **How to Create a 'Virtual Classroom Hub' on Google Sites**

- **Appendix (Virtual Resources + SEL Strategies)**

# Morning Announcements Template

**STRATEGY:** *Move your morning meeting, advisory, homeroom, or closing circle to a video conference. Share updates, social-emotional learning activities, and messages to students/families using a slides.*

- **Click here to copy this customizable Google Slide deck** from *Teachers Pay Teachers.*

- Create your own presentation for each day of the week.

- Consider including:
  - Messages to students and their families
  - Links to helpful resources
  - Information/instructions on social-emotional learning activities that can be implemented at home
  - Quotes/Meditations that resonate with you

MINDFUL MONDAY

REMINDER:
TEXT

Date:   Monday, August 19, 2019        8-19-19

To Do:
TEXT
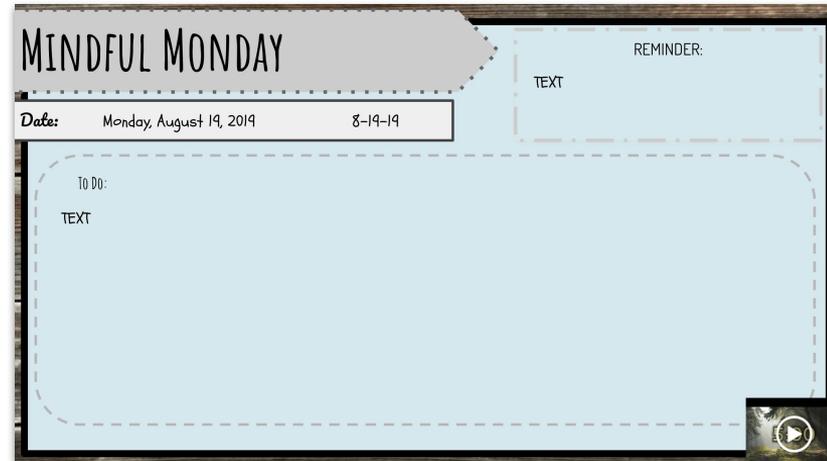
# Virtual Class Journal

*STRATEGY: Build a virtual space for students to respond to daily or weekly prompts in writing, art, or photography. Students can read the journal entries of peers to build connection.*

- Copy this **Google Form** through which students can submit their responses.
  - *We recommend editing this based on what information you think makes sense to collect based on your context.*

- Communicate out a daily (or weekly) writing prompt to students and their families via email or your favorite messaging app (e.g., ClassDojo)
  - *Make sure to include a link to the Google Form!*

- Compile responses into a Google Slides deck and share it with your class. **Click here to copy a customizable Class Journal Google Slide deck**, created by the Panorama Education Teaching & Learning team.



Example Virtual Journal Google Form
Include some guidelines on what this is.

What is your name? *
Short answer text

What is today's date? *
Month, day, year

Type or copy/paste your response to the prompt here!
Long answer text

If you responded to the prompt with a drawing, artwork, or photograph, upload it here. You can also take a picture of your journal entry if you wrote it by hand and upload that here.

Add file

Do you want your response to be shared with your classmates, or kept private/for my eyes only? *

○ I want to keep it private

○ I want to share it with my classmates

# Notes of Gratitude & Appreciation

**STRATEGY:** *Over the course of a week (or several weeks), collect kind notes from students about their peers. After notes are compiled, create a slidedeck with pictures from the school or classroom with the notes of appreciation. Share the slidedeck with students, or review it together over a virtual conference.*

- Over the course of a week (or several weeks), ask students to write kind notes about their classmates.

- Copy this **Google Form** through which students can submit these notes for your review. (The notes can be typed, or students can hand-write them and submit a picture of it.)

- After the notes are all submitted, compile them as individual slides in a Google Slides deck and share it with the entire class. **Click here to copy a customizable Google Slide deck for this activity**, created by the Panorama Education Teaching & Learning Team.
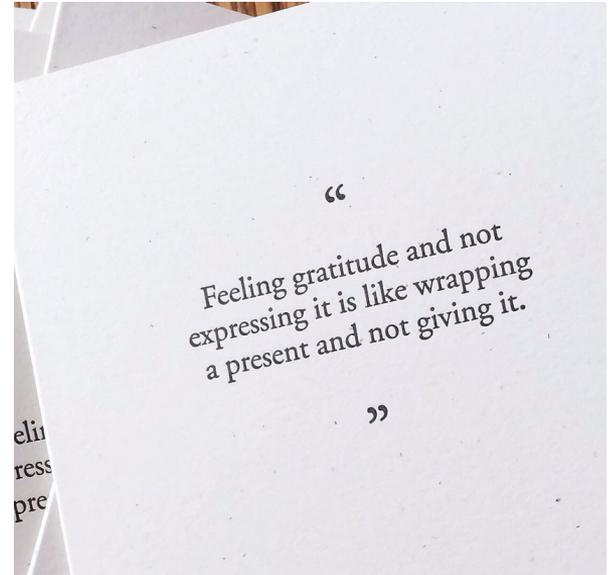
# Virtual 'Temperature Checks'

**STRATEGY:** *Re-create the same routine check-ins or class opening activities that you typically do to ensure that students are still continuing their emotional education at home and have opportunities to label how they are feeling during this volatile, stressful and scary period of time.*

---

- OPTION 1: If you already use ClassDojo, Remind, or a similar app, ask students to select an emoji that matches their mood each morning.

- OPTION 2: Via Zoom calls with students, open up the meeting by asking students to give you a thumbs-up, thumbs sideways (*meh*), or thumbs-down to describe their day or week so far. (You can also encourage them to email you selfies of their thumbs!)

- OPTION 3: Send out a **Google Form (you can copy and adapt/customize ours!)** as a quick, asynchronous way for students to tell you how they are feeling.

# APPENDIX

# Free Communication Resources/Apps

- **Video Conferencing Tools**
    - Zoom -- free accounts for schools, with 40 minute time limit removed
    - Google Hangouts/Google Meet

- **Family-Engagement Tools**
    - ClassDojo
        - Free for educators & research-backed
        - Share photos, videos, and announcements
        - Private message parents
        - Translated into 40+ languages

    - Remind
        - Free for individual classroom use
        - Two-way communication for announcements, updates & instruction
        - Reminders/messages can be pre-scheduled

# More Resources

- **Internet Access**
  - [Companies Offering Free Internet for Students](#)
  - [Comcast Essentials Internet](#)

- **Other Resources/Activity Ideas**
  - [7 Ways to Maintain Relationships During Your School Closure (*Edutopia*)](#)
  - [Best Messaging Apps for Students, Teachers & Parents (*CommonSense*)](#)
  - [Helping Educators and Students Stay Connected (*Google*)](#)
  - [Connecting with Students (*Greater Good in Education*)](#)
  - [Connecting with Colleagues (*Greater Good in Education*)](#)
  - [Helping Students Feel Connected to Each Other (*Greater Good in Education*)](#)
  - [The Importance of Connecting With Students & Families During School Closures (*Transforming Education*)](#)
  - [Free At-Home Learning Resources and Study Packets (*Education.com*)](#)
  - [Guidance on Culturally Responsive-Sustaining Remote Education (*CRE HUB*)](#)
  - [New Strategies in Special Education as Kids Learn from Home (*Edutopia*)](#)
  - [Resources for ELLs and Diverse Learners During COVID-19 (*TNTP*)](#)

# SEL Strategies

# Check-In Strategies

*Use these for classroom, small group, or individual check-ins with students. You can use these during video chats or community journals and written reflections.*



**Take Your Impulse**
As a group, see how high students can count in 60 seconds. Take your time. If students speak at the same time, just start over.



**The Mood Thermometer**
Ask students about their individual moods and the mood of the class. Support students' emotional awareness and regulation.

# Check-In Strategies

*Use these for classroom, small group, or individual check-ins with students. You can use these during video chats or community journals and written reflections.*

 **Rose, Bud, Thorn**

**ROSE** something positive that happened this past week

**BUD** something you are looking forward to next week

**THORN** something you need help with within the next week

How can we turn THORNS

into ROSES?

# Check-In Strategies

## Beginning with Box Breathing
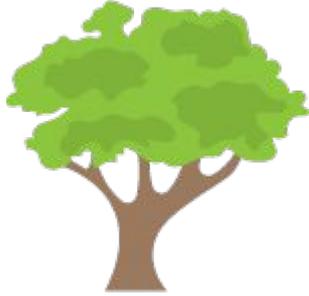
# Check-In Strategies

**Adapted from the "Being Calm" lesson in the** *Open Circle Curriculum*. **Learn more...**

Invite students to think about what makes them feel calm and relaxed (e.g. listening to music, reading a book, lying down). Share with students the following breathing techniques that they can use when they want to feel calm.

- **Balloon Breathing:** Sit in a relaxed, comfortable position. Breathe in slowly through your nose, filling your belly with air like a balloon. Breathe out slowly. Have students practice this technique a few times.

- **Flower Breathing:** Breathe in through your nose, imagining the fragrance of a sweet-smelling flower. Breathe out with an "ahhh" sound. Have students practice this technique a few times.

- **Blowing Bubbles:** Imagine that you have a jar of bubbles in front of you. Take off the lid. Dip the wand into the bubbles. Take a deep breath and fill your belly with air. Now take the wand out of the jar, breathe out very slowly in order to blow a large bubble, without popping it. Repeat these steps to blow more bubbles.

Ask students which technique they like best and suggest that they practice that method. Tell students that knowing and practicing calm-breathing techniques can help them be strong learners, helpful friends and successful problem-solvers.



opencircle®

# Virtual Class Activity:
# Wishes for the World: A Loving-Kindness Activity



*Students "fill" an imaginary ball with friendly wishes and "send it off" to the world.*

**Instructions for Virtual Adaptation:**

1. Schedule a time to meet with students via Zoom, Google Hangouts, or another video-conferencing service. Ask caregivers to assist and co-participate, if possible.

2. [Optional] Begin the activity with a loving-kindness meditation. You can use this script and/or audio recording.

3. Ask students:
   - *What does it mean to visualize or imagine something? What are friendly wishes?*
   - *We are going to imagine that we're sending our friendly wishes to the world in a big, floating ball.*
   - *Let's start by pretending to hold the ball together. Put your hands out and help me hold the ball, like this. What does the ball look like? What color is it? Is it sparkly? Close your eyes and see if you can picture it.*
   - *Now, we will take turns putting our friendly wishes in the ball. Who has a friendly wish for the world?* (Help children name their wishes and mime putting them in the ball.)
   - *Let's count to three and then throw the ball up into the sky together: one, two, three! Wave good-bye and imagine that the ball is bringing our wishes to everyone, everywhere.*

4. Close by inviting students to describe their experiences with this activity. Ask them what they noticed when they imagined sending good wishes to others.

**Source:** Greater Good in Education at UC Berkeley
**Related Research:** Evidence That This Activity Works

# Virtual Class Activity:
# Check-In Circle for Community Building



Greater Good in Education
SCIENCE-BASED PRACTICES FOR KINDER, HAPPIER SCHOOLS

*Students and educators sit in a "virtual circle," center themselves with a mindfulness moment, and respectfully take turns answering a question about how they are doing.*

**Instructions for Virtual Adaptation:**

1. Schedule a time to meet with students via Zoom, Google Hangouts, or another video-conferencing service. Ask caregivers to assist and co-participate, if possible.

2. Start by explaining the purpose of this activity: to provide an opportunity for students to share what is going on for them and to acknowledge what is on the mind and heart of others.

3. Lead everyone in a mindfulness moment: *close or lower your eyes, take a deep breath, and listen to the sound. Open or raise your eyes when the sound ceases.*

4. Explain that you will pose a question for everyone to consider, and then call on students one-by-one if they raise their hand.

5. Pose one of the below questions, and provide your own answer first before calling on students:
   ○ Tell us about a high and low point in your life in the past week.
   ○ *Hold up your hand with fingers raised to reflect how you are feeling. 5 fingers raised = 'Terrified/I am great'; 1 finger raised = 'I am struggling/I could use some help today1'*

6. Close with a quote of your choosing.

**Source:** Greater Good in Education at UC Berkeley
**Related Research:** Evidence That This Activity Works


K-5


Educator Elevated


Research-Backed

# Online SEL Activities

## Dear Mindset...Advice or Reflection Column

**School Social Media** *#makingourmindset*
- Have students "write" tweets, blog posts, or letters to each other or the broader school community. They can also use this time to reflect on different activities they did during the day, so posting photos of a nature walk, or helping a younger sibling with reading a book.
- Students or teachers could anonymously submit their responses, so students know they are supporting their community.
- Post those words of wisdom physically or electronically for everyone to reflect on.



Juan Rodriguez
@growthmindsettweets
Follow

It's OK to struggle and make mistakes... but it's never OK to give up on yourself #HangInThere you're #GettingSmarter

2:31 PM - 7 Apr 2014

transforming education
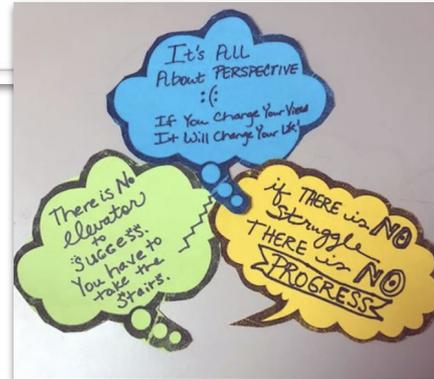
# SEL Activities to Share with Families

## Turtle Technique for Calming Down



*Using a turtle metaphor to teach students how to engage in verbal or sub-verbal self-coaching to calm down.*

**Instructions:**

1. Review the video to learn about the Turtle Technique for emotion regulation.

2. As a ask your child or students to describe what types of behaviors a turtle typically displays.

3. Model the Turtle Technique for your child or students, showing them how they can use this whenever they are upset, frustrated, or angry.

4. Setup a space in your home or a plus toy/blanket that is specifically reserved for students who need to "cool off" and take a moment for themselves.

5. Download the digital book using the link here.

K-5 | Educator Elevated | Research-Backed | Evidence-Based | Academic Integration

HARVARD GRADUATE SCHOOL of EDUCATION

EASEL lab
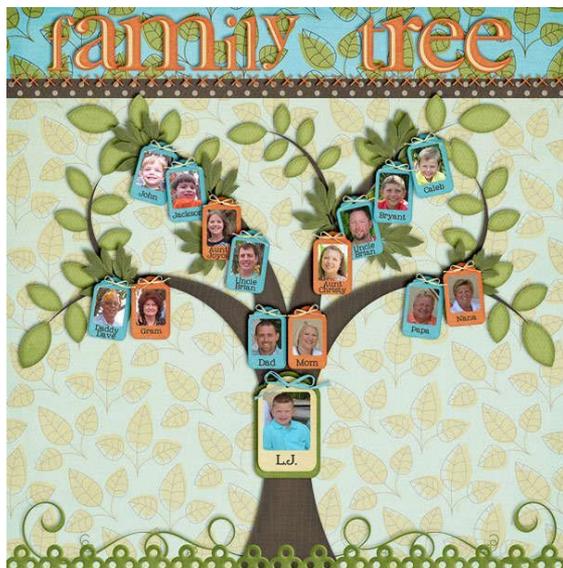
# SEL Activities to Share with Families

**Differentiation:**

*Equity Elaboration: As students engage with questions of family, consider that "family" can have widely different definitions across cultural and social lines.*

## Intentional Family Tree

*Use this time that students have with loved ones to foster respect for diversity and sense of safety by having students identify and appreciate important people in their lives.*

**Instructions:**

1. Ask students an introductory question about family and give them a few minutes to journal a response. This can be done online or at home. Question suggestions:
   a. What does family mean to you?
   b. Who is your family? Why do you call these people 'family'?
   c. Are there people outside of your biological relatives are like family to you?

2. Spend some time talking with students in a chat room or video conference about what makes an intentional family, and how/why we need to cultivate intentional family members in our lives.
   a. An intentional family is the family we choose to surround ourselves with, whether or not they are technically related to us or not.

3. Allow students to draw, paint, or otherwise create their "intentional family tree" with help from the embers with them at home.  Ask students to put a note about how or why they are intentional family members. They can do this over the course of a week.

4. Ask students to write a reflection about their "intentional family tree," focusing on why they chose these individuals and how they could show these people they are valued.

5. Have students record or share their family trees with classmates over a video conference or classroom blog or journal.

# Panorama's Virtual Learning Community

## PANORAMA'S COMMUNITY COHORTS

Each cohort is exploring the following themes together, focused on the unit of impact most relevant to them given their role and educational context: Facilitating Community Connectedness, Communicating with Stakeholders, Leveraging Technology to Support Virtual Learning, and Planning for Re-Opening and the Other Unknowns.

| District Administrators | School Administrators | Counselors/Social Workers/ School Psychologists | Teachers/Paraprofessionals |

## https://pan-ed.com/pcc-registrations

Additional Free Webinars

Grief and Celebration During School Closures

Strategies for Adult Social-Emotional Learning and Wellness

Mindfulness Strategies for Adult and Student Wellness

# Thank You!

Please share your feedback and log your PGP points with us by going to:

## pan-ed.com/pgpsurvey