



# **SOCIAL-EMOTIONAL BALANCE**

## **During Covid-19**

This resource gives a brief overview of the Clover Model and provides you with tools and activities to help you find balance during Covid-19.

# THE CLOVER MODEL

Clover is about balancing our human needs for connection, voice, movement and thought. It is a model of human development that applies to children, youth, and adults – all of us need balance in order to thrive, and to build resilience when facing a crisis.

## Assertiveness

Assertiveness is the ability to speak up for yourself and others. It's how we understand and share our needs and decisions. All humans want to affect the world around them

## Belonging

Belonging is about building strong relationships, group acceptance and group identity. Humans are social creatures, and group belonging is essential for well-being and survival.

## Active Engagement

Active Engagement is about physically connecting to the world. Everyone (regardless of physical ability) exists in their bodies – physical existence is the foundation of mental and emotional existence.

## Reflection

Reflection describes the human need to create and make meaning. It involves making sense of one's own experiences, emotions and thoughts to create a sense of personal identity.

For more information on the Clover Model, read:

[The Clover Model: A Developmental Process Theory of Youth Development](#)

# The Importance of Clover During Covid-19



## Active Engagement

Connecting to our bodies and the physical world can keep us grounded and give us a feeling of control. Physical activity especially can help calm anxiety and boost endorphins that lead to positive feelings. We can't control the broader situation, but we can control how we connect to our senses, what we eat, and how we move our bodies.

## Assertiveness

Many of us have had to make drastic changes to our daily lives, for both ourselves and our families. Most of the changes have not been personal choices but have been made for us. It is easy to feel a lack of control. Finding both small and big ways to make choices and advocate for ourselves and others is crucial during a crisis. This allows us to feel a sense of safety and control, which can ease stress and anxiety.

## Belonging

The physical isolation that is necessary to keep ourselves and our communities safe can leave us feeling disconnected and alone. With usual gathering places like schools, offices and community centers closed it is extra important that we find ways to connect socially. Having positive social connections improves our mental and physical health, fosters empathy and helps alleviate anxiety and depression. Even now, there are many ways to find social connection without being with others in person!

## Reflection

Many of us are wondering what impact the current changes might mean for us personally, for our families and friends, and for broader society. We all have many questions ruminating, which is why finding moments to think through and express those ideas and thoughts is so important. Equally important is finding ways to ease our minds from the worry, anxiety or stress through calm and quiet moments or activities.

# Clover Activity Map



You can maintain Clover balance by creating space for each leaf every day, or throughout the week.

*Fill in activities you want to try in each leaf. See [Resources to Promote Balance](#) for ideas!*

**Assertiveness**

**Belonging**

**Active Engagement**

**Reflection**

*Choose the template that works best for you and your family.  
Fill in activities from each Clover leaf every day.*



# Clover Weekly Planner

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							
Nighttime							

# Clover Weekly Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							