

- **Hold space for students** to name their needs and hopes. Use virtual circles to check in as an opportunity for students to express themselves.
- **Provide options during a lesson** so students can choose the path, content, and/or channel for learning. Use weekly polls to prepare future lessons or start a day by having student decide the day's sequencing.
- **Teach students strategies for assertive communication** such as "I" statements, active listening, emotion control, perspective-taking, and compromise using anchor charts, video examples, role plays.
- **Teach students to advocate for themselves and others** in a positive way by facilitating conversations and connections with others. Encourage students to use their assertive communication strategies to facilitate those talks and provide examples of the power of advocacy.

- **Create daily checkpoints where youth can see your face and hear your voice.** Teach lessons virtually, use Instagram stories, record yourself doing a read aloud.
- **Choose a few youth each day to call individually.** Check in about non-academics: *How are they feeling? Are they getting enough food, exercise? Who's at their house? How are those people doing?* Ask some positive-framed questions: *What's something fun they've been able to do?*
- **Work with youth to set non-academic SMART goals.** *I will do 10 pushups a day for the next week, I will paint for 15 minutes a day, I will call a friend every morning at 10am this week.* Think Clover! Check in often on how they're doing with their goal.
- **Set up regular "office hours."** Be on Zoom/ Skype/ Google Hangouts for a certain amount of time each day/week where youth can join if they want.

Clover Strategies



to use with youth

- **Include physical activity into lesson ideas** you send out. A science activity that includes going for a walk outside and making observations, a math activity where they count how many jumping jacks they can do in a minute and multiply to find how many they could do in an hour.
- **Create a virtual space where students can have friendly competitions.** Who can stand on one foot the longest? Who can do the most jump rope skips without stopping?
- **Send out at home movement ideas** along with academic tasks. There are tons of ideas online.
- **Host a virtual pot-luck.** Have youth each try out cooking something, everyone shows what they made at eats together virtually!

- **Suggest that youth start and end their day with mindfulness techniques.** Deep breathing, yoga, etc.
- **Ask youth to keep a diary or journal** about their experiences out of school with virtual learning and time at home with their families.
- **Have youth get creative** and blog or video stories about their experiences to share with others.
- **Use reflective question prompts focused on looking forward** to reduce worry and anxiety. *"Who is the first person you want to see when you go back to school?"*
- **Encourage students to draw, paint or sketch.** Even simple color mixing activities can help ease anxiety.
- **Encourage youth to read** during their free time.
- **Encourage youth to think about their future goals.** What college do they want to attend or what career do they want to start after high school? How can they get there? Create a vision board with goals.