



Building Relationships in Schools Resources

Video Links:

Ideas for Building Relationship Skills: Social Emotional Learning

https://www.youtube.com/watch?v=FVo-guZm_0w

How to Maintain Relationships During Distance Learning

<https://www.youtube.com/watch?v=lgMuilEoYXk>

Other Useful Website Links:

- 5 Tips for Building Relationships in the Virtual Environment
<https://www.naesp.org/communicator-may-2020/5-tips-building-relationships-virtual-classroom>
- Building Online Elementary School Relationships
<https://blog.flvs.net/building-virtual-school-relationships/>
- 30 Ways to Build Relationships Online
<https://confidentparentsconfidentkids.org/2020/08/13/30-ways-to-build-caring-relationships-on-zoom/>
- Virtual Team Building for Adults
<https://www.kayako.com/blog/virtual-team-building-activities/>

Books:

The Circle in the Square – Building Community and Repairing Harm, Nancy Reistenberg

Online Relationships Builder Activities:

Daily Check-Ins: Short answer Check-ins to help gauge how students are doing. Kids can chat their answers privately to you.

- On a scale of 1 to 5, how are you doing today?
- What weather represents how you are feeling today?
- What emoji are today?
- What song might describe your mood today?
- Use Zones of Regulation in which kids describe the zone they are in.

Scavenger Hunts: Can be done solo or in teams, finding household objects.

Sound Supports, 2020 www.soundsupportsk12.com

- Coffee Cup
- Pencil
- Something square
- Paperclip
- Safety Pin
- A book
- A piece of soap
- Their favorite T-Shirt – and then tell why they like it
- An item that you don't think anyone else has in their house
- An item that represents your familie's traditions or culture.

Online Drawing Challenge -

<https://www.youtube.com/watch?v=eNcFAkkpuPY&feature=youtu.be>

Show and Tell

Show Us Your Pet (or tell us the pet you think would be fun to have)

Kahoots Online

Name Game: Every member of the group chooses an adjective that starts with the same letter as the first letter of their first name. They put that adjective in front of their first name, and they have their new name. So for example: Joyful Jill.

This or That: First, choose two things, like eggs or bacon. The group has to decide on which one they would keep and which they would do away with forever. As a group, it's majority rules. Then you come up with something else to battle the winner. So, it would look like this: Eggs or bacon (let's say bacon wins), then bacon or waffles (let's say bacon wins again), then bacon or toilet paper, and so on.

Picture Walk: Each member brings a picture or shares their screen with a picture that means something to them. Then each member gets two minutes (or more, depending on how much time you have) to share the story behind that picture.

Bucket List: Each member of the team comes up with 5 top things on their bucket list. Then they share and see what they have in common with other team members. They could even take those similarities and use them to connect in the real world or be cheerleaders for the other teammates.

20 Questions with Alexa: I'm assuming someone has Alexa or Google Home (if not, this can be done the old fashioned way). All you need to do is ask Alexa to play 20 questions. The team comes up with their "secret thing" and then the team can take turns with Alexa

Pictionary: One person finds an appropriate picture on the internet or on their computer. Then they have to describe that picture while the rest have to draw it. When time is up, or when the person describing decides to stop, they show their pictures on their screens and the describer chooses the winner.

Would You Rather: You can find a million "would you rather" questions on the internet, or you can make up your own. Then the point person asks the questions and the team members give their opinions—no judgments, just their choices.

Race to 40: The team tries to count from 1 to 40 without talking over each other. So one person starts and says 1. Then someone else has to say 2. Then you continue until you get to 40. The catch is you can't discuss strategy ahead of time and two people can't say the same number or you start back at 1. To make it harder, you can close your eyes or turn off your video and leave audio on.

Themed Trivia: This is the classic game of trivia in which someone finds trivia questions based on a theme (movies, history, animals, famous people, etc.). Then that person asks the group the trivia questions. When the answers are revealed, each person gets a point for every correct answer. The person with the most points wins.

Sample Prompting Questions/Topics for Circles

Please note: It is always important to carefully select which questions or topics to pose to the group depending on the needs of the group. The health of each member of the circle is always to be strongly considered. *Be prepared and know that some of the circle prompts may bring up a lot of emotions for the circle members. Also view questions from a cultural lens to determine if they feel right to ask.

Getting Acquainted

- Share a happy childhood memory.
- If you could be a superhero, what super powers would you choose and why?
- How would your best friend describe you?
- What would you not want to change about your life?
- If you could talk to someone from your family who is no longer alive, who would it be and why?
- If you had an unexpected free day, what would you like to do?
- If you were an animal, what animal would you be and why?
- Name two things or people who always make you laugh.
- I like to collect....

- If you could have a face to face conversation with anyone, who would it be and why?
- Describe your ideal job.
- Describe your favorite vacation.
- If you could change anything about yourself what would it be?

Exploring Values

- Imagine you are in conflict with a person who is important in your life. What values do you want to guide your conduct as you try to work out that conflict?
- What is your passion?
- What do you keep returning to in your life?
- What touches your heart?
- What gives you hope?
- What demonstrates respect?
- What change would you like to see in your community? What can you do to promote that change?
- A time when you acted on your core values even though others were not.

Storytelling from our lives to share who we are and what has shaped us (to build community)

Invite participants to share:

- A time when you had to let go of control
- A time when you were outside of your comfort zone
- An experience in your life when you “made lemonade out of lemons”.
- An experience of transformation when, out of a crisis or difficulty, you discovered a gift in your life.
- An experience of letting go of anger or resentment.
- A time when you were in conflict with your parents or caregiver.
- An experience where you discovered that someone was very different from the negative assumptions you first made about that person.
- An experience of feeling that you did not fit in.

Relating to Curriculum:

- The best/worst thing about this science project is...
- The main character in the book we are reading is like/not like me when...
- These math problems make me feel...

Additional Potential Circle Starters:

1. I feel happy when...
2. I feel sad when...
3. I feel angry when...
4. I feel scared when...
5. I feel excited when...
6. I feel stressed when...

7. My favorite hobby...
8. My favorite pet...
9. My favorite food is...
10. My favorite T.V. show is...
11. My favorite weekend activity is...
12. My favorite song is...
13. My favorite sport is...
14. My favorite color is...
15. My favorite weather is...
16. Rain makes me feel...
17. Wind makes me feel...
18. Sunshine makes me feel...
19. My favorite weekend activity is...
20. My favorite song is...
21. My favorite sport is...
22. My favorite color is...
23. My favorite weather is...
24. Rain makes me feel...
25. Wind makes me feel...
26. Sunshine makes me feel...
27. Snow makes me feel...
28. Fog makes me feel...
29. Today I feel...
30. When I think of blue, I think of...
31. If I were an animal, I would be...
32. If I were a famous actor/actress, I would be ...
33. If I were a famous athlete, I would be...
34. When I graduate from high school, I want to ...
35. When I become an adult, I want to...
36. When I start my career, I want to ...
37. I can't wait until...

**These questions adopted from Kristi Cole and Paul Dedinsky's packet of Restorative Justice Practices, Milwaukee Public Schools. Safe Schools/Healthy Students.