

Staying (or getting) connected at a distance

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Connected: What's it mean for you (them)?



Relationships



Interests and activities



Space

Safe

Joy



Communication



Familiarity

Time



Current
opportunities
and activities

What do you (they)
do now?

Who do you (they)
see?

What do you (they) do now?

WHAT (current state)?

What are your (their) interests?

What activities do you (they) enjoy?

What's on your (their) schedule
now?

What does or has "staying home"
mean you (they) could do more
often or start?



WHAT (past or future)?

What stopped or changed?

What's coming up that you will miss
or look different?

What are your (their) priorities?

What do you (they) miss most or
really want to do?



Cultivating interests:

Create opportunities for preferred activities and to share interests

- **Prioritize high interest activities**
- Structure activities around interests
- Build into schedule or “learning at home”
- Connect around interests
- Enhance skill (art, baking, building)
- Simulate missed or unavailable activities

Who do you (they) see?

WHO?

Who do or did you (they) see?

Who do or did you (they) talk to during or outside of activities?

Who do you (they) have stuff in common with (family, friends, neighbors, groups)?

Who does or could reach out to you (them)?

Who can support your (their) connections?

- Family members, classmates, colleagues, teammates, teachers..
- Create opportunities for similar connections (class question, connecting with teacher and student, message)
- Enlist meaningful people to initiate connections!

Who do you (they) see?

WHO?

Who do or did you (they) see?

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Who do you (they) have stuff in common with (family, friends, neighbors, groups)?

Who does or could reach out to you (them)?

Who can support your (their) connections?

HOW?

How did you (they) connect?

How about now? Does the current state present new ways to connect or enhance existing methods?

How are others (family, peers, siblings) staying connected?

How can you leverage the current state?

How can you get “buy in” to make connections?

Get Connected Together!!!



Create opportunities for connection within family, home, and neighborhood

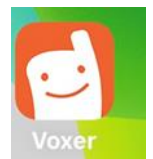
- Build small chunks of time for 1 on 1 interactions
- Walks, bike rides, games (I spy, bear hunt)
- Partner up for daily routines (lunch, dinner, chore)
- Chalk messages and pictures
- Games that promote interaction



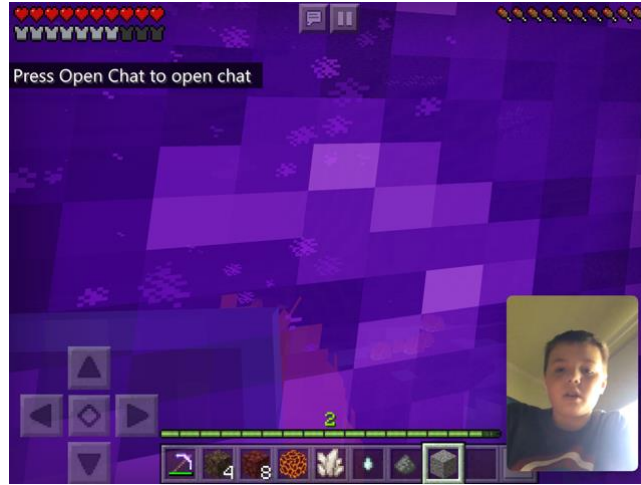
Connect Together: Video (or audio) games with family or friends.



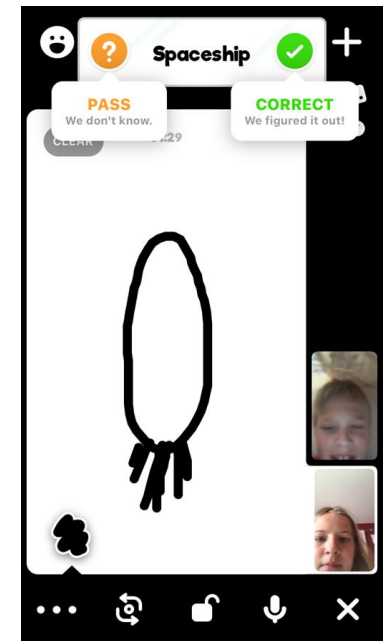
Find My Family Scavenger Hunt		
Take a selfie with _____ (insert mom, sibling, etc)	Show someone your best dance moves!	Call family member 
Ask some to play 	Snack with someone	Tell a joke



Online
Games
Connect safe
and smart!



jackbox
games®



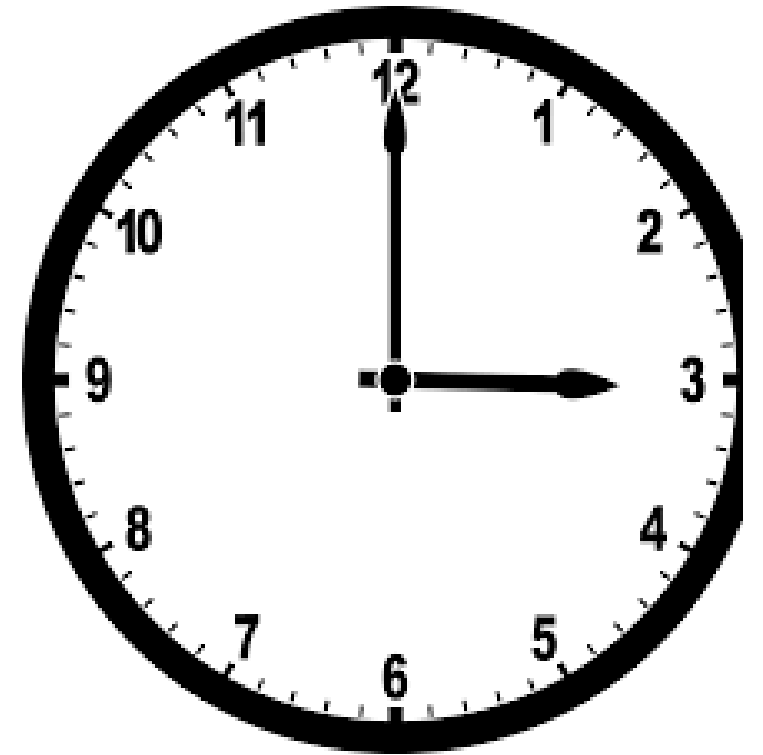


Draw and Share

Diagonal Hopping



Sworkit for Kids



Getting outside!

Simultaneous Activities

Host a (brief)
online meet-up

Virtual GNO



Set it up for success!

- Enlist friends, peers, or family to initiate connections
 - Prepare, practice, keep it brief!
 - Get creative! Use chat features to give positive feedback or coaching during virtual hangouts.
 - Prioritize! Consider interests, existing connections (school, therapy, work).
 - Incorporate connecting within routine or schedule
 - Create work and play spaces in shared areas
 - Scheduled 1 on 1 time
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- Prioritize!
 - Find activities and moments that promote positive interactions and shared enjoyment!

Thank you!

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www.kumc.edu/cchd/gno