

VIRTUALLY ADAPTED
ACTIVITY –
ONE STEP AT A TIME

ACTIVITY TO ADDRESS THE CHALLENGES
INVOLVED IN RETURNING TO ACTIVITIES
IN-PERSON, FOR ALL GENDERS

 **ONE CIRCLE**
FOUNDATION

We are all connected.

To All One Circle Facilitators,

With these difficult times, One Circle Foundation wants to acknowledge you for the great work that you continue to do with youth.

In an effort to make that a little easier for you, we are adding Adapted Activities from our curricula in order for you to have the ability to hold Girls Circle and The Council for Boys and Young Men sessions online with the youth in your programs. As you know, the creative and experiential activities presented in the Activity Guides require individuals to be in a live, in-person circle. We began adapting these activities so the youth could participate from the safety of their homes. These adaptations are made available to you on the One Circle Foundation website “Virtual Solutions” section, for your easy access.

Each adapted activity will note which Activity Guide they were adapted from as well as which session. We include an outline of the six steps of the Girls Circle Model and the seven steps of The Council for Boys and Young Men Model for you to use as a guide.

PLEASE NOTE: These adaptations do NOT include the full session; only the **ACTIVITY** step is described. However, you will see in the adaptation that there is an overview of the topic and brief discussion to incorporate into your circles. The objectives of the activity align with the original intent of the session.

Girls Circle:

Opening Ritual
Theme Introduction
Check-In
Activity → ADAPTED
Sharing of Activity
Closing Ritual

The Council for Boys and Young Men:

Opening Ritual
Theme Introduction
Warm-Up
Check-in
Activity → ADAPTED
Reflection
Closing Ritual

We welcome your suggestions and feedback. We also want to hear of any adapted or original activities you are doing online with the youth that you serve. Please email info@onecirclefoundation.org to share the online adaption work that you’re doing, and we invite you to share with one another in our Facebook Facilitator Support Group. Visit @onecirclefoundation on Facebook to join the conversation.

We at One Circle Foundation are committed to supporting all of you as we find our new normal. Be safe and continue to reach out for support from One Circle Foundation.

Virtually Adapted Activity – One Step at a Time

Activity to address the stress in returning to activities in-person, for all genders

Topic: Taking One Step at a Time Returning to In-person Activities

During the COVID-19 pandemic a lot of activities were restricted. Youth couldn't attend school in person, couldn't go to the mall, movies, dances or gather with their friends to name a few. Now that restrictions are beginning to be lifted, youth can begin returning to these activities. Returning to activities may result in stress for some youth. We will explore strategies that youth can utilize when under stress as we return to in-person activities.

Objectives:

- To encourage youth to share the challenges they are facing returning to in-person activities
- To identify strategies that are most effective and helpful for youth
- To help youth have the resources to transition back to school, social activities, reconnecting with their friends and family
- Developing tools to deal with the challenges associated with transitioning back to in-person activities

Key Learning Points:

- To acknowledge the good and not so good, of the COVID-19 pandemic
- To help youth identify positive ways to deal with their challenges while returning to in-person activities
- Explore what support youth need when they return to in-person activities

Prior to the Activity: Let the youth know they will need 4 pieces of blank paper, a pen or pencil, and either some crayons or colorful markers.

Procedure to Lead Activity:

- 1 Let youth know we will be having a discussion today about the challenges of the COVID-19 pandemic. Following the discussion, we will do a creative activity.
 - *Say: We all have experienced some challenges during the COVID-19 pandemic. There have been restrictions that have kept us from going to school, seeing our friends, participating in community activities, and being with our families. As restrictions are beginning to be lifted, returning to school, and participating in community activities could also cause us to experience some challenges.*

- 2 Tell them you will be asking them a few questions in regards to the challenges during the COVID-19 pandemic. If they would like to share, they can share by raising their hands. Following the discussion participants will be doing a creative activity in order to show what their lives were like during the COVID-19 pandemic and what returning to in-person activities might look like.
- 3 Ask the youth the following questions:
 - Since the COVID-19 pandemic began, what are some things that you have been restricted from doing? *(Invite the youth to share their thoughts. Give them a few minutes to respond.)*
 - What are some of the challenges you or your friends have experienced not being able to go to school or community gatherings? *(Invite the youth to share their thoughts. Give them a few minutes to respond.)*
 - What have been some of the positive things that have happened during the COVID-19 pandemic? *(Invite the youth to share their thoughts. Give them a few minutes to respond.)*
 - How do you feel about going back to school in person? Do you think there will be challenges with returning to school? *(Invite the youth to share their thoughts. Give them a few minutes to respond.)*
 - What kinds of challenges have you or anyone you know experienced having to be at home? *(Invite the youth to share their thoughts. Give them a few minutes to respond.)*
 - What about people in your family and other people you know, how have they dealt with the restrictions during the COVID-19 pandemic? How has this affected you? *(Invite the youth to share their thoughts. Give them a few minutes to respond.)*
- 4 Invite the youth to take a minute and fill out the handout that you emailed prior to the group. (The handout is provided at the end of the activity).

Sharing of Activity:

- 1 Invite the youth to share the positives and challenges of returning to activities in person. Ask the youth to raise their hand using the annotate tool if they would like to share. Once each person has an opportunity to share, ask them the following questions:
 - What was similar or different with the things that each of you listed?
 - How did it feel to identify what you need for support in returning to in-person activities?
 - How can adults in your life help support you during this transition?
- 2 After each youth has shared, thank everyone for sharing.

Creative Activity

- 1 Invite them to participate in a Creative Activity. On a blank piece of paper, ask the youth to draw what their life looked like during the COVID-19 pandemic. Give the youth 10 minutes to draw their picture.
- 2 Next, on a blank piece of paper, have the youth draw what their life will look like as they return to in-person activities. Give the youth 10 minutes to draw their picture.
- 3 After they have completed the second drawing, ask the youth to raise their hand and you will call on them to share their drawings by holding the drawings up to their camera.
- 4 After each youth has shared, thank everyone for sharing.
- 5 Say, “You have all shared some challenges you have went through or will be experiencing, please remember to navigate these challenges one step at a time. Thank you all!”

Reflection Questions:

- What do you think will be the best part about returning to in-person activities?
- What do you think will be the most challenging?
- What are some ways you can handle these challenges during this time of transition? Who can support you in these challenges?

Invite participants to share their thoughts.

Application Question: *What is one thing you can do this coming week to take care of yourself during these changing times?*

Taking One Step at a Time Handout

IN-PERSON ACTIVITY	CHALLENGES OF IN-PERSON	POSITIVES OF IN-PERSON	SUPPORT YOU NEED