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Thursday, March 25, 2021

Walkout Day 1: Day of Rest

Itinerary

Zoom Link (for all events)
Meeting ID: 984 9035 8826
Passcode: 466403

1:00-2:00 PM	Letter & Poetry Writing with Jayla Hart
2:00-3:00 PM	Kickback with Donavon Lea
3:00-3:30 PM	Moment of Mindfulness with Jasmine Mao
4:00-5:00 PM	Transformative Justice Workshop with undocUVA
9:00-10:30 PM	Film Screening with Fadumo Hussein

**all times in EST*

Restful Activities & Guides

Personal Check-In

Before you engage with this guide, we encourage you to reflect on the following questions. Ask yourself: *Have you eaten today? Have you had enough water? Did you get enough hours of sleep last night?* In other words, *Do you feel nourished and well-rested?*

Give yourself the space to now respond to your body and give yourself what you need to begin the following deeper exercises and practices.

Grounding Exercise + Meditation Activity

- 10 Minute Guided Meditation with Jessamyn Stanley
- Headspace | Mini Meditation

Written Expression (journaling, doodling/sketching)

- Write or draw how you're feeling → What are your sources of stress? What about joy?
    - Your thoughts don't have to ordered, just pour out whatever strikes you
- Writing Affirmations and Expressing Gratitude
    - Jot down some affirmations to revisit at a later time

        - *Examples: "I set healthy boundaries for myself."; "I am deserving of love and affection."; "I am enough. I am powerful."*
    - List out 3-5 things, places, or people you're grateful for and why you're grateful for them.
        - Examples: "I'm grateful for my hands because they endure so much throughout the day."; "I'm grateful for my friends because they support me and hold space for me to be vulnerable."

Physical Expression/Pamper Your Person

- Practice a yoga flow or stretch for at least 15-20 minutes
    - Suggestions: Download the Nike Training Club app (premium exercises are available for free); check out the following videos: 30-Minute Yoga Sequence for Total Beginners; 20 Minute Yoga for EveryBody (for people with all kinds of bodies)
- Go for a walk or jog around town
- Grab a few friends, mask up, and play a sport (basketball, volleyball, frisbee, spikeball, etc.)
- Take a refreshing shower/cleanse your body and face
    - If you have one, do the entirety of your skincare routine and attend to places you typically gloss over (consider applying a face mask, massaging lotion on rough patches, and/or repolishing your nails)

Engage with Your Community*

- Call a loved one or close friend (perhaps someone you've been meaning to reconnect with recently)
- Meet up with a friend or two and catch up
- Find a local park or open clearing and read (or write/draw) outside
- Prepare lunch or order take-out and go on a picnic with friends

*(*Try to set an intention to not discuss work or school while you're catching up with others, use that time to really connect and chat about how you've been feeling or things/events you're excited or hopeful for! Make a point to express gratitude for the person(s).)*

Friday, March 26
Walkout Day 2: Demand #COVIDActionNOW

Send Demands to Admin

Admin Emails
Jim Ryan, President
Allen Groves, Dean of Students
Susan Harris, Special Assistant to the President; Secretary to the Board of Visitors
M. Elizabeth Magill, Executive Vice President and Provost, University of Virginia
Jennifer (J.J.) Wagner Davis, Executive Vice President and Chief Operating Officer
Susan Davis, Acting Vice President and Chief Student Affairs Officer
Kevin G. McDonald, Vice President for Diversity, Equity and Inclusion
Margaret S. Grundy, Assistant Vice President and Chief of Staff
Melody Bianchetto, Vice President for Finance
Stephen Farmer, Vice Provost for Enrollment
Nicole Eramo, Assistant Vice President for Student Affairs

Email Template
TO: [Admin Email]
SUBJECT LINE: #COVIDActionNOW

Dear [Admin],

The COVID-19 pandemic highlights UVA's consistent prioritization of its own profitability over ensuring safety & fair compensation for its workers and providing adequate resources & aid for its students. Simultaneously, UVA's failure to hold the IFC and ISC accountable for their complicity in the massive spike in rush-related covid cases has increasingly endangered the Charlottesville and University community.

I am demanding that the UVA take accountability for their harms and act immediately to:

Students Aid
1. Automatically distribute $1500 stimulus checks to all students who qualify for financial aid, with additional supplemental grants of $750 available by application for students with greater need.
2. Meet 100% of DACA recipients' financial need by providing distributing aid through the Office of the Dean of Students.
3. Fully reimburse students for current and past loans taken out for UVA health insurance plan.
4. Freeze tuition through 2024-2025 academic year.

Workers
1. Sustain state-mandated 5% salary increase for faculty and staff after Fiscal Year 2022.
2. Reopen Emergency Relief Fund for contracted workers.

3. Make up hazard pay for all service workers furloughed since the start of the pandemic.

Greek Life

1. Suspend Inter-Fraternity and Inter-Sorority Councils.
2. Acknowledge and apologize for the fact that IFC and ISC recruitment caused the largest COVID outbreak since the start of the pandemic.

Sincerely,

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Saturday, March 27

Town Hall

When: 3:00-4:15 PM EST

Where: Amphitheatre & Livestream via UVA Beyond Policing Instagram

Itinerary

3:00-3:15 PM	Why Are We Here?
3:15-3:20 PM	Town Hall, explained
3:20-4:00 PM	Community Speakers & Community Share
4:00-4:15 PM	Closing & Continuing

**all times in EST*