

NANNER VIRTUAL HANGOUT #3 STUDENT LESSON PLAN - STAYING POSITIVE & SELF COMPASSION

LOGISTICS

Theme	Self-care
Objective / expected lesson / takeaway	1) Ways to maintain and refocus our attention on some of the things that bring us joy and happiness 2) Ways to promote self-care.
Estimated Time	1 - 1.5 hours
Audience Size	15-20 people
Facilitators	Optimally 2 - 1 to facilitate discussion & 1 to run IT
Materials / Websites / Other Inputs	• Google Slides Presentation • Some Good News - John Krasinski • Public link to the Miro Board. • https://centerformsc.org/10-self-compassion-practices-for-covid-19/
Deliverable	Sticky board with responses to the 8 questions
Description of materials / programs used	Using a Miro Board to record sticky notes ○ MIRO (https://miro.com/app/dashboard/) is a program that allows users to create 'Virtual Whiteboards,' including diagrams, brainstorm, or sticky notes that mimic how you might take notes in an in-person meeting. By making a free account, you can create and use three active Boards. For this activity, you will need to create a board. Miro has a great tutorial that will introduce the features you need to put the discussion questions up on a board before the session begins. After or during the activity, you can share this board to the participants as a colorful takeaway. TIP: Put all the questions on boards (we used 4 boards, with 2 questions each) before the live session to save time. TIP: Have one person screen share and record the answers on sticky notes as your scribe, and another facilitate the discussion. Using Zoom ○ Participants will probably find it easier to join larger calls and use the chat via a computer with a webcam than with Zoom mobile app. ○ Participants should use headphones and/or mute their audio when not talking to reduce the background noise for the rest of the callers. Using Zoom Breakout Rooms:

	<i>Zoom's Breakout Room</i> feature allows the meeting host to split the call into smaller groups, either randomly or by assignment. Each breakout room functions as its own Zoom meeting, and participants cannot hear or see the discussion in another Breakout Room. The meeting host can send chat messages to attendees in every breakout room, and ends the breakout rooms by calling attendees back to the original meeting. This activity can also be run in larger groups without using the breakout rooms. How to Enable Breakout Rooms How to Manage Breakout Rooms
AGENDA	
Check-In Estimated time: 10 mins	• Rate your day: How are you feeling on a Scale 1-10? • Check In Question: Example, What is one thing that made you smile this past week?
Intro to Activity + "Some Good News" Estimated time: 5 mins	• Why are we talking about happiness, positivity and good news? <i>COVID-19 has affected a lot of us mentally and physically. Take time to acknowledge that it's okay to feel uncertain during this period of uncertainty and change. The purpose of this activity is to remind each other that happy things still exist in our lives. The take home message from the activity is to train your minds to think of the positives despite the negativity going on around the world.</i> • (Optional) Where did the idea come from? <i>The NAN Project's Peer Coordinator, Elli, found a Tik Tok video of a man creating a "Happy Jar" from 2019. During this pandemic, he went back through the things he wrote that made him happy and encouraged everyone to make a jar during these hard times. To remind ourselves that there are still happy things around us.</i> • Show Video: Some Good News - John Krasinski <i>Many of us are now watching way more news about the coronavirus (often too much!), but a lot of it is pretty negative, anxiety-provoking, or frightening. Let's hear some of the good news! Fans of The Office or A Quiet Place will probably recognize John Krasinski, who has started a series called "Some Good News," where he highlights the positive stories that are going on as well. (We watched the video until 2:50.)</i>
Good News Estimated time: 20 mins	Explanation of the activity: • Facilitator introduces the 8 questions and assign groups. Groups will share their answers to the guided questions via Zoom's breakout rooms, and then report their answers back to the full group. • Explain how to use Zoom to enter a breakout room. • Divide participants into breakout rooms. • Review the questions, and assign questions to each breakout room.

	Students have 5 minutes to answer the questions. Questions: 1. What's something you've been doing that made you happy? 2. Name one random act of kindness you could do for someone else. 3. What's something you're still looking forward to? 4. What's a way to show what you're grateful for? 5. What is this negative situation positively teaching me? 6. What is a tool or skill that I've learned during this quarantine that I will continue after it passes? 7. What did I take for granted before? 8. How can you tend to yourself with more compassion? Come back as a group • Introduce the Sticky Board • Share your answers with the larger group, with one facilitator acting as a scribe and placing each answer on a sticky note on the whiteboard. • IT lead will email out the sticky note brainstorm that we made as a group. Optional "Homework" Find a "Good News" story to bring in and share at our next meeting.
Self Compassion Estimated time: 15 mins	What is self compassion? • Review Kristen Neff's 3 elements of self compassion: ○ Self kindness ○ Common humanity ○ Mindfulness • Take a moment to imagine speaking to a dear friend who is suffering. What words of encouragement are you sharing with them? What is your presence like? Now, imagine using that voice (including warmth and tone,) with • 10 Minute Self Compassion Meditation ○ "May I be safe, may I be peaceful, may I treat myself with kindness, may I accept myself as I am." ○ Bringing in soothing physical touch. (Hands over heart, rubbing belly or chest, rubbing feet on the floor) • 10 self compassion resources during Covid-19 (see website)

	○ https://centerformsc.org/10-self-compassion-practices-for-covid-19/
Checkout Estimated time: 5 mins	Checkout questions: Students rate their day on a scale of 1-10. Optional checkout question: <i>What is one way you will show yourself compassion over the next week?</i> For next lesson (Optional): Bring your piece of “Happy News” to share during check-in!