

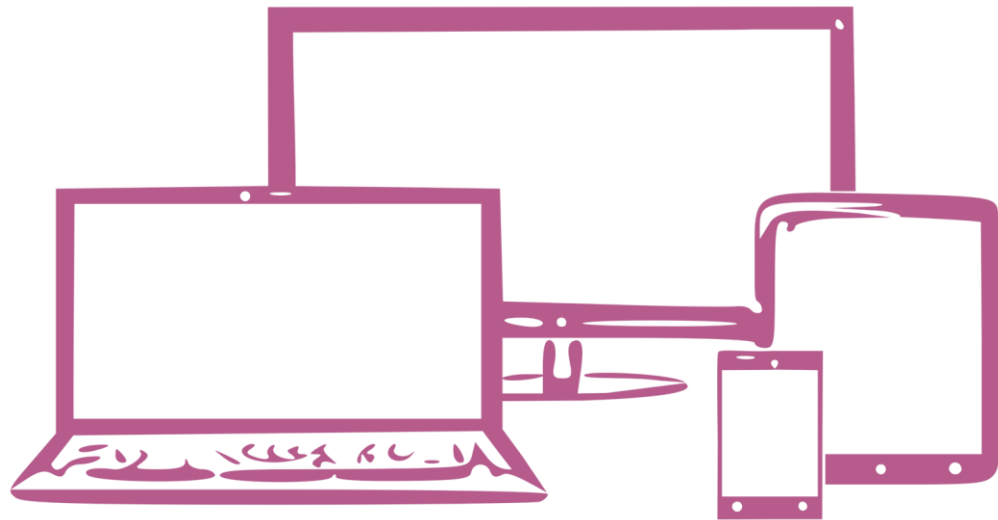


BURRELL®
YOUTH SERVICES

ENGAGING KIDS VIRTUALLY

BENEFITS OF CONNECTING VIRTUALLY

- Flexibility
- Convenience
- Comfort
- Access to a variety of online materials



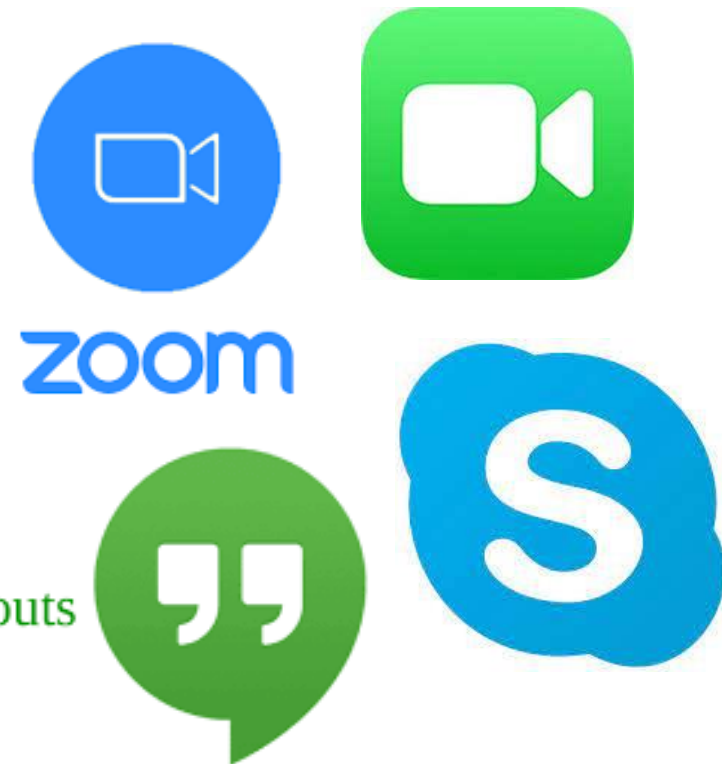
CHALLENGES OF CONNECTING VIRTUALLY

- Technological problems
- Lack of privacy and personal connection
- Distractions
- Difficult to read body language



GENERAL TIPS FOR CONNECTING VIRTUALLY

- Follow child's lead
- Exaggerated expressions
- Be mindful of attention span
- Set the stage
- Apps to use to connect virtually:
 - Zoom
 - Google Hangouts
 - Skype
 - FaceTime



GENERAL TIPS FOR BUILDING RELATIONSHIP

- Active listening and attending
- Validating statements
 - What is and isn't validation
 - Benefits of validation
- Positive reinforcement
- 2 x 10
- Developmental Relationships Framework



ACTIVE LISTENING AND ATTENDING

- Basic Steps

- Eye contact
- Express interest
- Refrain from judgment
- Ask questions

6 KEY ACTIVE LISTENING SKILLS



PAY
ATTENTION



WITHHOLD
JUDGEMENT



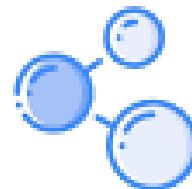
REFLECT



CLARIFY



SUMMARIZE



SHARE

Benefits of Active Listening

- allows you to understand a different point of view
- allows you to respond with empathy
- allows you to ask questions
- validates the speaker and makes them want to speak longer

SETTING THE SCENE

- Minimize distractions in view of the camera
- Consider recommending larger rooms for child to connect
- Negotiate parent involvement ahead of time
- Provide tips for parents to prepare for the session
- Maintain constant gaze into camera
- Consider background features


ATTENTION SPAN AND LENGTH OF VISIT

- The average attention span is 2 to 5 minutes per year of the child's age.

- So, think about making your virtual visits *shorter and more frequent*.

OR

- Instead of looking at your virtual visit as 30 minutes, think of it as three, 10 minute visits. Try and change the activity every 10 minutes.



Attention Span by Age

AGE	ATTENTION SPAN
2	4 - 10 min
3	6 - 15 min
4	8 - 20 min
5	10 - 25 min
6	12 - 30 min
7	14 - 35 min
8	16 - 40 min
9	18 - 45 min
10	20 - 50 min

www.redcrayonimagination.com

QUESTIONS TO ENCOURAGE DISCUSSION

- Ask open ended questions.
 - Start questions with “who,” “what,” “if,” “how,” etc.
 - “What’s the funniest thing you saw today/this week?”
 - “If you could have any 3 wishes granted, what would they be?”
 - Questions that get kids talking

BUILDING RAPPORT

- Rapport is an essential part of building any successful relationship.

Activities to Build Rapport:

- Virtual Scavenger Hunts
- Show and Tell
- Creating a Virtual Handshake
- I-Spy
- Rock, Paper, Scissors
- Truth, Lie, and Wish
- Simon Says

TIPS FOR TODDLERS



- Let go of any and all expectations!
- Toddlers have **very** short attention spans and need to move around constantly, so have a variety of different activities planned before your visit.
- Follow the child's lead; it is okay if your visit is simply watching them play.

Activities:

- Use Sesame Street as a resource for stimulating activities, videos, and songs for toddlers
- Have a virtual “snack time”
- Finger Plays and Puppets
- Virtual field trips to the zoo and aquariums

TIPS FOR SCHOOL-AGE

- Get the child involved in planning your virtual visit!
- Use exciting Zoom backgrounds and props during your calls
- Ask them to give you a tour of their room!



Activities:

- Create a virtual storybook
- Learn how to code with Star Wars
- Short, movement and mindfulness activities
- Go on a virtual scavenger hunt

TIPS FOR TEENS

- Allow your teen to decide the length and frequency of visits.
- Ask them to teach you something new

Activities:

- Harry Potter Virtual Escape Room
- Netflix Party
- Share a virtual meal together
- Virtual Book Club
- Go on a virtual college tour



ONLINE ACTIVITIES

- Virtual visits to zoos and aquariums
 - [San Diego Zoo](#)
 - [Monterey Bay Aquarium](#)
- Virtual visits to famous monuments
 - [Great Wall of China](#)
 - [Machu Picchu](#)
 - [Taj Mahal](#)

- Virtual Disneyworld rides and tours
 - [Magic Kingdom](#)
 - [Epcot](#)
- Virtual Yoga/Mindfulness classes
 - [Pretzel Kids Yoga](#)
 - [GoNoodle](#)

PERSON BRAIN: FOUR ELEMENTS OF FLOURISHING



RESOURCES TO SHARE WITH PARENTS

- <https://www.amazingeducationalresources.com/>
 - Free tools, services, and programs for children of all grade levels
- <https://kidlit.tv/>
 - Collections of podcasts, tutorials, activities, and read-alouds from popular children's authors
- <https://www.foodliteracycenter.org/curriculum>
 - Culinary lessons and kid friendly recipes.
- <https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/default.aspx>
 - Resources to help cope during the global pandemic.



BURRELL®
YOUTH SERVICES

QUESTIONS?



BURRELL®
YOUTH SERVICES

THANK YOU

NAME | TITLE
PHONE | EMAIL