

VIRTUAL FATIGUE

Click on the links to access additional tools for your classroom.

BEGIN BY GROUNDING ATTENTION TO THIS MOMENT

Allowing kids to let go of the "future" moment or thought and be in this one...to be present.

This can be done by choosing one of a few strategies:

- [Grounding Techniques](#)
- [Breathing Exercises](#)
- [Mindful Moments](#)



FULLY GREET AND CONNECT WITH EACH PERSON THAT ARRIVES

Take in the good. Encourage students to turn on their camera.

As people arrive, practice gratitude by either stating something about them that you are grateful for, or having a gratitude connection by asking students to share 1-3 things that they are grateful for in the moment. Could also create a virtual gratitude graffiti wall on jamboard!.



TAKE MEASURED MOVEMENT BREAKS

Having back to back meetings zap us of our attention and energy.

Give brains time to pause from constant stimuli and re-energize by encouraging/ leading the students through regular movement/brain breaks. Take 1-5 minutes every class to go through a short sequence of your choice of movements. Practice regular check in's for and with students.



AVOID MULTI-TASKING

Put 100% of your focus and energy into that moment and lesson.

This will help us feel calm and more focused on the task at hand. It is good modeling for the students as well. Setting a classroom intention/ hopeful goal each class to help us positively direct our energy towards our inspired goal.



CHOOSE SPEAKER VIEW

Having a large number of faces on screen can be distracting.

Speaker view directs our attention to the person speaking, helping keep us focused. Have you and your class take away self view if possible. Humans have a tendency to want to look at themselves. Removing this interference may improve classroom focus.



[Mental Health Strategies During Covid-19](#)

[Wellness Journals](#)

[Virtual Menu of Supports](#)

Adapted from Hickman, S. (2020). Zoom Exhaustion is Real. Here Are Six Ways to Find Balance and Stay Connected. [mindful.org](#) &

Mulvahil, E. (2020). 9 Ways to Beat Zoom Fatigue. [We Are Teachers.com](#)



GROUNDING/BREATHING EXERCISES

For Elementary Students:

- [Smiling Mind](#)
- [Mindful Schools](#)
- [Susan Kaiser Greenland: Mindful Games](#)
- [Go Zen](#)

For Middle & High School Students:

- [Smiling Mind](#)
- [Anxiety Canada](#)
- [Mindfulness exercises](#)
- [Mindful Schools](#)

BRAIN BREAKS

For Elementary Students:

- [Pure Edge Brain Breaks](#)
- [Go Noodle](#)
- [Bok Kids](#)
- [Scavenger Hunts](#)
- [Charades](#)
- [Move Like an Astronaut Movement Dice Games SFSK Resource](#)
- [Be Fit For Life](#)

For Middle & High School Students:

- [Pure Edge Brain Breaks](#)
- [Yoga with Adrienne](#)
- [Movement Dice](#)
- [Bok Kids](#)
- [Be Fit For Life](#)

SEL CHECK INS

For Elementary Students:

- [Kimochis](#)
- [Meme Check In: George Couros](#)
- [Teaching with Jennifer Findley: Virtual Check Ins](#)

For Middle & High School Students:

- [How's it Growing?](#)
- [ThinkFull](#)
- [Center for Adolescent Studies](#)
- [Meme Check In: George Couros](#)

GRATITUDE

For Elementary Students:

- [Digital Gratitude Wall](#)
- [Rose, Thorn and Bud: Mindful Schools](#)

For Middle & High School Students:

- [Gratitude Journal Prompts: 3 Good Things](#)
- [Daily Gratitude Question: Gratefulness.org](#)
- [Gratitude Strategy: Mental Subtraction: SFSK](#)

HOPE/INTENTIONS

For Elementary Students:

- [Setting intentions for kids: Kirsten's Kaboodle](#)
- [Weekly Wellness Schedule: SFSK](#)
- [Hopeful Minds. org \(offered virtually by SFSK\)](#)

For Middle & High School Students:

- [Weekly Wellness Schedule: SFSK](#)
- [Hope Clouds](#)
- [Hopeful Minds. org \(offered virtually by SFSK\)](#)

