



Info Share on Teaching IECMH Online (Part 2): Key Takeaways

Below is a summary of the key takeaways from the PDN Info Share Session (Part 2) on Teaching IECMH Online that took place on November 2, 2020.

Tips for sustaining active engagement in online trainings.

- **Virtual classroom structure:** Maintain a steady pace, giving students time to reflect; begin with a mindfulness activity; use breakout rooms for small group discussions; provide frequent breaks with meditation music in the background – once the music stops, students know the break is over; and share assignments and/or roles ahead of time to reduce anxiety and create a more cohesive learning space.
- **Building community among students:** Establish connection in and outside the virtual classroom by using group chat, collaborative boards (e.g. <https://padlet.com/>), small breakout groups, and mindfulness, fun and other activities like:
 - Share your favorite movie or song
 - Find an object in your home that is meaningful to you and share why
 - Metaphoric weather report using the *Zoom poll feature* – How are you doing? i.e. sunny, partly cloudy, stormy, etc.
 - Virtual sit down or stand up – ask students to turn off their videos, then ask a series of questions and if the question applies, students will turn on their video – What did it feel like to show up?
 - Make all participant names the same so that comments in the chat box are anonymous
 - Hold monthly strategic support groups outside of the classroom
 - [Two Leaves Two Roots](#) Icebreaker
 - [Rollercoaster](#) Check-In
- **Building relationships with students:** Provide reflective supervision sessions or individualized strategic coaching sessions. Offer students time to hang around at the end of class.
- **Classroom etiquette:** Begin class with zoom rules. Ask students to show up visually. Allow students time to eat during community building activities to decrease eating time during lessons.
- **How to call on students during class:** Use different approaches – i.e. *“It looks like a few of you have something on the tip of your tongue. If that’s you, I want to hold space and encourage you to say it”* or *“I see that you are squinting your eyes, do you have something that you would like to share.”*

Proactive and reactive tips for managing internet connectivity issues.

- **Co-host:** When using virtual platforms (e.g. zoom), assign at least one co-host at the beginning of the meeting in case the host loses connectivity.
- **Close programs and documents:** Gently suggest that students close all programs they are not using.
- **Video:** Turn off your camera to increase internet speed.
- **Cell Phone Apps:** Download the virtual platform apps (e.g. zoom). Use the app on your cell phone instead of your desktop.



- **Internet upgrade:** There are various internet services with multiple options. For instance, Direct Internet Access (DIA) offers continuous and reliable online access.

Combat zoom fatigue with virtual tools and activities.

- [Padlet](#) Digital Wall
- [Virtual Character Activity](#)
- [Jamboard](#) – Virtual and Interactive Post-It Wall

Relevant resources for conducting online trainings

- [Getting Started with Online Training & Facilitation](#), *Training for Change*
- [Leading Groups Online](#): a down-and-dirty guide to leading online courses, meetings, trainings, and events during the coronavirus pandemic, *Training for Change*
- [Slide Templates for Online Engagement](#), *Training for Change*
- [Resources for Online Facilitation](#), 350.org