

# Bouncing Back Forward in Remote Learning

Our world has faced (and is still facing) a significant challenge. With a return to remote learning, many of us are understandably hopeful that things will eventually 'go back to normal' – that life and work can resume as they were before. It is important, however, that this process not be about *going back* but rather about *moving forward* into remote learning. The goal is to transition forward into the remote learning with the lessons from our first experience as our guide.

This series of quick and easy steps that can be taken to spark the mind and body into readiness for **TAKING OWNERSHIP** of the day. Try all of these things – they work!

## 2. SOCIAL CONNECTION

Social connection is the subjective experience of feeling close to and a sense of belongingness with others. Social connection increases our immunity, levels of self esteem and empathy, emotion regulation skills and decreases rates of anxiety and depression.

# IDEAS FOR SOCIAL CONNECTION

VIRTUAL FRIENDS  
HANGOUT

BACK TO BACK VIDEO  
CALLS

SNUGGLE WITH YOUR PET

WRITE AN EMAIL OR  
LETTER

DINNER TIME DISCUSSION  
WITH YOUR FAMILY

SCHEDULE A WALK WITH A  
FRIEND OR A FAMILY  
MEMBER



BEING

COURAGEOUS