HUMAN PERFORMANCE PROJECT

Illinois

ADAPTING CHAPTER PROGRAMMING DURING A VIRTUAL TIME

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Hello IL HPP Chapters!

While the format that many school and extracurricular programs have taken this year is not quite what we had hoped for, the IL HPP Team wants to share some words of encouragement and help you brainstorm adapting your message to the current times. Remember, you are all about instilling positivity, encouragement, and resources to promote healthy decisions and optimal performance to establish cultures of excellence in your programs, school, and community. There are still a lot of ways to do this, even if they don't look quite the same as they once did. Take a look through some of these ideas as a starting point for your own chapter's brainstorming as you continue to make a difference by reaching as many peers, staff, and community members as you can! Reach out to the IL HPP Team if you have any questions at info@ilhpp.org!

Sincerely,

The IL HPP Team

IL HPP RESOURCES

IL HPP TRAINING CATALOG

Bring the IL HPP Team into your chapter meetings, school presentations, leadership development trainings and/or participate in the IL HPP hosted events including: Chapter Advisor calls, Student Advisory Team meetings, and December's Chapter Mid-Year event! Learn more about all of these opportunities to help boost your programming under the Training tab at ilhpp.org.

IL HPP ACADEMY

Check out our brand new on-line learning resource, providing you interactive courses with IL HPP content! This ever growing platform is an opportunity for chapter members, team members, the student body, or even staff to participate. Consider participating in the courses and then having discussions about the content during chapter meetings, practices, and more as another program opportunity. Keep an eye out for existing and new courses under the Training tab at ilhpp.org.

SOCIAL MEDIA

All four of our social media platforms have been and will be stocked with great, new content for all to see! Invite your chapter members, teammates, and friends to view. Both students and staff can benefit from the regular posts and video content. Follow us to get up to date announcements about programming too! Create your own chapter platforms as well and use IL HPP content to share the message with your followers!

 @ILHPP

 @IL_HPP

 Illinois Human Performance Project

 @ilhumanperformanceproject

(clickable links above)

WEBSITE

Find lots of great resources for your chapter to use under the Resources tab at ilhpp.org including presentations to use for chapters or education, guides, manuals, games, activities, and more! Working on science module education, leadership development, or chapter evolvement? All materials are available for you to use and distribute as you need, just create a free on-line account to download ready to use materials. Not finding what you're looking for? Reach out to the IL HPP Team so we can help!

CHAPTER PROGRAMMING ADAPTATIONS

BROWN BAG LUNCH

Instead of placing orders during in-school lunch for an after school snack, consider these options:
• Putting together healthy training snacks to give out during athletic or extracurricular practices
• Mail care packages home to chapter members or other students to motivate them to stay engaged with leadership development and promoting healthy lifestyles
• Support a local food pantry promoting nutrition messages to students and the community as you collect food donations

5TH QUARTER EVENT

Instead of hosting an in-person post-game event, consider these options:
• Host a virtual game activity (on-line competition, community scavenger hunt, etc.)
• Partner with other extracurricular programs to create a virtual event
• Promote a family night challenge encouraging different activities for students to do with their families while home
• Have a social distancing activity after smaller team gatherings and post a common hashtag virtually to see how other groups celebrated their time together

SCIENCE MODULE EDUCATION

Instead of presenting in-person science module lessons or games, consider these options:
• Host a virtual training to include games and interactive content
• Send out school-wide messages or videos (through emails, classes, or other announcements) with facts of the day or themed messages
• Create science module videos to distribute
• Recruit social media followers and post messages on your chapter, school, or team social media pages. Even share from the IL HPP social media platforms existing content
• Ask teachers to include messages, worksheets, or activities from the IL HPP website adapted with your own chapter messages
• Encourage peers to use or include the Daily Log in classroom, chapter, or team activities

PROGRAM PRESENTATIONS

Instead of giving in-person presentations about your chapter, consider these options:
• Create videos to promote your chapter work and culture
• Write letters to extracurricular clubs sharing your mission and giving them a few takeaways that they can implement to be healthy and live a life of excellence
• Send invitations for virtual sessions or conferences to learn more about your chapter so others can learn how to get involved
• Share chapter initiative and messages in media: social media, press releases, newsletters, school or community newspaper, emails, etc.
• Share print or electronic handouts from the ilhpp.org website and/or created by your chapter

MIDDLE SCHOOL MENTORING

Instead of going to middle schools to interact with students, consider these options:
• Create chapter pen-pals by writing back and forth to middle school programs answering questions about high school, healthy lifestyles, and your chapter
• Pair up one on one to mentor a middle school student virtually
• Send video presentations to be shared with middle school students
• Host a virtual middle school welcome day or presentation to interact with students and share your chapter's presentations and programming
• Create trading cards for core chapter members to distribute to middle school students to collect; share with a message about chapters, modules, leadership
• Share chapter details and recruit 8th graders for chapter involvement next year

CREED DEVELOPMENT

If you don't already have one, create your creed virtually and find creative ways to promote it to emphasize your chapter's culture and goals:
• Use the individual creed worksheet to start this conversation and find common values and themes to develop your chapter or team creed
• Discuss the values of the creed, why they are important to your group, and how you can live them out during these current times
• Invite other teams and groups to create their own creed, sharing with them the value that establishing common values has had on your chapter and how they can be lived out through your HPP vision

PLEDGE DEVELOPMENT

If you don't already have one, develop a pledge for your chapter, school, and/or extracurriculars. This helps establish a code of standards and makes your cultural standards clear. Pledges can be formal or informal, but by having individuals agree to the cultural expectations, you are enforcing a culture of excellence and giving yourself a conversation foundation for times when decision making may not be ideal. Promote your pledge as you normally would and reinforce it by sending electronic messages to participants that help them see that during a time of more virtual interactions, abiding by the pledge standards is still an effective way of creating a strong culture and optimal performance. Also consider:
• Promoting your standards through social media, email, or other electronic modes of communication
• Mail a printed copy of your pledge to participants
• Ask teachers, coaches, or other extracurricular advisors to emphasize the value of pledge standards

AWARENESS & PREVENTION ACTIVITIES

Instead of promoting awareness days or weeks at school, consider ways to virtually recognize these Fall awareness topics, relevant to IL HPP modules:
• Self-Care September (IL HPP Chapter created!)
• Self Improvement Month: September
• Red Ribbon Week: October 23-31 (redribbon.org)
• National Drug Take Back Day: October 24, 2021
• Look up others that pertain to sleep, nutrition, mood & mindset, chemical health, and leadership
• Use communication methods like video, social media, virtual events, and more to get your messages out!

PRESCRIPTION & OPIOID AWARENESS EDUCATION

Be extra mindful of Safe Use, Safe Storage, and Safe Disposal of prescription medications:
• Use resources on the Rx Playbook tab at ilhpp.org to distribute and educate athletic teams, coaches, and parents
• Encourage unused medication disposal during National Drug Take Back Day: October 24, 2021 and through other year round take back locations
• Send out electronic, print, or video messages and newsletters to parents and community members to get the word out
• Promote Deterra or other at-home disposal systems for those who cannot make it to a take back site

BEING VIRTUALLY INTERACTIVE

In a virtual world, video chats may start to feel a bit repetitive. Be creative in how you use the features of your chat platform and the way you interact with your audience. Your hosting skills as well as the tools you use help make an engaging and interactive time together!

The sky is the limit when it comes to creative video call and presentation methods. Spend some time brainstorming with your co-leaders on how to expand upon these ideas or create new ones. Every action and silly approach can have intention to your ultimate project goal. Get creative! Many of these ideas or topics can be adapted to help you better virtually interact with your peers.

BEING A VIRTUAL HOST

A meeting starts with its host(s)! You alone have the power to change and influence the dynamic and tone of your time together. Remember these things and be confident as you lead a discussion, meeting, planning session, or training session with your peers!

- *Be camera ready!* Consider your apparel, your posture, and your presentation before jumping on screen!
- *Stay enthusiastic and on point:* be welcoming to your audience members and keep the meeting on track so your group feels accomplished and focused
- *Popcorn host:* encourage attendees to call on one another to speak next rather than you as the host always calling on them
- *Encourage participation* by giving points for participation or attendance with a raffle or a prize
- *Be a visual appealing host:* use props, demonstrate activities, show samples, etc. to get audience visually engaged

MAKING VIDEO CHATS MORE ENGAGING

Different virtual meeting platforms have different features and resources to help change up your chat interactions and engagements. Tap into some of these ideas as they are available to change up the way you interact with your audience.

- *Backgrounds/filters:* Use visual editing when appropriate to make the call more fun or intentional (call themes, get to know you prompts, group photos)
- *Change name:* If you are able to change how your name shows to other attendees, use this to identify likes, goals, project committees, etc. (ex. first name/favorite animal)
- *Video interactions:* thumbs up, wave, heart, etc., polling features, recording, and chat features are great ways to non-verbally communicate
- *Paper answers:* Hold up an answer or word on a piece of paper to give viewers a visual to read
- *Theme days/meetings:* Use a theme to add some fun; encourage background themes, dress up, or theme-related activities
- *Breakout rooms:* Utilize these for more in-depth conversation, brainstorming, or activity
- *Visual whiteboards:* Use these to draw, share notes, or collaborate on brainstorming

BEING VIRTUALLY INTERACTIVE

EXPERIENTIAL GAMES FOR VIRTUAL INTERACTIONS

Many of you, like the IL HPP Team, are very hands on, interactive learners. When in person, we like to teach through activities, games, and interactive team building that allows us to learn and grow. While it may not look the same in a virtual setting, here are some ideas to get your brainstorming started to adapt your experiential activities to accommodate a virtual interaction:

- *Scavenger hunt:* Have each attendee bring an item that corresponds to a particular prompt (starts with the same letter as their first name, represents their leadership style, is their biggest source of conflict, etc.). This can be instructed prior to your call or in the moment!
- *Games like Jeopardy:* Use an electronic game board or have an attendee prop a game board up for viewers to play.
- *Virtual handshake:* Partner up and create a virtual handshake with your partner during a group call. Debrief factors like overlapping communication, task completion without verbal communication, visual distractions, etc.
- *Four Corners:* On a piece of paper each person writes answers (yes, no, maybe, I don't know -or- thumbs up, thumb down). Pose questions to the group and have them hold up their answer. You can use this to create breakout groups as well.
- *Role Playing:* Send or read out scenarios for individuals or breakout groups to role play in front of the team. Create scenarios that apply to the science module or leadership focus of your meeting or use scenarios available at ilhpp.org. Debrief the acting by talking through different ways to handle situations.
- *Simon Says:* You know the rules! One person gives instructions to others saying "Simon says" before each instruction. Anytime "Simon says" is not said before an instruction, players should not move. Anyone who does, is out!
- *Blind drawing:* Designate one drawer and one instructor; have the instructor give drawer direction of how to draw a previously provided image while others look on. Can be done in small or large groups, with or without viewer distractions, and/or with multiple drawers and/or multiple instructors simultaneously.
- *Traffic Signs:* Establish group standards and/or apply to chapter goal planning. Brainstorm a lot of ideas for any topic and as a group categorize ideas into green light, yield, and red light categories to prioritize brainstormed ideas. Use a whiteboard technology feature or have one person post ideas on a wall behind them.
- *Games and Activities:* Found under the Resources tab at ilhpp.org: these can be present or downloaded by each attendee by creating a free account on the website:
    - *HPP-Go:* Send out science module game boards and have one or two students facilitate the activity with the answer key (and game boards) found at ilhpp.org.
    - *Program Leadership Tools:* Use different leadership assessments to discuss different styles and roles within your group; apply these to programming goals your chapter has.
    - *Activities & Worksheets:* Check out other options under science and leadership modules.

Check out the Experiential Activities Manual under the Resources tab at ilhpp.org as a starting point to brainstorm virtual alternatives to these available activities and utilize the appendix of this manual for activity prompts and resources. Remember facilitation is important too! Check out the first chapter of this manual to help you with some tips and tricks to help you lead activities.