Thank you for joining us for Session 3: Maintaining Relationships and Connections. On the following pages, you’ll find the resources that were shared. Should you have any questions, please feel free to email us at pd@militarychild.org. We look forward to seeing you at the next session. Be sure to check https://militarychild.org/covid19 for additional resources.
Resources

Tools, Apps, and Activities

NASP Online

Tips for Hosting a Digital Book Club

Hosting a Book Club on Goodreads
https://www.goodreads.com/blog/show/1265-how-to-start-a-successful-book-club

Resilience and Routines
https://chadd.org/resilience-and-routines-for-families-during-the-pandemic/
Resources

Gratitude Cards
https://info.edmentum.com/Edmentum-GratitudeCards-Downloads.html

Virtual Cards
https://www.123greetings.com/
https://www.punchbowl.com/ecards
https://www.bluemountain.com/ecards
https://www.americangreetings.com/cards/ecards/_/N-1x91zju

Virtual Learning for Educators
https://www.panoramaed.com/virtual-community-learning

Stress Relief for Educators
https://resilienteducator.com/lifestyle/stress-relief-for-educators/

Facebook Communities for Educators
Facebook for Education Group
Future Ready Librarians
USA Teaching Online School Closure
Relationship Maintenance Strategies

- Positivity
- Openness
- Assurances
- Networks
- Tasks
Netflix Party

A new way to watch Netflix together

Netflix Party is a new way to watch Netflix with your friends online. Netflix Party synchronizes video playback and adds group chat to your favorite Netflix shows.

Join over 500,000 people and use Netflix Party to link up with friends and host long distance movie nights and TV watch parties today!

*ONLY available on Chrome browsers on desktop or laptop computers.

Click here to go to Netflix Party

How it works.

01 Install Netflix Party
02 Open a Netflix video
03 Create your party
04 Join a Netflix Party
● Use Quizlet or Kahoot! to host class or grade-level competitions
● Make and share funny videos
● Use Google Forms to check in with students and teachers
● Make book talk videos (e.g. Scholastic’s Book Talk channel)
● Create video lessons for students
● Have students create how-to videos
● Send virtual cards to students
● Post a question of the day in Flipgrid and have students respond
● Use ideas from the “National Day” calendars for prompts and challenges
● Brainstorm and curate ideas and resources on Padlet
A Book Talk is a short presentation about a book with the goal of convincing other people to read it. It’s not a formal book report or review. And, it’s more persuasive than expository—think sales and marketing. In a book talk, the goal is to engage the listeners and present a fun, exciting, and even suspenseful commercial for a book.

Encourage your students to make Book Talk videos and share virtually with the class.
Practical Ideas to Combat Loneliness

- Start or Join a Virtual Book Club
- Have a “Date Night”
- Watch a Movie or TV Show Together
- Collaborate or Plan Something Together
- Learn Something New Together
Future Time Perspective

Would you respond "yes" or "no"?

1. I enjoy stories about how things used to be in the good old times.
2. I take each day as it is rather than try to plan it out.
3. I make lists of things do.
4. Painful past experiences keep being replayed in my mind.
5. I do things impulsively.
6. You can't really plan for the future because things change so much.
7. I get nostalgic about my childhood.
8. My decisions are mostly influenced by people and things around me.
9. It doesn't make sense to worry about the future, since there is nothing that I can do anyway.

Affirmative responses to the items mean:

Past time perspective: Items 1, 4, and 7

Present time perspective: Items 2, 5, and 8

Future time perspective: Items 3, 6 ("no"), and 9 ("no")
Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment

Authentic Happiness

Martin E. P. Seligman, Ph.D.

Bestselling author of Learned Optimism

“At last, psychology gets serious about glee, fun, and happiness. Martin Seligman has given us a gift.”
—Daniel Goleman, author of Emotional Intelligence

Available from:
- the MCEC Store (https://store.militarychild.org/) – or –
- Amazon (Please use Amazon Smile and select us as your charity!)
Since its inception, the Military Child Education Coalition® (MCEC®) has dedicated itself to delivering high-quality programs, services, and professional development to meet the needs of military-connected students, parents, and professionals. 2020 is the perfect time to take a fresh look at the challenges facing our military families and how MCEC might best respond to those challenges.

The Military Kids Now Education Survey is YOUR opportunity - whether you are a military-connected student (age 13 and up), a military-connected parent with school-aged children, or a professional who supports them - to sound off about your experiences.

If you can check both the parent and professional boxes, please pick the one that most resonates with you. We also encourage you to take the survey again for the other viewpoint.

Responses are anonymous. We anticipate that the survey will take approximately 10 minutes to complete, depending on your responses. We appreciate you taking the time to share your experiences with us. Let your voice be heard and help us continue to serve military children today, tomorrow, and in the future!

https://milkidsnoweducationsurvey.questionpro.com/