<table>
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<th>Security</th>
<th>Mental Shift</th>
<th>New Normal</th>
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<td>• Food</td>
<td>• Stability</td>
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<td>• Family</td>
<td>• Brain Reset</td>
<td>• Responsive</td>
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<td>• Friends</td>
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<td>• Fitness?</td>
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<td>• Fun?</td>
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Embracing & Exploring the New Norm

New MONTHLY Budget
Gas $0
Entertainment $0
Clothes $0
GROCERIES $1624

Aisha Ahmad
Listen to your brain.
Redefine productivity.
Me: I forgot my assignment at home

My online teacher:

Humor MEMeme.

CHECK ON YOUR CRAFTING FRIENDS, THEY ARE NOT OK
Managing Life on Both Sides of the Screen
Ditch the guilt.
You are not “working from home”.

You are “At your home, during a crisis, trying to work.”
Create your spaces.
Be organized.
Be where your body is.
Humanizing Emergency Remote Teaching (ERT)

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<th>Presence</th>
<th>Empathy</th>
<th>Awareness</th>
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<td>Be there.</td>
<td>Recognize and support students through learning challenges and difficult times.</td>
<td>Get to know your students and their needs.</td>
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<td></td>
<td>Be aware of your thoughts, actions, feelings, and needs.</td>
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Adapted from Cal State Channel Islands
Presence

Use informal videos to:
• introduce yourself, your course, a new module, and weekly content;
• tell a story;
• provide feedback;
• summarize learning;
• remind students of upcoming activities and due dates; and
• have students respond (asynchronously) with video to a question prompt. (Activity #1)

Activity #1: Create & Share a Video Postcard
Use Padlet to share your Video Postcards with us.

Go Play!

https://sites.google.com/view/cultivatingrelationships/home
I recognize we’re all in a very unique, challenging situation for which none of us could have prepared. Many of us are struggling to make it through the term, let alone dealing with other things in our personal lives. For this reason, I want to encourage each of you to take care of yourselves - both mentally and physically.

To applaud you for focusing on your well-being, if you upload a photo of an approach you use for self-care, I will waive one late assignment submission. You could be decompressing by exercising, snuggling with your kids, binge-watching Tiger King – whatever helps you relax in this difficult time. I, personally, have de-stressed by having learning Marco Polo, walking around the neighborhood with my family and dog, drinking green smoothies, and re-decorating my children’s bathroom.

If you're interested, please check out these resources about self-care.

In lieu of readings and a quiz this week, watch one of the 10 recommended Ted Talks on self-care. Share how you will or have applied a strategy you learned this week!
Awareness

• Did I see my students today for who they are and can be? Would my students know?
• Did I make a new connection or deepen an existing relationship with my students today?
• How would each of my students know I truly care about them?
• Did I demonstrate my own humanity to my students today?
• Did I do anything today to oppress a student’s humanity? How can I be sure?

1. In one word, describe how you are feeling about this class.
Your answer

2. What is one thing that is interfering with your success in this class?
Your answer

Activity #2: Share a Takeaway
Use Flipgrid to share one takeaway from today's webinar.

Go Play!
https://sites.google.com/view/cultivatingrelationships/home