

## Class Meeting Ideas

Building classroom community comes from real connection. Find opportunities to have real conversations that include listening and response. Adding responses to a chat do not challenge us to bring ourselves into a conversation. Use voice, video, and creativity in frequent interactions and build in routines of daily connections.

Here are some ideas to get you started:

1. Begin class meetings by asking each participant to share a highlight or lowlight. This can be something you are happy or excited about or something you are worried or sad about.

For example, "Today I have a new desk to do my schoolwork in the den." Or, "I'm worried because my mom lost her job."

2. A variation is a one-word check-in. Each participant describes how they feel in one word.
3. If you only have a minute, have students use the chat box to check in with an emoji – See these [examples in Google Docs](#) (copy this).
4. It's fun to introduce your classmates to your house. Give a "find something" prompt and two minutes to come back with examples of a few objects that you describe. For example, have students find something in their house that:

- a. Makes you laugh
- b. Is soft
- c. You like to play with
- d. Is your favorite color

Here's an example of a [Gratitude Scavenger Hunt](#)

5. Use an [inspirational quote](#) to spark thinking for a daily [gratitude journal](#).
6. Post a forced choice question each day that begins, "Would you rather ...". Here are some [ideas](#). The book "[Coke or Pepsi](#)" has fun prompts for quizzes and discussion.
7. Begin with any simple mindful breathing activity, such as "[Just Three Breaths to Connect](#)."
8. Display an image or work of art. Ask these questions for written or verbal response:  
"What do you notice?"  
"What do you wonder?"  
"What do you think is happening?"

