

Search Institute: Developmental Relationship Framework*

In these challenging times of social distance and self-isolation to avoid the spread of infection from the Novel Coronavirus (COVID 19), we know that relationships are key to growth and development, and we continue to encourage the bonds of social interaction, albeit in a new and digital way.

As we navigate through these challenging times, we continue to lean into our Theory of Change and harness the insights of The Search Institute's Developmental Relationship Framework.

Elements of a Developmental Relationship

Express Care – *Show me that I matter to you*

- Be dependable
- Listen
- Believe in me
- Be warm
- Encourage

Challenge Growth – *Push me to keep getting better*

- Expect my best
- Stretch
- Hold me accountable
- Reflect on failures

Provide Support – *Help me complete tasks and achieve goals*

- Navigate
- Empower
- Advocate
- Set boundaries

Share Power – *Treat me with respect and give me a say*

- Respect me
- Include me
- Collaborate
- Let me lead

Expand Possibilities – *Connect me with people and places that broaden my world*

- Inspire
- Broaden horizons
- Connect

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Weekly Activities: 3 Tier Response to Physical Distancing

Building Social Connections at a Time of Physical Distancing

Mentors are being empowered to connect virtually across a variety of available platforms to maintain the bond and connection with Mentees.

Scavenger Hunt – Take time to build a scavenger hunt list for each other. Send the list and then build a photo library of the items from the list. Insert a friendly competition by making it a timed event! There are millions of scavenger hunt list online. If your creative juices need a boost, remember google is your friend!

Protecting Youth and Community Wellness

Service Delivery staff are deepening coaching and support for Mentees and Mentors to navigate this stressful time of social isolation and the new virtual landscape.

Yoga – Anxiety and stress are at an all-time high in the homes of the young people we serve during this time. In an attempt to help teach the young people the value of self-care and attunement with their bodies and feelings, try an at home yoga class together. Don't worry about being good, but help encourage your Mentee to talk about the experience and their feelings during this time.

Supporting Distance Learning and Motivation to Achieve

Mentors and Service Delivery staff are striving to engage and create activities that provide cognitive stimulation and reinforce school habits, curiosity, and future planning during school closures.

Virtual Field Trip – using virtual tools explore the Louvre located in Paris France. Within the page linked there are multiple rooms to visit and tour with your Mentee