

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

Social Emotional Competence

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

Learn to Draw Together – Check out [Art for Kids Hub](#) and decide which picture to attempt to draw. Follow along with the instructional video and share your drawings with each other once you finish. (Translated closed captioning available via the settings menu).

Protecting Youth Mental Health 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.

Help your Mentee plan a Self-Care checklist –

Taking care of our Mental Health during this time needs to be a priority. Talk to your Mentee about what it feels like when emotions can become overwhelming. Help them identify what works best for them for self-care. Take time to come up with a list for both you and your Mentee. [Check out this link from the Kids Health Phone for ideas!](#)

Supporting Distance Learning and Educational Engagement

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.

Tour a National Park – Let [Google Arts and Culture](#) take you on a tour of five National Parks from Alaska to Hawaii. Play the tour on a screen-sharing video app like Zoom to be able to pause and discuss the tour with your Mentee during your journey.