

# 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.

### Take a 360° Tour to Learn about Canadian Farming

– Check out the link [HERE!](#) Pick from the many videos to learn about our very own Canadian producers. Move the camera yourself to get the whole picture!

### 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.

**Gratitude Challenge** – Practicing gratitude is about taking time to notice and reflect upon the things you are grateful for within your daily life. Challenge each other to a week-long gratitude challenge (or however long you wish). Depending on the technology available to your Mentee you may want to write something down, draw a picture, or send a message to each other each day.

### 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.

**Apply Learnings to Fun!** – Spend time checking with your Mentee to discover what they are learning this week. Talk through ideas around how you can use their learnings in your time together. Create a scavenger hunt for shapes they are currently learning. Search out math riddles or puzzles. Check out a cool science video depicting an experiment testing gravity.