

From mountain to sea

Educational Psychology Service Making Connections



Discussion questions for staff support sessions:

- What has helped and worked well to keep your team connected over this time?
- Speak about a time that you have connected with someone in your team or they have contacted you in the past few weeks – how did you help them to feel supported? Did you feel better after the call? Did they say how they felt?
- Have you sent someone an e-mail or a card to make a connection? Would anyone in your life benefit? (We have become busier as time has gone on so it is even more important to fit in the time for human connection)
- Has anyone said thank you for something you have done in the last few weeks? Tell the story. How did it make you feel? Think about saying thank you to a mentor, perhaps by e-mail or letter.
- Could you make a commitment within your team to send a card to someone weekly or carry out an act of kindness weekly until things get back to normal? – Who knows it might become a habit.
- <https://www.randomactsofkindness.org/printables> Download the monthly RAK calendars