



Dream It, Be It Virtual Tips

A SOROPTIMIST RESOURCE FOR CLUBS & MEMBERS

Virtual Dream It, Be It Tips

As clubs explore taking their *Dream It, Be It* projects virtual, these tips to adapt the curriculum for an online format may be helpful.

General Tips

- Remember to read through the [Standards for Working with Youth](#) and the [Tips for Working with Youth Virtually and Safely](#) in advance.
- [Writable PDFs of the handouts](#) have been created for all sessions so girls can follow along and save their progress. Your club can send the worksheets in advance so girls can work along via email.
- If your club has the resources, you could print and mail the handouts for all sessions to each girl to follow along or simply share them via Google Drive or email. Girls could also use note apps on their phones or even just paper and a pen to complete the exercises.
- With some video conferencing systems like Zoom, the facilitator can set up [breakout rooms](#) for smaller group discussions. This can be a great way to replicate the connection of smaller groups in an online format!
- Consider using some background music during virtual sessions when girls are doing writing or quiet reflection (and take song suggestions from the participants!).
- You may want to adjust some of the activities to be more discussion based and less about writing, especially for shorter questions. Sharing and asking girls what they resonate with can be a great way to keep the sessions engaging online.
- Some video conferencing systems offer a private chat function, so if the one you are using does, be sure to offer that to the participants so more introverted or shy girls can ask questions more comfortably.
- Using the [screen sharing function](#) can be a great way to talk through the curriculum and/or the PowerPoints that guide the sessions.
- Setting ground rules is still important in a virtual or physically distanced session! It allows time to set expectations and explain the rules of interactions. You can use the chat function in a video conferencing system or screen share as you type the suggested ground rules into a document. When the ground rules are complete, you can email the list or share it in the private chat to ensure everyone has an easily accessible copy.
- Consider guiding girls through movement breaks throughout the sessions to keep their attention.

Session 1: Discovering Your Dreams

- For the Dream Collage exercise, girls can use virtual tools to make collages, like Pinterest, Evernote, MS Paint, Google documents or others. Girls could simply draw or write their

inspiring messages on paper if these tools are not available. Their images can be shared with the group via screen sharing, or by having the girls screenshot their boards and sharing them with the group via chat functions or an email to the group facilitator.

Session 2: Exploring Careers

- For the What Is A Value? exercise, use the chat option on your video conferencing system or have girls visually raise their hands for each group that they identify with.
- For the Informal Interview exercise, you can use the breakout rooms function or just have a few girls share out to the group and interview each other in pairs.
- For the Closing Activity, girls can write their action step on a worksheet, in a note on their phone, or email it to the group facilitator and you can encourage girls to discuss it out loud with the whole group.

Session 3: Creating Achievable Goals

- When girls are supposed to group off to discuss their common goal areas, that can be done through breakout groups, email groups, or the private chat function if your video conferencing system allows for that. Alternatively, the participants can discuss their goals as a group.
- For the Closing Activity, rather than toss a ball, girls can take turns answering questions (once they finish answering what they learned for the day, they pick the next girl to answer the question).

Session 4: Rising Above Obstacles

- For the Line Game activity, girls can raise their hands on the video or make a note in the chat. If you're using video for this exercise, make sure that the video is on a setting (like the [Gallery View Setting](#) in Zoom) that allows all users to see each others' faces.
- Skits can still be done! Girls could read through and plan them in small groups in advance via email, plan them in breakout rooms, or you can discuss the skits as a group and talk through possible responses to each scenario.

Session 5: Turning Failure Into Success

- The human knot activity should be changed for either virtual or physically distanced programs. Think of an activity that girls will not be able to complete in a short period of time, since the point of this activity is to experience failure. Some examples could be trying a complicated origami exercise, or even just folding a piece of paper in half 8 times (it becomes too thick to accomplish). Something that doesn't require a lot of supplies is best!
- Be sure to find a Soroptimist or other speaker to share their story of experiencing failure! Question and answer sessions can be a very engaging way for girls to connect and learn. Alternatively, you could find some videos of speakers discussing failure online to share.

Session 6: Balancing Your Stress

- The opening activity can be adapted by taking girls through a visualization exercise. Ask them to close their eyes and envision encountering many stressful situations through the course of a day (ex: they woke up late, their sibling ate their breakfast, they have a paper due tomorrow, their friend is angry with them but won't tell them why, etc.). Ask them to discuss how it felt to juggle all of those situations.
- Self-Care Stations
 - These can all be done as a whole group or in breakout rooms
 - We would suggest skipping the Mindful Eating exercise as some girls may be facing food insecurity and not have food to snack on/not be encouraged to snack right now.
 - The Visualization, Changing Your Thinking, and Journaling Stations can be done without any changes (if girls have something to write on and write with for the journaling).
 - With online videos from websites like YouTube, the Stretching, Meditation, and Singing/Dancing stations can also be done with minimal issues.

Session 7: Putting Your Dreams into Action

- Work through the plan for next steps with the girls all together, taking pauses regularly for reflection and sharing.
- For the Career Guidance session, host a career panel with women with interesting careers to share their insights with the participants. With a virtual conference, the women don't have to be local which could mean including a more diverse group of speakers.
- For the Closing Activity, simply complete the reflection exercise without the yarn.

Questions? Email program@soroptimist.org!