



DIGESTIBLES FOR DISTANCE LEARNING

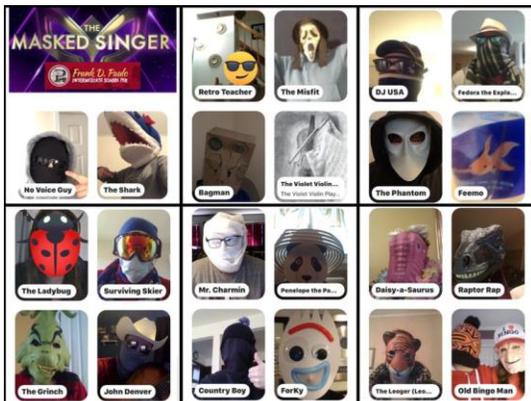
Small Ideas for a Big Job!

DIGESTIBLES #12

Let's Pause for Some Mental Health and Fun....

Graduation speeches--we've heard a few. Know what a lot of them have in common? **Memories of humorous or singular events that brought the class together.** Independent Schools frequently feature several different speeches at graduation, and more than one or two quote "that day that so-and-so spilled paint all over the blankety-blank and we all laughed so hard." We'll need to remember that those moments are important for us all right now. Here are some **ideas that bring levity** to an otherwise taxing situation, as well as advice for **addressing your core human needs.**

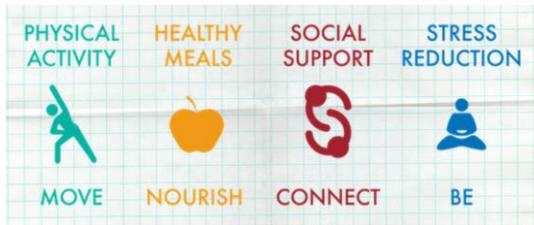
Alecia at AIMS



Masked Singer: Independent School Edition

So, you can't have your annual school-wide talent contest as usual. There are alternatives! Paolo Intermediate School just held their own [Masked Singer: Teacher Edition](#) as a way to build community during distance learning. They used [Flipgrid](#) to do it (remember our tip from yesterday's Digestible?), then used a [Google Form](#) to have students and families vote. The organizer, Carolyn Vento, shares, "Now we all have something to look forward to in order to get us through this quarantine. It really makes the days go faster knowing there are submission deadlines and reveal videos to be posted. The students, staff, and community can look forward to new videos each week." What do you want to bet this ends up in a graduation speech? **Let's think of this as an opportunity to make memories unique to the tools distance learning offers.** What ideas do you have? Learn more about Masked Singer: Teacher Edition below.

[Learn More](#)



Four Things to Do Everyday for Your Mental Health

Perhaps you're working more than you used to. Perhaps the work you're doing is very different than the work you're used to. Perhaps the kind of work you do isn't even really possible online. All of these situations generate stress, not to mention the global pandemic. Below find a straightforward, accessible article listing **Four Things to Do Everyday for Your Mental Health**. *Core human needs* are the focus. **Move. Nourish. Connect. Be.** Check it out:

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