

SESSION 6: FACILITATOR GUIDE



Digital Check-Ins to Keep Connected

Expand Possibilities



Overview

This facilitator guide equips you to lead a 30-minute parent group via videoconference call (e.g., Zoom) or teleconference call. The topic of the parent group is Expand Possibilities, one of the five elements of strong parent-youth relationships, according to Search Institute research on developmental relationships. It introduces the idea of expanding possibilities, orienting parenting adults to activities they can try at home with their families, so that family members can learn how to enrich each other's lives by expanding possibilities together.

Preparation

1. **Invite parents/guardians** to participate. Be sure they have access to the equipment (computer/phone).
2. Review the parent sheet, quiz, and recommended activities so you can talk about them with families.
3. Send each participant the **Expand Possibilities Guide for Parents and Guardians**, which you can find on the [Keep Connected website](#). (See the distribution ideas in the quick-start guide.)
4. **Review the Learn About It section** on www.KeepConnected.info for background about [what it means to "express care."](#)
5. **Review the Session Guide**; adapt the session as needed to fit the participating families.
6. A couple of hours before the session, send a reminder with the web link and/or phone number for the session.

Digital Session with Parents/Guardians

30 minutes

1. **Gather:** Start the videoconference or phone conference. Welcome parents or guardians by name as they come online. While they're gathering, informally ask about their kids (but don't reveal, or ask them to reveal, confidential or sensitive information).
2. **Check-in:** Ask for a high and low from the past week (or since you met last).
3. **Review:** If they have participated in another session, ask if they've taken a quiz, tried an activity, used a discussion question, or done something else that was inspired by the discussion or topic. What did they try? What went well? What didn't? Congratulate them for the effort. Ask them what they might try differently the next time if something didn't go well.
4. **Introduce the topic:** *One of the important ways we grow through relationships is by helping each other expand possibilities. That is, we help each other by connecting with other people, ideas, experiences, and places in ways that help us grow and expand our worlds so that each person can be and become their best selves. Right now, many of us may be feeling cooped up from "sheltering in place," so we're going to focus on some ways we have—or could—**expand possibilities** for each other.*

5. If using videoconference: Show the [Expand Possibilities](#) video from the Keep Connected website.

If you're doing a voice conference call (not using video), say something like: *Expanding possibilities focuses on the ways we help each other connect to people, places, and ideas that help us discover new things about ourselves and the world around us. Search Institute identifies three actions as part of expand possibilities:*

- **Inspire:** *Inspire me to see possibilities for my future.*
- **Broaden horizons:** *Expose me to new ideas, experiences, and places.*
- **Connect:** *Introduce me to people who can help me grow.*

We can get really focused on the here and now, so we often need other people to help us see new things. We can learn about new things from many places, including many places close by; we just need to stop, notice, and be curious about them. That can open up new understandings of ourselves and new possibilities for the future.

6. Discuss these questions as a group, giving each person who wants to contribute time to do so.
- Who are some people or what are some experiences that expanded possibilities for you when you were growing up?
 - Who are people or experiences who are helping your kids expand possibilities? How are you helping your kids deepen their connections to these people?
 - What can be hard when your kids start discovering new things about themselves and the world around them? What can be particularly satisfying or rewarding about it?
 - What are things we do as parenting adults to help expand possibilities for our kids?
7. Introduce the **Expand Possibilities Guide for Parents and Guardians**, which you distributed before the session. Share your screen to show them the guide if you're able and have time. Walk through the different elements (Check It, Try It, Talk About It). Highlight some of the activities families can choose to do in the coming week (or until your next session). If you have expectations about using the activities, be clear about them.
8. Ask parents if they have questions, ideas, or concerns.
9. Encourage parents to partner with each other to give each other encouragement, tips, or just a nudge with getting started as they're doing these activities with their families.
10. Thank parents again for their participation, and let them know when you'll get back together again.

Follow Up

- **Send a text or email to participants**, thanking them for participating and reminding them about the next session. Also send a link to the family quiz (<https://keepconnected.searchinstitute.org/family-relationship-quiz/>). Resend "Session 6: Guide for Parents and Guardians: Expand Possibilities" in case some need another copy. Remind them of the time, date, and call-in or link information for the next session.
- **Provide feedback on** what worked, what didn't, and how to improve this session on this [brief survey](#).

This and other **Digital Check-Ins to Keep Connected** are available at: www.KeepConnected.info/digital-check-in/