



6 Feet Apart but Full of Heart

**Physical Distancing, The Dutchman's Rope and Other
Best Practices for Real-World In-Person Gatherings**

Dr. Jim Cain

A close-up photograph of the rear of a light blue car. The image shows the right side of the rear bumper and the lower portion of the taillight assembly. The car's paint is highly reflective, showing clear reflections of the surrounding environment. Two circular fasteners are visible on the bumper. A dark blue rectangular box is overlaid on the lower right portion of the image, containing white text.

2021 - A Summer Like No Other!



WELCOME



TO

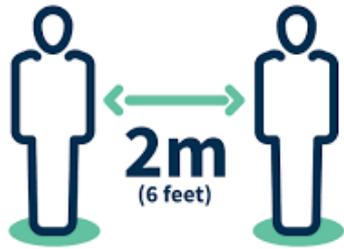


CAMP WHITEWOOD





What the Research Says...



Social distancing



Research by the American Camp Association (ACA) suggests that wearing masks, physical distancing and remaining outside (in well ventilated areas) are three of the most significant non-pharmaceutical interventions (NPI's) your organization can provide.

Findings of the American Camp Association Camp Counts 2020 Research

Approximately 2/3 of the day camps in the United States operated during the summer of 2020, compared to about 1/3 of the resident (overnight) camps. More than **87% of all camps in the United States plan to operate in the summer of 2021.**

Overnight camps that did not operate, even under modified conditions, attributed their decision to: prohibitions from state or local health departments (58%), serving a population of campers with vulnerable health conditions (19%), inability to secure sufficient PPE and supplies to meet precaution standards (15%) and the inability to maintain camp culture and traditions under the necessary pandemic protocols (60%).

Camps that did operate incorporated a variety of non-pharmaceutical interventions (NPI's), including: increased cleaning practices, sanitizing community resources frequently, periodic checks for Covid-19 symptoms, pre-screening campers and staff prior to arriving at camp, personal protective equipment (such as masks), hand washing, testing, physical distancing, cohorts and minimization of contact between cohort groups, modifications to daily schedule and activities, modifications to meals and dining hall practices, increased outdoor activities, ventilation of indoor spaces, reduced enrollment and increased communication with parents/guardians throughout the camp experience. Of these actions, the **wearing of face masks, physical distancing and conducting a majority of camp activities outdoors** (in well ventilated areas) were deemed the most significant in the mitigation of Covid-19.

Both campers and camp staff responded that the two most difficult aspects of camp under pandemic protocols were maintaining appropriate physical distancing and the wearing of masks. Parents cited difficulties because of frequent changes in camp policies and procedures as the pandemic continued, and not being allowed onsite during camper drop-off and pick-up. Camps directors mentioned that the most-costly aspects of camp in 2020 included additional cleaning, extra staff required to meet guidelines, PPE and testing of campers and staff.

You can review the complete findings of the ACA's Camp Counts 2020 research study at:

www.acacamps.org/resource-library/research/campcounts-2020-report

FACE MASKS AND SOCIAL DISTANCING REQUIRED

“This summer is going to be all about masks and social distancing.”

Jeff Merhige, Executive Director
YMCA Camp Widjiwagan (Nashville, TN)

DO YOUR PART

STAY AT LEAST 6 FEET APART!

The difference
between
social distancing
and
physical distancing

ATTENTION

**PLEASE
MAINTAIN
SOCIAL
DISTANCING**



DISTANCE FROM OTHERS

"So many of the problems we face as a society - from addiction, to violence, to disengagement among workers and students to political polarization - are worsened by loneliness and disconnection. Building a more connected world holds the key to solving these and many more of the personal and societal problems confronting us today."

- Dr. Vivek Murthy

NEW YORK TIMES BESTSELLER

Vivek H. Murthy, MD

19TH SURGEON GENERAL
OF THE UNITED STATES

Together



The Healing Power of
Human Connection in a
Sometimes Lonely World

"Fascinating, moving, and essential reading."

—ATUL GAWANDE, author of *Being Mortal*

“Even before the coronavirus triggered a *social recession* with its toxification of face-to-face contact, three in five U.S. adults considered themselves lonely.”

In Germany, two-thirds of the population believe loneliness is a serious problem.

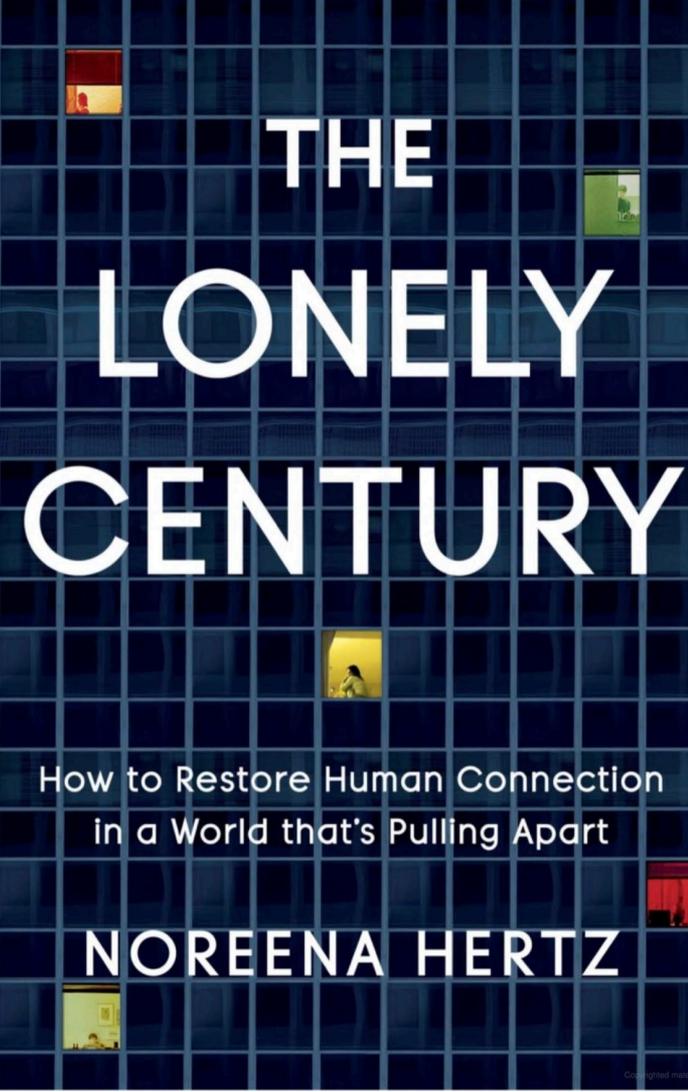
Almost a third of Dutch citizens admitted to being lonely, one in ten severely so.

In Switzerland, two out of every five people reported being sometimes, often or always feeling lonely.

In the UK, the problem has become so significant that the prime minister appointed a ‘minister for loneliness.’

One in eight Brits does not have even a single close friend they can rely on.

Inevitably, months of lockdowns, separation, self-isolation and social distancing have made this problem even worse.



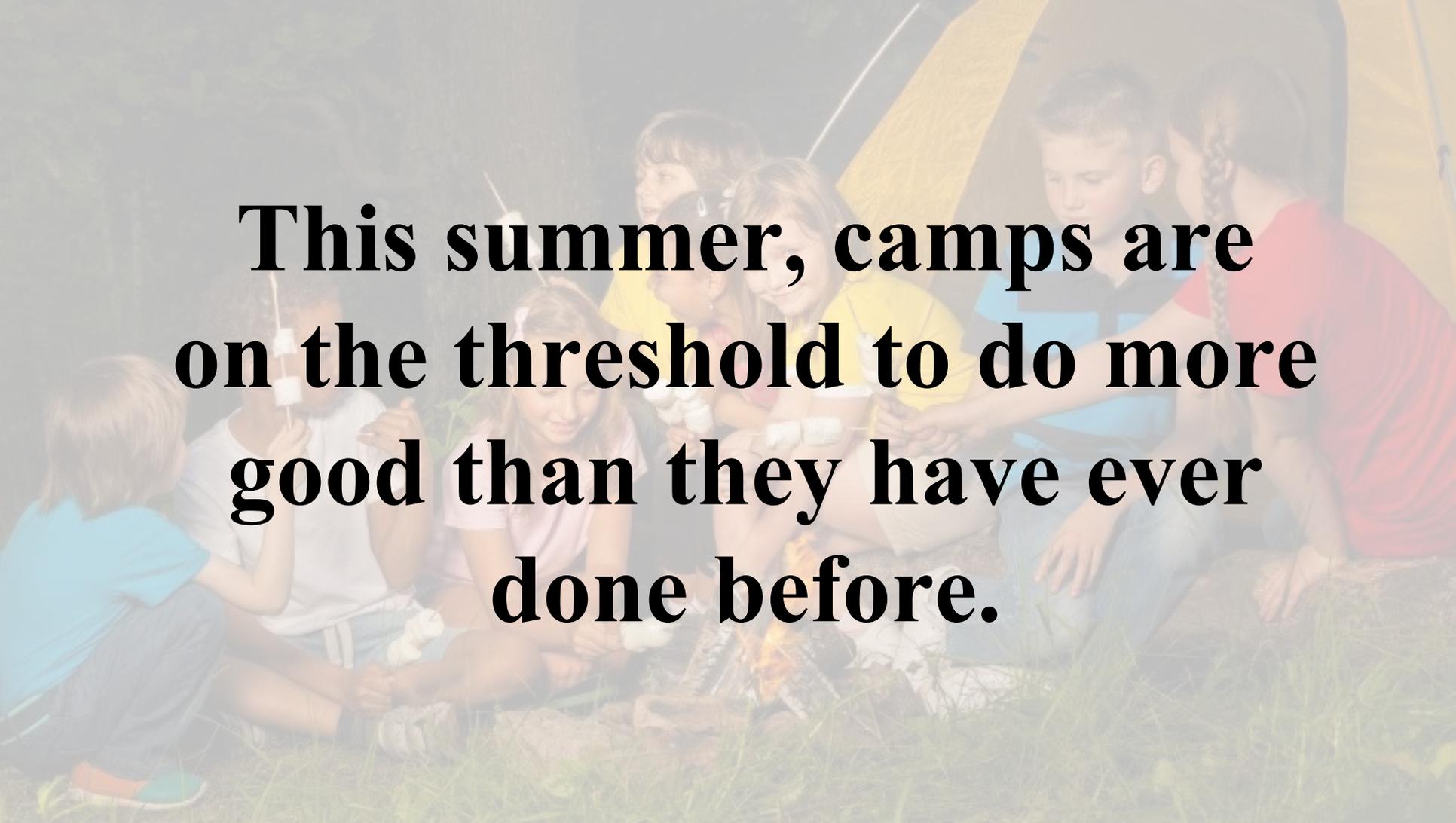
THE LONELY CENTURY

How to Restore Human Connection
in a World that's Pulling Apart

NOREENA HERTZ

“We live in a time when things valued in the past, like socializing, playing games together, hugging, shaking hands and even something as simple as physical proximity have become a source of anxiety and fear. We need to reintroduce these skills and experiences (lest they be lost) in the safest framework that we can, because these are the things that truly connect us together!”

Martin Williams

A group of children are sitting around a campfire at night, roasting marshmallows. The scene is dimly lit, with the primary light source being the fire. The children are dressed in casual summer clothing. In the background, a yellow tent is partially visible. The overall atmosphere is warm and communal.

**This summer, camps are
on the threshold to do more
good than they have ever
done before.**

A group of diverse people, including men, women, and children of various ethnicities, are running together in a grassy park. They are all smiling and appear to be in good spirits. The background is a soft-focus green landscape with trees. The text is overlaid on the image in a large, bold, black font.

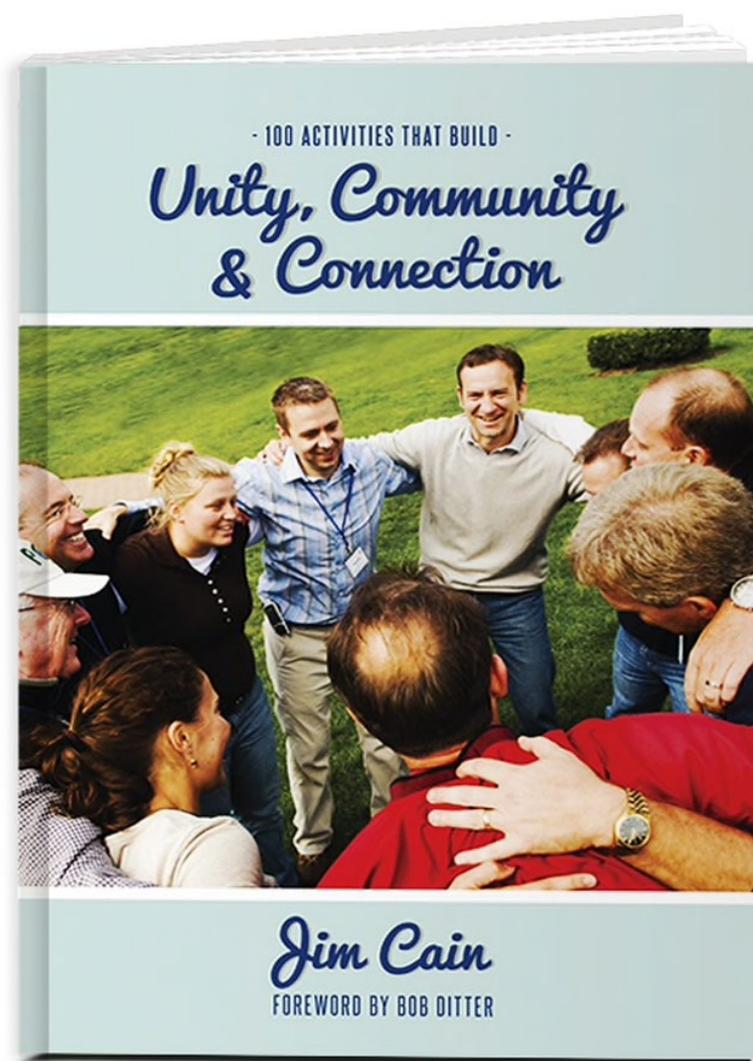
**What you do
this summer
will save lives!**

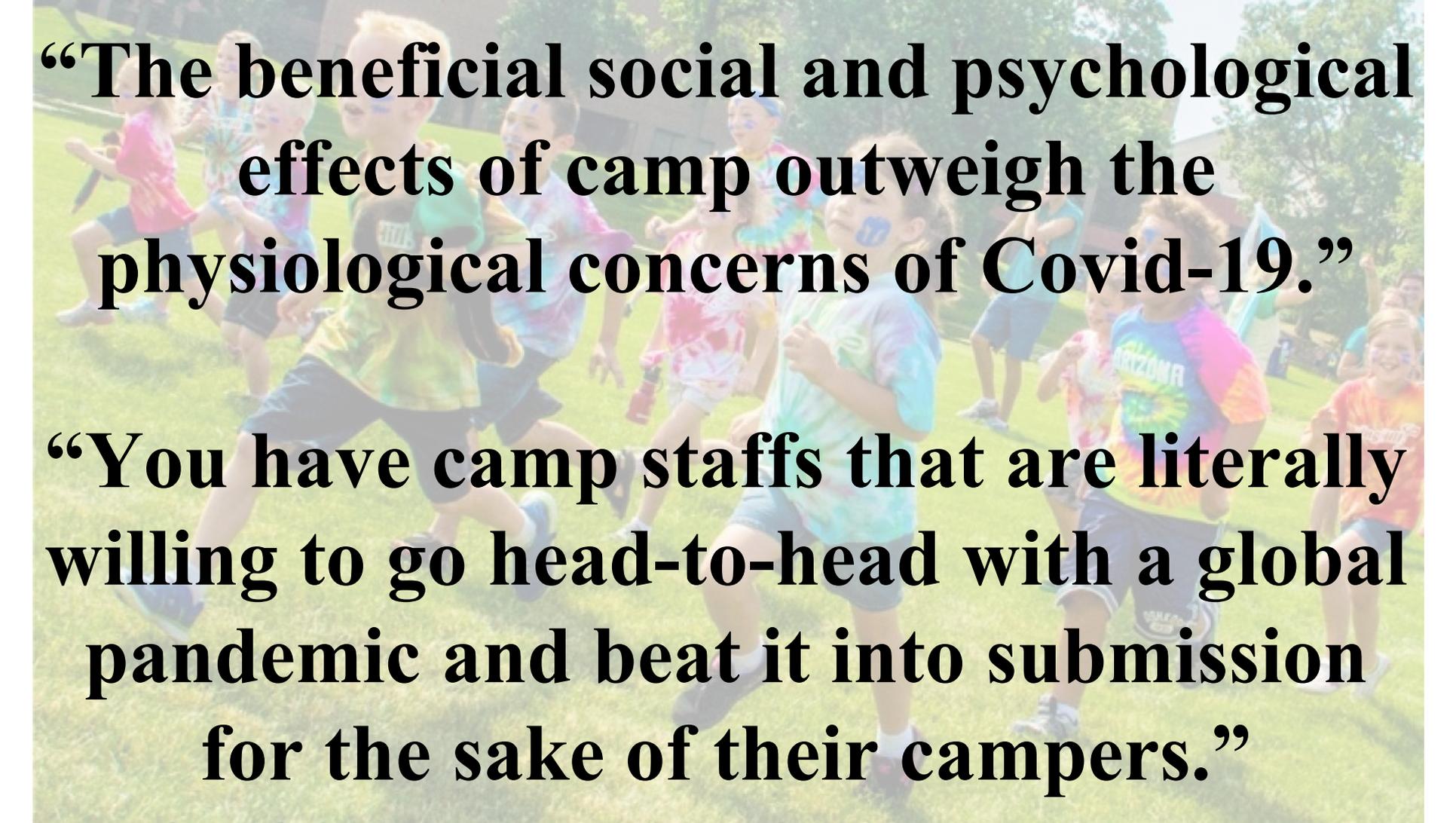
A photograph of four diverse children of various ethnicities hugging each other outdoors. They are all smiling and laughing joyfully. The background is a bright, sunlit outdoor setting with green foliage. The text is overlaid on the image.

“Kids need to learn how to hug again.”

**Carolina Fleix
Camp Director - Spain**

*“Our campers
are starved for
connection.”*



A group of children are running on a grassy field, likely at a camp. They are wearing colorful t-shirts and shorts. Some children have blue face paint on their cheeks. The background shows trees and a building. The text is overlaid on the image.

“The beneficial social and psychological effects of camp outweigh the physiological concerns of Covid-19.”

“You have camp staffs that are literally willing to go head-to-head with a global pandemic and beat it into submission for the sake of their campers.”



**THERE WILL BE NO RECOVERY
WITHOUT RECONNECTION!**

What can I do to help?

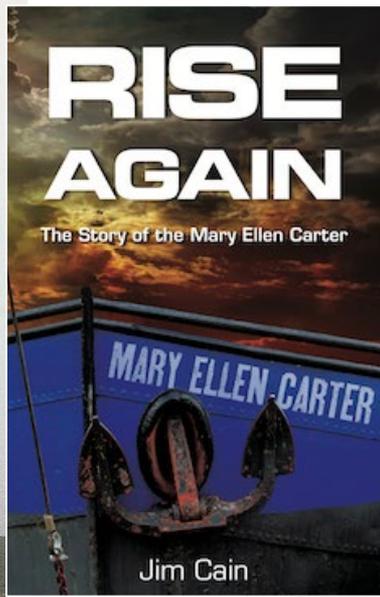
Easiest for campers	Most difficult for campers	Easiest for staff	Most difficult for staff	Most costly	Biggest impact on camp culture	Most challenging for parents
Masks	Distancing	Sanitation	Distancing	Cleaning	Smaller camp	Constant changes
Drop off	Masks	New schedules	Masks	Extra staff	Cohorts	Not allowed onsite
Handwashing		Masks	Not allowed off site	PPE	No physical contact	Pre-camp quarantine
Daily screening			Not allowed to interact	Testing	Fear	Masks

ONE PROFOUND

SIMPLE

BEAUTIFUL

IDEA.



A 44 chapter novel based upon the lyrics of Canadian folk-legend Stan Rogers epic song – The Mary Ellen Carter

The Dutchman's Log





**The
Dutchman's
Rope**





I made this at
Mountain Roots
Day Camp

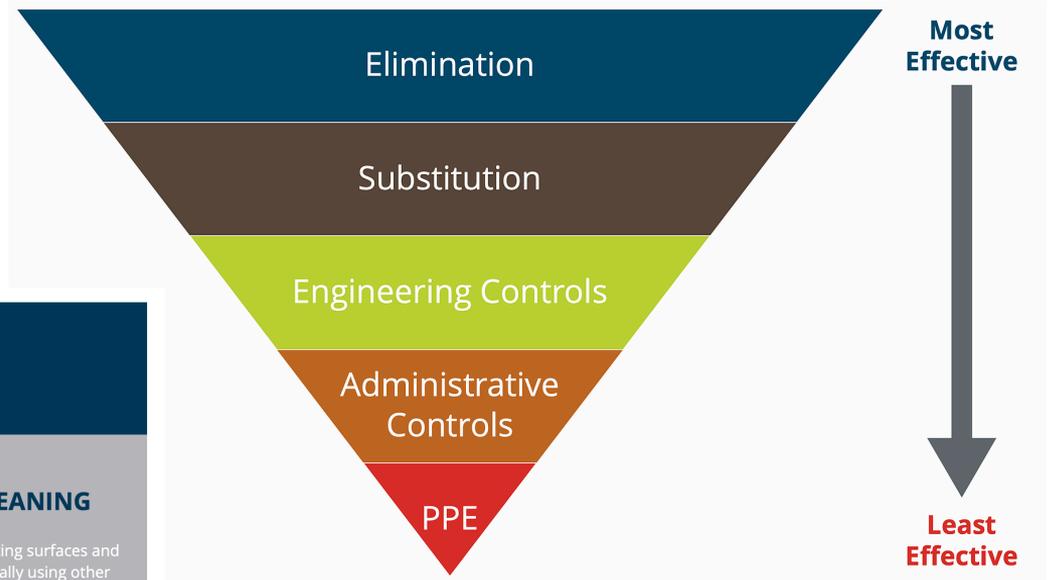
Physical Distancing and Best Practices

Here is a short but by no means comprehensive list of best practices and recommendations for real-world in-person gatherings. Everything you can do to minimize risk to your participants and staff is a step in the right direction.

- Encourage vaccinations for those eligible.
- PHYSICAL DISTANCING. 3-6 feet, depending on the situation.
 - Use outdoor, WELL-VENTILATED spaces whenever possible.
- Wear MASKS or facial coverings (properly) as recommended by health authorities.
 - Improved ventilation of indoor spaces.
 - Daily HEALTH screenings and diagnostic checks.
 - SANITIZE any community equipment after each use.
 - WASH HANDS frequently using soap and water or hand sanitizer.
 - Avoid shared resources handled by multiple participants and staff.
- Organize small groups into COHORTS that do not mingle with other cohort groups.
 - REDUCE CAPACITY. Decrease the total number of participants occupying a particular space or attending the event. Avoid large group gatherings.
- Create a physical distancing reminder that integrates the theme or focus of your event. Just be sure to create a technique that doesn't grow old after a dozen or more uses each day. Chances are, you will have to remind participants often, so find a creative and pleasant way to do so.
 - And finally, exceed all of these best practices whenever possible!

There are a variety of places where you can find health regulations and guidelines for physical distancing and other Covid-19 related best practices, including the *Field Guide for Camps*, located at the Covid-19 Resource Center on the American Camp Association website (ACAacamps.org) and the latest CDC Guidance for Summer Camps (updated April 24, 2021) at CDC.gov.

HIERARCHY OF CONTROLS



FUNDAMENTAL STRATEGIES

COMMUNICATION

Your staff and customers need to know what is expected from them and what they can expect from you.

[Read More](#)

HYGIENE

The practices or activities used to maintain health and prevent the spread of disease.

[Read More](#)

DISTANCING

Maintaining physical distance between individuals and/or small groups.

[Read More](#)

CLEANING

Disinfecting surfaces and potentially using other additional methods to deactivate viruses or kill other microorganisms.

[Read More](#)

Each one of these strategies has elements that fall into different levels of the hierarchy of controls. For example, when planning for physical distancing, putting up plexiglass screens at your front desk is an engineering control, but putting up a sign to remind people to maintain distance is an administrative control. As you develop your reopening plan, keep in mind the effectiveness of the individual procedures you are applying.

IT'S TIME
TO
DANCE





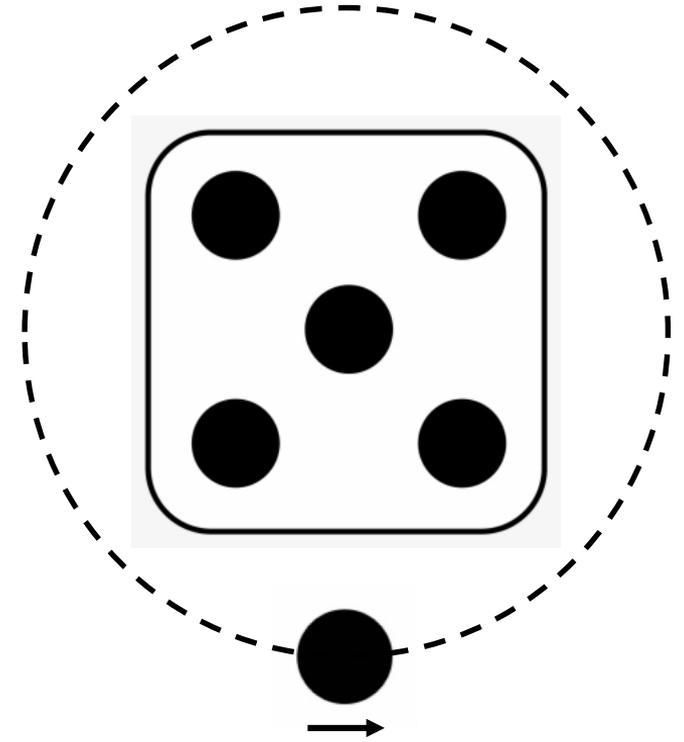
The goal of a physically distanced activity is **NOT to replicate a non-physically distanced activity, but rather to replicate the **OUTCOME** of that activity.**

In order to comprehend why many familiar activities need to be temporarily sidelined requires an understanding of the risk factors associated with these various games. In general, games and activities that incorporate singing, shouting, close physical proximity or contact with other participants, large audiences, sharing of community property or that take place indoors with limited ventilation are likely candidates for elimination under the present pandemic guidelines.

The important phrase in this cautionary tale is the word **temporarily**. Not forever. Not permanently, but just for the immediate future.



Twice Around the Block (Before Covid-19). Shared resources, multiple contacts, close proximity, indoor location, mixed cohorts...



Twice Around the Block (After Covid-19). Proppless, physically distanced, outside, one cohort...

Criteria for evaluating the suitability of activities for real-world, in-person gatherings.

Created by Dr. Jim Cain, Teamwork & Teamplay, Spring 2021

Does the activity:

- | | | |
|---|-----|----|
| 1. Place participants in close proximity with each other? | Yes | No |
| 2. Involve singing, shouting, chanting or cheering? | Yes | No |
| 3. Create physical contact between players? | Yes | No |
| 4. Involve a shared resource, touched by many? | Yes | No |
| 5. Take place indoors? | Yes | No |
| 6. Take place in a space with poor ventilation? | Yes | No |
| 7. Require more people than a standard cohort group? | Yes | No |
| 8. Require equipment that cannot be sanitized between groups? | Yes | No |
| 9. Require hand-washing before and after the activity? | Yes | No |



A Filter for Group Activities

Does the activity:

- | | | |
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Some of the new ways...are better!

← OLD WAY
NEW WAY →



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Long-Distance Greetings (Non-Contact Greetings)

For years I have facilitated an icebreaking activity with unique and occasionally humorous handshakes from around the world. One of the original reasons for performing this activity was to encourage facial recognition between partners, and then to reinforce this familiarity by asking partners to find each other again and share their unique handshake. The recent addition of face masks makes the process of facial recognition a bit more challenging, but there are many other indicators that are still visible, such as clothing, hair style and color, shoes, eye glasses, hats, makeup and other features that are not covered by facial masks.

In light of the recent pandemic, I've modified that original activity to include several new non-contact greetings. I like to conduct the activity with each participant finding a new partner for each new non-contact greeting. Then, after introducing and practicing several new greetings, invite everyone to find their various partners and share that particular greeting again, all while maintaining appropriate physical distancing.

The Wave – Raise your dominant hand over your head and wave while saying loudly “Yoo-hoo!”

The Salute – In rigid military style, salute your partner.

Fist to Palm & Bow – In the style of martial arts, make a fist with your dominant hand and place it in the open palm of your other hand, then bow.

Tip of the Hat – A throwback to earlier times. Reach up with your dominant hand, holding the brim of your imaginary hat. Lift it, tip it, and place it back on your head, all while maintaining eye contact with your partner.

Standing Ovation – Raise both hands above your head, making a giant letter O, then applaud your partner while clapping loudly.

The Soccer Player – Use both knees to keep an imaginary soccer ball aloft, then drop it to the ground and kick it to your partner.

The Baseball Player – Version I – One partner takes on the role of a baseball pitcher, winding up and throwing an imaginary fast ball at their partner, who swings like a batter. Version II – One partner tosses an imaginary baseball into the air, then hits it with an imaginary bat as their outfield partner prepares to catch it.

Two Jugglers – In this final version of creative non-contact greetings, partners attempt to juggle several imaginary tennis balls, passing them back and forth between each other.

Marble Tube Teambuilding Activity

Super-sized
for Physical
Distancing
Guidelines

Each piece is 6
feet long



A Filter for Group Activities

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A modification of standard spotting procedures for slacklining or low rope course elements.

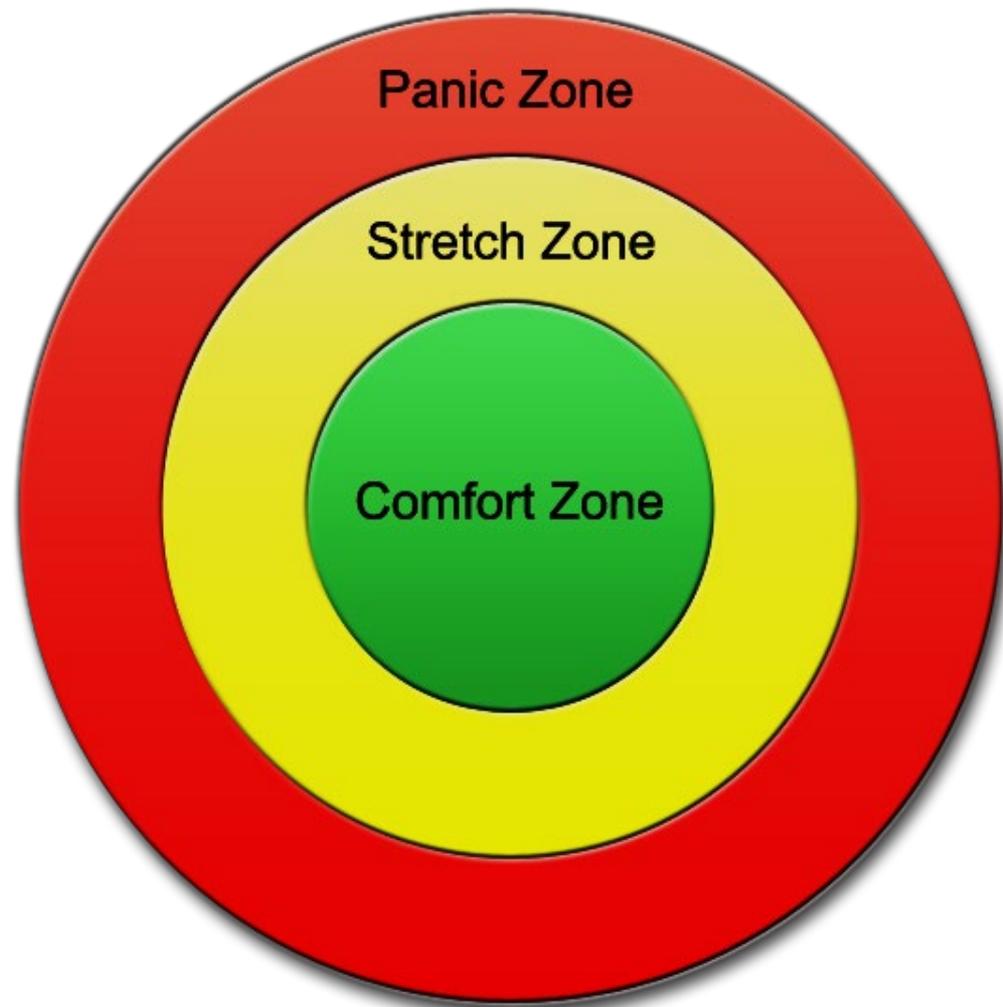
* Invented by the staff of this program!



This is the
perfect time
to implement
some of your
staff's best
ideas.







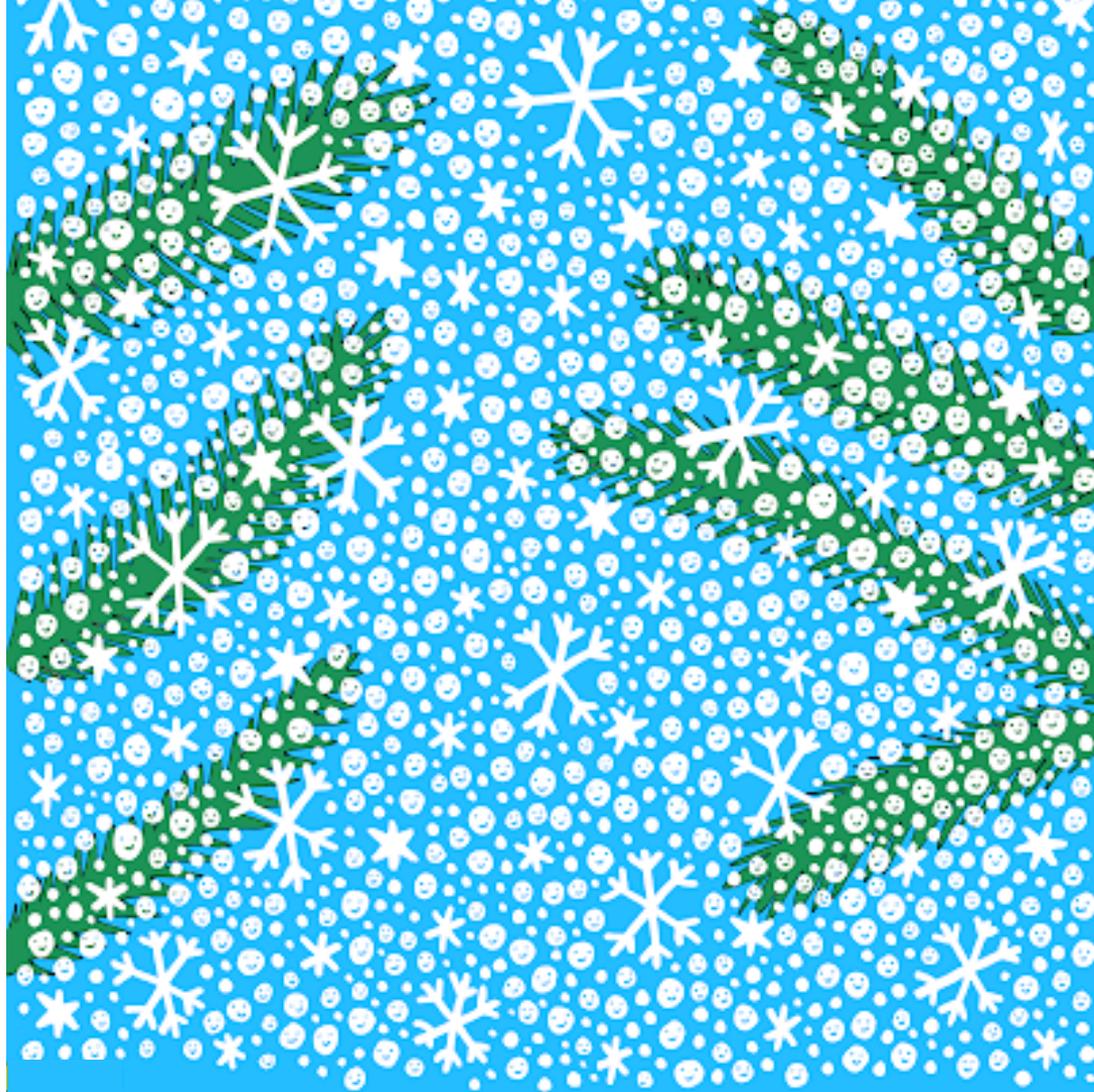








Can you
find the tiny
snowman
in this
snowstorm?



**WHAT CAN
WE DO?**

Playlist for Teamwork & Teamplay

February 2021

Icebreakers

- Mrs. Right
- That's Me!
- E.S.P.
- WAMP
- Hand Math
- Gotcha!
- Goal Lines
- WHO?

- Lightning Round
- Commensalities
- My Lifetime
- Core Groups
- Stretch Wave
- Chicken Circles
- Handshakes
- Subway Greetings
- The Walk of Life
- Group Formations
- Change 3 Things
- Balloon Bop for 3
- R U More Like
- New Autographs
- Tirst Impressions
- The Big Question
- Different Drum
- The Lifeline
- I've Got the Power
- Walk and Talk
- 1 Minute Interview
- Have You Ever
- People 2 People
- Map of the World
- Face 2 Face B 2 F
- Believe It or Not
- Story Stretch
- All My Life's a Circle
- Winks Blinks Belly Laughs
- That Guy Over There
- The Story of Your Name
- Rock Paper Scissors - Stretch
- Twice Around the Block
- TrainStation Mingle it is them
- Cards & Dominos - Tell #
- Imaginary Obstacle Course

Models

- Comfort Zones
- Johari Window
- Failing Forward
- 5 Stages

- 5 Step Staircase
- The Big Three
- Goals & Concerns
- Take a New Role
- TGR Model
- Prisoner Tourist Student
- Richard Wagner 4 Things
- 3 Things all Groups Need
- Maslow's Needs Hierarchy
- Optimal Learning & Flow
- Experiential Learning Cycle
- Nat'l Long Study Adolescent Health
- Which side of the podium am I on?
- Love, Teach, Hold Accountable
- Tell, Sell, Participate, Delegate

Skill Building

- 3 Chairs
- Extinction
- Interference

- Mr. Potato Head
- Olympic Bobsled
- 2B or KNOT 2B
- Back Writing
- Magic Carpet w/ goals
- Inside Out / Outside In
- Handcuffs & Shackles
- Engagement How much?
- Corks
- Count Six
- Not Knots
- Traffic Jam
- Aim't No Flies on Me!
- Group Juggle & debrief
- Virtual Four in a Row
- Robot & Controller

Teambuilding

- 13 Clues (12 bits)
- Key Punch
- Snap!
- DIY Bull Ring
- Warp Clap
- Blind Square +
- Traffic Circle
- Photo Finish
- Mass Pass
- Worm Hole
- Lycra Tube
- Blind Shapes
- Saboteur Cards

- The Cloth Cube
- Press Ten
- Zoom & ReZoom
- Parade / Monster
- Pot of Gold
- Count 10
- New Human Knot
- Paper Team Blow
- Marble Tubes
- Stump Jumping
- Teamplay Tubes
- Four in a Row
- Tarp with 5 Holes
- Popcorn Pickup
- Tennis Ball Balance Tool
- Build It
- Jump Rope Challenge
- Table Top Keypunch
- Water Glass Bandana
- Target Specifications
- Buckets, Balls & Tubes
- Electric Tangerine
- Stretching the Limit
- Index Cards
- Tree of Knots
- Leaky Consensus
- Goin' Fishin'
- Matchmaking
- Pizza Flipping
- Passing Clouds
- Inside Out
- Cross the Line
- My Life Line
- Over the Fence
- Missing Link
- Four Corners
- Goal Lines
- Raccoon Jousting
- Lion King Gears
- Cradle Toss
- Believe It or Not
- All my Life's a Circle
- Rock Around Clock
- Where Ya From, Where Ya Been?
- Twice Around the Block
- Olympic Bobsleds (Teamwork)
- Planetary Motion (Gratitude)
- Story of Your Name (Respect)
- Blind Find (Communication)
- Infomercial (chair, etc.)

Racecon

- Circles
- W.A.M.F.
- The Bus
- See Ya
- BUMP!

- Triangle Tag
- The Meter
- World Wide Web
- Shape Up / Clock
- Grand Prix
- Trust Lift
- Pizza Flipping
- Passing Clouds
- Inside Out
- Cross the Line
- My Life Line
- Over the Fence
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- Blind Find (Communication)
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Character

- Zoogie (Integrity)
- Over Here! (Change)
- WNBA Statues

- Match Cards (Character)
- Inside / Out (Honesty)
- Leadership Dance
- Gratitude Jars (Attitude)
- STEM Space Station
- Finding Nemo
- Planetary Motion (ABC)
- Invisible Obstacle Course
- Reach for Your Goals
- Jump Rope Challenge
- Word Circles
- Impressionist Teambuilding
- End of Day Questions
- Pass the Deck
- Everybody Needs a Rock
- T&T Cards
- Task/Growth/Relationships
- J&J Respect Card
- A Circle of Kindness
- Together Tomorrow
- Oh How Lovely

Teamplay Tubes

- 3 Little Pigs
- 5 Stories - Punderbirds, Lycra Tube, Bull Ring, Mike Currence, J&J Respect Card

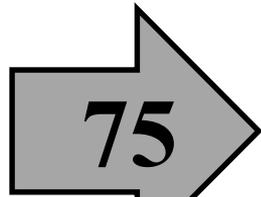
- Lion King w/Raccoon Circles
- There'll be More Peace, Someday
- Mermaid Story w/Wood Shapes
- A Circle of Connection
- When I'm on my Journey
- Leave Her, Johnny
- A Circle of Kindness
- Together Tomorrow
- Oh How Lovely

Closing

- Give Light
- Little World!

- 3 Little Pigs
- 5 Stories - Punderbirds, Lycra Tube, Bull Ring, Mike Currence, J&J Respect Card
- Lion King w/Raccoon Circles
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Dr. Jim Cain Teamwork & Teamplay Phone (585) 637-0328 Website: www.teamworkandteamplay.com



CONNECTION WITHOUT CONTACT

**TECHNIQUES FOR CREATING
SOCIAL CONNECTION
WHILE MAINTAINING
PHYSICAL DISTANCE**

AT LEAST
6 FEET

**ACTIVITIES AND BEST PRACTICES THAT MINIMIZE RISK
FROM THE AUTHOR OF TEAMWORK & TEAMPLAY**

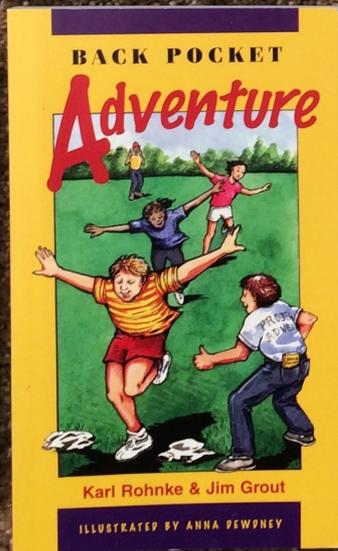
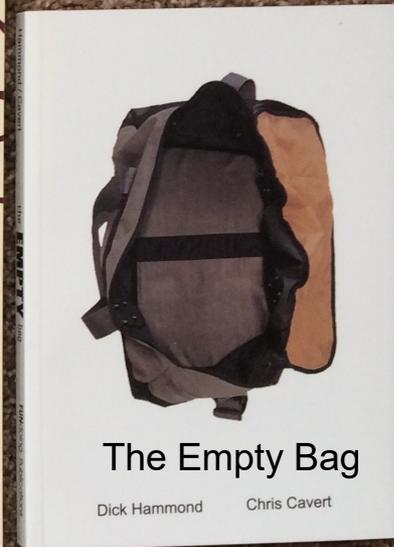
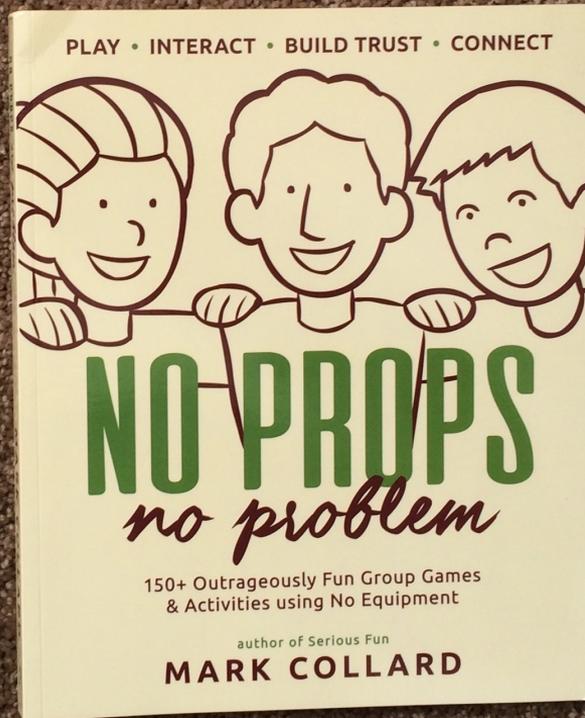
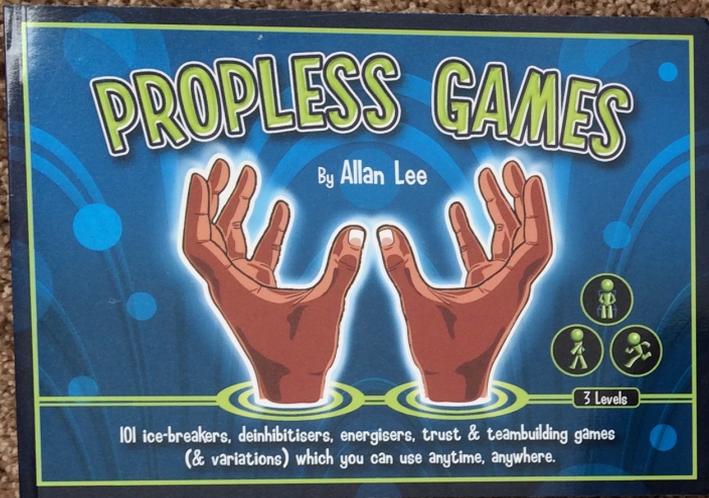
DR. JIM CAIN

103 Fun Things You Can Do

While Maintaining Physical Distance

• Juggling • [Jogging](#) • Yoga • Journaling • [Line Dancing](#) • Simon Says • [Sudoku](#) • Suguru • Crossword Puzzles • Storytelling • Exploring Nature • Arts & Crafts • Reading • Practice Meditation & Mindfulness • Multi-Player Video Games • [Stargazing](#) • Mad Libs • Map & Compass Courses • [Playing the Guitar](#) • Tongue Twisters • [Riddles](#) • Qi Gong • Tai Chi • Origami • String Figures • Composing a Poem or a Haiku • 1 Minute Mysteries • Solitaire • [Painting](#) • Paper Airplanes • Boomerangs • Archery • Photographic Scavenger Hunt • Ultimate Facial Mask Competition • [Hula Hoops](#) • Cycling • Paddle Boarding • Kayaking • [Frisbee Golf](#) • Baton Twirling • Geocaching • Calisthenics • Gardening • Show Your Gratitude • Calligraphy • Watch the Sunrise • [Baking](#) • Cooking • Photography • Drum Circles • [Eating by Candlelight](#) • Make a list of all the things you want to do when the pandemic is over • Whittling or Wood Carving • Surfing • Target Shooting • Virtual Activities including Escape Rooms and Scavenger Hunts • Fishing • Outdoor Cooking • Hiking & [Backpacking](#) • Walking • Jumping Rope • [Building a Sand Castle](#) • Making and Flying Kites • Building a Snowman or an Ice Carving • Writing a Postcard to a Friend • Mountain Biking • [Hopscotch](#) • Trying a New Food • Inventing a Non-Contact Handshake or Greeting • Read an e-book • Make a Snow Angel • Building an Inuksuit • [Tennis](#) • Translating a Word, Phrase or Message into a Foreign Language • Zumba • Hosting a Fashion Show • Having a Trivia Party • [Starting a Diary](#) • Drawing • [Creating a Comic Strip](#) • Writing a Thank You Note • [Parkour](#) • [Creating a Flash Mob Dance Sequence](#) • Scrapbooking • Bird Watching • Piloting a Drone • Blogging • Songwriting • Quilting • Knitting • Carpentry • Skipping Stones • Yo-Yoing • [Snorkeling](#) • Scuba Diving • [Pilates](#) • Extreme Ironing • [Skateboarding & Mountainboarding](#) • Learn Magic • Start a Collection • Learn How to Solve a Rubik's Cube • Create Temporary Art • Slacklining • Chinese Jump Rope •

It's a great time for no prop activities!



20 Activities for Social Distancing

Quarantine Activities

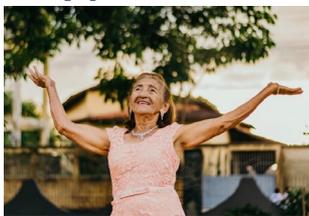


Coronavirus / Health & Wellness

50 Social Distancing Activities to Try During Coronavirus

- Even as we get out more and begin to interact with each other, “social distancing” remains important to limit community spread
- With many schools operating remotely and many of us working from home, we’re still spending a lot of time at home cloistered with our families
- In uncertain times, keeping children occupied helps keep them calm, so here are a bunch of fun social distancing activities to make time at home go faster

innovative physical distancing activities from activity professionals



CDC Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People™

Social distancing activities for all ages



Safe outdoor activities during the COVID-19 pandemic

The COVID-19 pandemic doesn't have to halt all of your outdoor fun. Here are several fun outdoor activities you can still enjoy.

By [Mayo Clinic Staff](#)

The coronavirus disease 2019 (COVID-19) pandemic has affected activities for many people. Public health restrictions caused by the COVID-19 pandemic have led to canceled festivals, concerts and other events. Many vacations and large celebrations have been limited or put on hold.

Despite the changes caused by the COVID-19 pandemic, there's

[A-Z Index](#)

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How to Be Physically Active While Social Distancing

[Español](#)

Getting physical activity can be a challenge while staying at home. However, it's possible—and important—to be physically active while [social distancing](#). Physical activity reduces blood pressure and anxiety and helps you sleep better. It can also help to improve mood and energy level.

Children aged 3 to 5 years need physical activity throughout the day, every day

9 Social Distancing Activities That Are Actually Fun

Sorry, I can't. I have four Zoom parties to attend tonight.

Physical Distancing Requires More

S – P – A – C – E



Verbose Verbiage

Verbose – *using more words than necessary to convey information.*

Verbiage – *an excessive amount of words.*

Verbose Verbiage – *using more words than necessary to convey an excessive amount of words.*

See if you can work out what each of the following phrases are trying to express.

	Verbose Verbiage	Simplified Phrase
Example	Under no circumstances should you compute the quantity of your barnyard fowl previous to their incubation.	Don't count your chickens before they are hatched.
1	Surveillance should precede saltation.	
2	Gramineous organisms are perpetually more verdant when located on an adjacent surface.	
3	It is futile to attempt to indoctrinate a super-annuated canine with innovative maneuvers.	
4	The greatest of need is the maternal parent of the art of original contrivance.	
5	All articles that coruscate with resplendence are not, ipso factor, auriferous.	
6	A revolving lithic conglomerate accrues no lichen.	
7	The temperature of the aqueous content of a metallic receptacle under unremitting surveillance does not attain its level of evaporation.	
8	Members of an avian species of identical plumage congregate.	
9	The stylus is more potent than the claymore.	
10	Where there are visible emissions from carbonaceous materials, there exists conflagration.	

**NOTHING IS
WRITTEN IN
STONE**



What will the future look like?

“In the future, I see both real-world and virtual world gatherings, with one taking precedence over the other based upon the needs and desires of those planning and attending such events. Facilitators that are capable in both realms are the most likely to maintain their relevance, because the future will consist of three distinct possibilities: real-world in-person gatherings, virtual gatherings online and hybrid (also known as ‘blended’) events consisting of both of these methodologies.”

Jim Cain

THE BEST OF BOTH WORLDS

**Exploring the Opportunities & Pitfalls of Hybrid
Programming to Reach Audiences in the Real
World & the Virtual World Simultaneously**



By Jim Cain

Author of Extraordinary Facilitation and Editor of The Learning Curve

AND NOW... AN OPPORTUNITY TO SHARE
SOME OF YOUR OWN **BEST PRACTICES**,
ACTIVITIES AND **IDEAS** FOR CREATING
CONNECTION WHILE MAINTAINING
APPROPRIATE PHYSICAL DISTANCING.

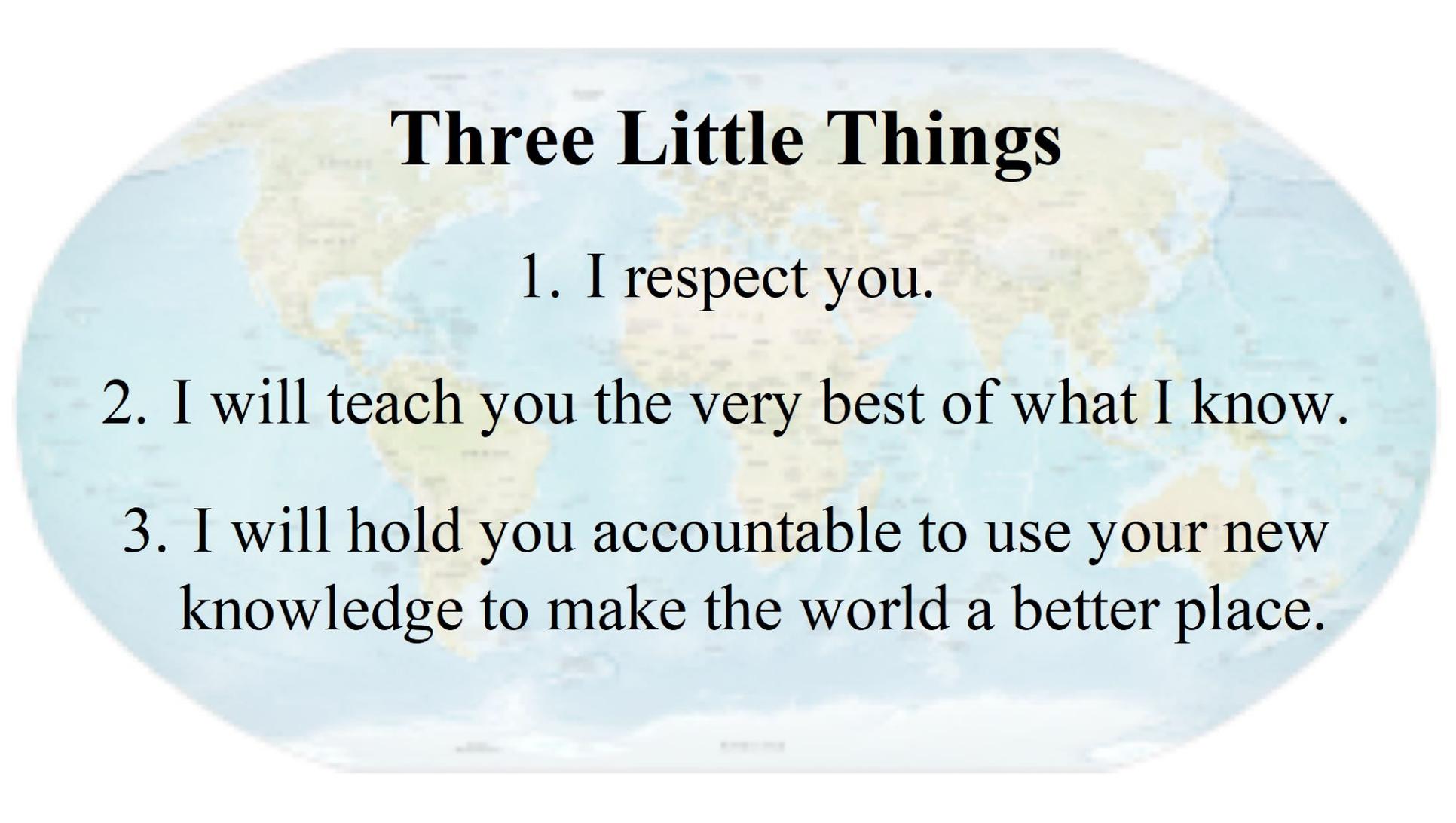
BREAKOUT ROOMS, WITH FOUR PEOPLE,
FOR SIX MINUTES.

Q&A

The image features the text "Q&A" rendered in a 3D, blue, sans-serif font. The letters are thick and have a slight shadow underneath, giving them a three-dimensional appearance. The ampersand is a simple, stylized design. The entire text is set against a plain white background.

SIX WORD
STORIES
(in the chat)





Three Little Things

1. I respect you.
2. I will teach you the very best of what I know.
3. I will hold you accountable to use your new knowledge to make the world a better place.

TRANSFER

From virtual reality to the real world.

How can I use what I've learned
today in my daily life?

A group discussion.



If you would like a copy of these
presentation slides, email me at:

jimcain@teamworkandteamplay.com



Thank You

Virtually and in the Real World Too!

Jim Cain, Ph.D.

jimcain@teamworkandteamplay.com

CONNECTION WITHOUT CONTACT

TECHNIQUES FOR CREATING
SOCIAL CONNECTION
WHILE MAINTAINING
PHYSICAL DISTANCE



ACTIVITIES AND BEST PRACTICES THAT MINIMIZE RISK
FROM THE AUTHOR OF TEAMWORK & TEAMPLAY

DR. JIM CAIN

Announcing
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Books from
the American
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Association
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(ACABookstore.org)

**Connection
Without
Contact**

- and -

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Dutchman's
Rope**

By Dr. Jim Cain

Also available at:
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and Amazon.com

THE DUTCHMAN'S ROPE

A Unique Way to Maintain Physical Distancing
During Real-World In-Person Gatherings



Turn a 17th Century Maritime Navigation Technique
Into a 21st Century Physical Distancing Tool



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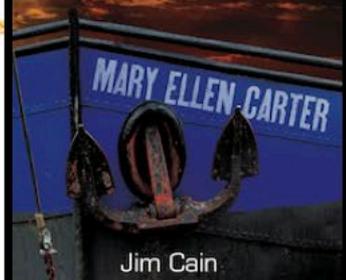
Turn a 17th Century Maritime Navigation Technique Into a 21st Century Physical Distancing Tool



Dr. Jim Cain

RISE AGAIN

The Story of the Mary Ellen Carter



Jim Cain

THE LEARNING CURVE

Navigating the Transition From Facilitating in the Real World to Facilitating in a Virtual One

For Teachers, Trainers, Facilitators, and Group Leaders of All Kinds



Random Thoughts, Helpful Insights, Half-Baked Ideas, Suggestions, and Other Useful Information From the Virtual Facilitation Practice Group

Jim Cain
Editor

CONNECTION WITHOUT CONTACT

TECHNIQUES FOR CREATING SOCIAL CONNECTION WHILE MAINTAINING PHYSICAL DISTANCE



ACTIVITIES AND BEST PRACTICES THAT MINIMIZE RISK FROM THE AUTHOR OF TEAMWORK & TEAMPLAY
DR. JIM CAIN

EXTRAORDINARY FACILITATION

Insights from half a century of working and playing with groups.



Jim Cain, Ph.D.

Author of *Teamwork & Teamplay* and *Teambuilding with Index Cards*

**I wrote five books in 2020, the first four above are available now from:
ACABookstore.org and Amazon.com**

The newest collection of kid-friendly games that can be played while maintaining physical distancing.

Along with a substantial collection of research data and best practices for real-world in-person gatherings and events.

From the creative hearts and minds of two extraordinary experts with more than thirty books to their credit.

Martin Williams of the U.K.

- and -

Dr. Jim Cain of the U.S.A.

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& DR. JIM CAIN