

Lunch Love Notes - Week 1

Brought to you by OC Human Relations Schools Program Team

During this time of COVID, connection and belonging have become increasingly more important. Lunch love notes were designed with care and attention, to bring together students and their families for meaningful engagement. We hope these can help build connections and combat isolation.

AFFIRMATION MONDAY

"I am an important member of our community."

QUOTE REFLECTION TUESDAY

"There are opportunities even in the most difficult moments."

RESOURCE WEDNESDAY

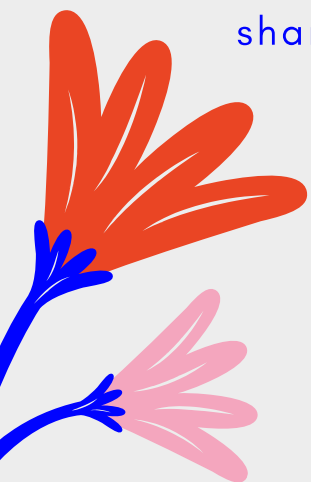
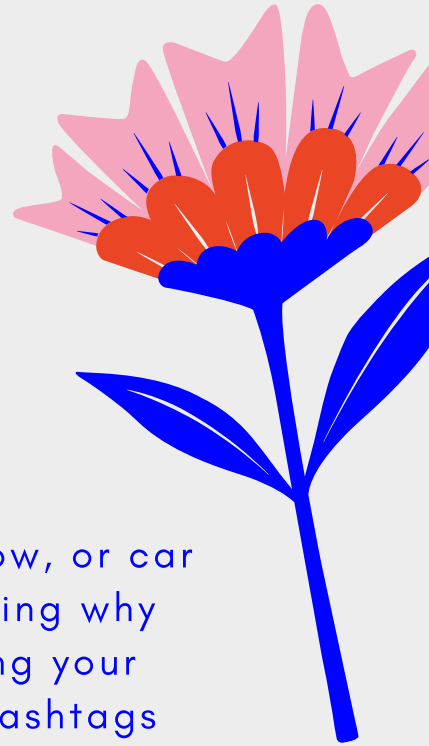
kNOw Hate Challenge #1: Decorate your door, window, or car (ask permission first) with art and messages expressing why you stand up against hate. Then post a video sharing your artwork and why you spread compassion using the hashtags below your social media. Tag and challenge 6 of your friends to do the same. #SpreadCompassionNotCOVID #kNOwHate

ICE BREAKER THURSDAY

Zen Counting (play with 3 or more people): Close your eyes and see how far your group can count up to. One person shares a number at a time, but if two people share the same number at the same time you have to start back at zero.

COMMUNITY BUILDING FRIDAY

What is your favorite pizza topping?
Describe what your perfect day would look like?
What positive traits do you admire about yourself?



Lunch Love Notes - Week 2

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AFFIRMATION MONDAY

"You bring joy to this world."

QUOTE REFLECTION TUESDAY

"The greatest weapon against stress is our ability to choose one thought over another." -William James

RESOURCE WEDNESDAY

Participate in the Census in One of 3 Ways: Let's ensure all Californians are counted so we can put those resources to good use here at home!

ONLINE: For the first time, the Census form will be available to complete online in 13 languages. Visit: www.2020census.gov.

PHONE: The census can be completed by phone in 13 languages. Call 844-330-2020 or Edgar Medina for assistance at 714-480-6570

ICE BREAKER THURSDAY

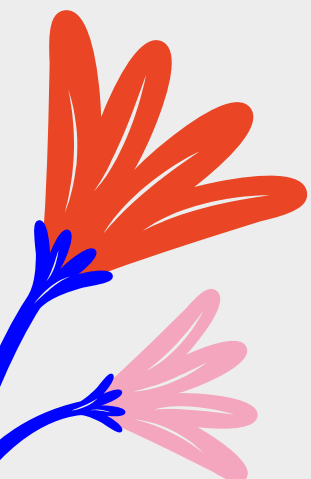
2 Truths & 1 Lie:

The first person shares their 2 truths and 1 lie. The next person must guess which statement is the lie and then share their 2 truths and 1 lie.

COMMUNITY BUILDING FRIDAY

'When I become an adult, I want to...'

- What is a skill you have always wanted to learn?
- What are 3 signs that tell you are stressed?



Lunch Love Notes - Week 3

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AFFIRMATION MONDAY

"I will celebrate my small wins."

QUOTE REFLECTION TUESDAY

"When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life." - Jean Shinoda Bolen

RESOURCE WEDNESDAY

Managing Conflict: Tips to Remember

- **Pause** before responding
- **Check** your assumptions
- **Listen** to gain understanding
- **Express** calmly from your perspective
- **Dialogue** - create safe space for true and honest exchange

ICE BREAKER THURSDAY

All Eyes On Me

Ask participants to complete the 4 statements below on a piece of paper without writing their name. Mix up everyone's answers in a bowl and take turns trying to guess whose answers they are.

My favorite childhood activity was...

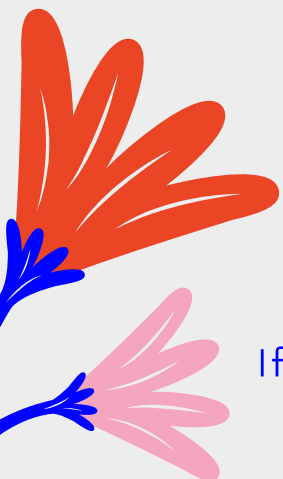
My family is...

My ideal vacation is...

The best thing that happened to me in the last month is...

CONNECTION QUESTIONS FRIDAY

Is technology making our communication better or worse?
If you could have given yourself advice one year ago, what advice would you have given?
How would you like people to describe you?



Lunch Love Notes - Week 4

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AFFIRMATION MONDAY

"I will bend so I don't break."

QUOTE REFLECTION TUESDAY

"Be patient toward all that is unsolved in your heart and try to love the questions themselves."

RESOURCE WEDNESDAY

Use I -Messages to communicate your needs:

- Supportive Beginning: I'm talking to you because ____.
- I-Message: I feel ____ When I see/hear ____ because I need ____.
- Assertive Request: And I would like (1-2 suggested actions) ____.



ICE BREAKER THURSDAY

Once Upon a Time: Write "Once Upon a time.." on a piece of paper and pass around in a circle to each participant twice.

Each participant will write only 2 words to add onto the story. Pass the paper around until you get a paragraph and have a volunteer read aloud what your imaginations created! .

COMMUNITY BUILDING FRIDAY

If you didn't have to sleep, what would you do with the extra time?

What is 1 way you show respect for others?

I can't wait until....



Lunch Love Notes - Week 5

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AFFIRMATION MONDAY

"I get better every single day."

QUOTE REFLECTION TUESDAY

"Dreams and reality are opposites. Action synthesizes them. -Assata Shakur"

RESOURCE WEDNESDAY

SPEAK UP if you witness hate or bigotry:

- Speak up against bigotry, particularly if you're not the target.
- Commit to interrupting, questioning, educating and echoing to fight hate rhetoric.
- If you feel safe to do so, ask questions to better understand why the person said or did what they did.
 - "Why do you think that?"
 - "Where did you get that information?"
 - "What made you say that?"
- Continue the conversation and explain why what they've said or done needs rethinking

ICE BREAKER THURSDAY

Copy My Move, Copy My Grove: One person begins and does a quick dance move and everyone else copies that move. Then that person passes to another player who does a different dance move that everyone else will copy. Repeat until everyone has had a chance to show off their moves!

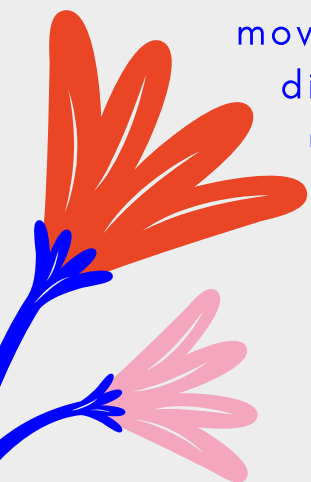
*Tip: play some music and have fun!.

COMMUNITY BUILDING FRIDAY

What gives you hope?

What qualities do you value most in a friend?

If you had intro music, what song would it be?



Lunch Love Notes - Week 6

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AFFIRMATION MONDAY

"You are loved"

QUOTE REFLECTION TUESDAY

"Mistakes are a fact of life. It is the response to error that counts."

RESOURCE WEDNESDAY

Navigate Conflict: Use these questions to Reflect:

- What happened?
- What were you thinking/feeling at the time?
- Who has been impacted by what happened? In what way(s)?
- What do you think needs to happen to make things right?

ICE BREAKER THURSDAY

At Home Scavenger Hunt! Be the first in your home to find the following:

- Something that reminds you of something you are missing about school right now
- Something unique
- Something that makes you laugh
- Something that is your favorite color
- Something you could use to calm yourself down if you are angry or upset

COMMUNITY BUILDING FRIDAY

What's the best way to start the day?

What's the best single day on the calendar? Why?

Talk about 1 way you are different from your friends.

