

# *Gathering Safety*

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## **TIPS FOR SMALL GATHERINGS:**

During my student teaching, I had a mentor teacher tell me regularly, “plan your work, and work your plan.” As we plan for small gatherings, I find myself saying a similar mantra. Making a plan in advance and sticking to it lowers gathering anxiety, and encourages connection. Here are a few tips to help you plan your gathering of 10 people or less. Please also consult and follow all CDC recommendations.

- Plan your gathering for outside.
- Practice physical distancing. No hugging or high fives.
- Count on each person or family group bringing their own beverage and snack.
- Share conversations, not food or drink.
- Keep your gatherings short. Plan a beginning time and ending time.
- Plan your bathroom breaks. If hosts chose to open up their bathrooms, plan to clean/disinfect after you use the bathroom. If hosts do not open up bathrooms, make your bathroom break plan in advance.
- If children are present, What are the expectations about play and connection? How will it look? What would be best practice for all? Communicate in advance with hosts, and with children before the gathering begins.

Finally, clearing up expectations before gathering quiets anxiety and establishes trust. Enjoy the connection time with each other.

