

VIRTUAL CARE PACKAGE IDEAS

COVID-19 RESPONSE OPPORTUNITIES BASED UPON THE HAND MODEL

Spiritual

- Bible reading or prayer activity guides (eg. SOAP, ACTS, etc)
- Links/Videos of worship sessions they can play
- Video devotionals they can watch
- Written devotionals they can read
- Join staff devotions on Zoom
- Share a mutual prayer list staff + partners can pray for each other

Social

- Staff + Partners exchange phone/video life-updates and greetings
- Staff members pictures with greetings (like virtual Christmas card)
- Past team members pictures with greetings (like virtual Christmas card)
- Template for blank cards that the country staff can write and drop off on pastors' doorways to keep them encouraged with a stack of "10" for them to do the same to their church members.
- Directions for Pictionary or charades

Mental

- Gratitude journal/virtual post-it notes/notepad
- Virtual tour of the US National Aquarium: <https://aqua.org/media/virtualtours/baltimore/index.html>

Emotional

- Playlist of music
- Share on self-care practices as the staff goes deep into COVID response
- Art activities
- Virtual conversation using inspirational artistic expression: a song, dance, picture, poem, etc.
- King COVID & the Coronavirus book can print and color. NicoleRim.com

Physical

- Family exercise ideas
- Going for a walk
- Dancing
- Training on how to make facemasks (purchasing of masks part of the financial COVID response)

Financial: contribute to country immediate response budget need so that the staff can continue the work both now and after COVID with no lapse.