

Tips to Alleviate Youth Virtual Burnout

On April 21, 2021, the RHNTC presented a webinar entitled: [Facilitation Strategies to Address Virtual Burnout Among Youth](#). During this session, speakers from Healthy Teen Network shared feedback from youth about their experiences with virtual learning. Youth shared the following tips that Teen Pregnancy Prevention (TPP) programs' staff can use to avoid contributing to burnout. [Access the archived webinar materials](#) on rhntc.org.



Encourage movement

- Engage students in movement, like rolling their necks & shoulders, or in a 5-minute exercise.
- Use music videos to get people moving.
- Promote a walking "commute."



Implement screen breaks

- Implement the 20/20/20 rule (every 20 minutes, look at something 20 feet away for 20 seconds).
- Offer breaks from screens during class, including webcam-free Fridays.



Encourage stillness

- Play relaxing music, as students are joining the class.
- Conduct mindfulness techniques, like a guided meditation, hand tracing, or watercolor painting.



Gamify learning

- Integrate games into the lessons to make learning fun.
- Use Kahoot, Trivia, Jeopardy, Bingo, Nearpod, Peardeck, or Family Feud to boost participation.



Spice it up

- Encourage students to change their backgrounds.
- Ask students to grab random objects from the house to wear as hats.
- Conduct hands-on activities, like baking on Zoom together.



Create power slides

- Insert surprises into the slides, like "Where's Waldo" graphics, for a chance to win rewards.
- Insert animations created with Powtoon or Renderforest that are relevant to the content.



Make it relevant

- Use an icebreaker at the beginning of class that is connected to the content.
- Encourage students to ask anonymous questions through surveys like Mentimeter or Google forms.



Encourage sharing

- Provide a space for sharing personal news, feelings, and thoughts.
- Have students “show and tell” about a personal artifact from their lives, using Seesaw or Flipgrid.



Tune in to their needs

- Check on students’ mindsets through a “Weather Report” (Are you sunny? Are you cloudy?) or by asking them to use emojis to describe how they feel.



Promote discussion

- Use Padlet to foster content-relevant discussion throughout the week.
- Play a song selected by students and ask them to reflect on it.



Make time for connections

- Strengthen student-teacher connections through more individual check-ins.
- Make a connection to a counselor if a student needs it.



Be flexible

- Offer flexibility and time in submitting work (e.g., submissions every Friday instead of every day).
- Encourage students to make a checklist of their tasks to help them organize their work.



Reward behavior

- Recognize students for engaged behavior or milestones.
- Provide gift cards to local coffee shops or stores to promote engagement.