











Socially Connected While Physically Distant

In the current context of physical distancing and personal protective equipment, it may seem harder to connect. Masks will hide smiles and other positive expressions, and our need to maintain space may inadvertently send messages of “stay away” instead of “welcome.”

We need to be more intentional with establishing positive connections.

As we cannot rely on expressions or physical touch, we will need to consider how to use our words to more fully convey the meaning of our welcome, connections, and positive feedback.

Instead of a...	Consider...
 <p>Visible Smile</p>	 <ul style="list-style-type: none"> • “I’m smiling because ...” • Smiling eyes or 😊 emoticon
 <p>High Five</p>	 <ul style="list-style-type: none"> • “Great effort on ...!” • Air high five or 🙌 emoticon
 <p>Fist Bump</p>	 <ul style="list-style-type: none"> • “I see you. I’m here for you.” • Air fist bump or 🤝 emoticon
 <p>Hug</p>	 <ul style="list-style-type: none"> • “I’m so happy to see you.” • Air hug or 🤗 emoticon
 <p>Pat on the Shoulder</p>	 <ul style="list-style-type: none"> • “I’m proud of you for...” • Thumbs up or 👍 emoticon
 <p>Handshake</p>	 <ul style="list-style-type: none"> • “Great to see you again.” • Wave or 🙋 emoticon
 <p>Greet at the door</p>	 <ul style="list-style-type: none"> • “Welcome! Glad you’re here.” • Greet by podium or at log in

Suggested Citation for this Publication

Center on PBIS. (Nov, 2020). Socially Connected While Physically Distant. Eugene, OR: Center on PBIS, University of Oregon. www.pbis.org..