

101

WAYS TO
BE A
LEADER
WHILST IN
ISOLATION



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INTRODUCTION

Most student leaders picture themselves making a difference on their school campus. This often involves taking on extra responsibilities and organising special activities.

When everyone is unexpectedly forced to be isolated at home, things will feel different. The good news is, there are different ways that student leaders can lead from home. This book has 101 ways!

Some of the ideas in this book involve leading using the internet, but it's important to realise that there are lots of ways to lead that don't require the internet. This book is supposed to be about leading in isolation, not just leading using the internet.

It's also important for school aged leaders to remember to get permission and guidance from adults when it comes to using the internet. If used properly, the internet is a wonderful tool. A time of isolation is the perfect time for student leaders to explore how to use the internet in a positive way, with the assistance of adults.

The final chapter of this book has some tips for using social media as a student leader. Make sure you know about the age restrictions for some social media platforms. If you are not old enough, don't worry about this chapter, there are plenty of other ways to lead!

It's also normal, at school, for students to seek permission from adults before launching into a new idea. Even though school might feel different for a while, it's still important to ask permission from the adults around you before you get too excited about doing any of the new ideas in this book.



CHAPTER ONE

CARING FOR INDIVIDUALS

CREATIVE IDEAS TO CARE
FOR PEOPLE ONE-ON-ONE



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#1. PHONE A FRIEND

Phone a different friend every day and have a chat. Think about things you can bring up to make the conversation meaningful to the other person. Don't always phone your best friends, include those who often get forgotten.



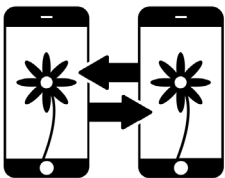
#2. BIRTHDAY CARDS

If someone has a birthday during isolation it will feel very different for them this year. You can help make it special by sending cards and encouraging others to do the same thing.



#3. CARE PACKAGE

Create a simple and personalised care package with things that you already have at home or that you can buy from the grocery store. Deliver it to their front door and consider whether you will leave a note or keep it anonymous. This can be done for a friend or a stranger in need.



#4. PHOTO SHARE

Look through your camera roll, or printed photos, and find a photo of yourself with another person. Send them the photo and write one reason why you are glad they are your friend.



#5. CONNECT WITH A VIRTUAL GAME

There are many free games that you can play online with a friend. Choose a game that is fun and easy. Games like checkers or chess are great examples. You can keep coming back to the game during the period of isolation.



#6. SEND A LETTER

It isn't often people get a handwritten letter delivered in the post these days. Taking the time to write a letter and send it in the mail could be the perfect way to demonstrate to someone that you care about them and are thinking about them.



#7. WRITE A SONG OR POEM FOR SOMEONE

Get creative and write a song or poem as a gift for someone. Record it or write down the words and send it through with the title "A song/poem for you". This might be challenging but it sure shows that you care about them.



#8. OFFER TO BE A STUDY BUDDY

Do you know someone who wasn't always happy about being in the classroom? Chances are that they need even more encouragement when learning from home. Offer to help them on the phone or with a video-call and do some school work together.



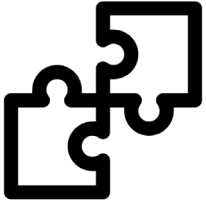
#9. TEACH SOMEONE A SPECIAL SKILL

Do you have a special skill like playing an instrument or speaking another language? Try using some of your extra time to teach someone else how to do it.



#10. TECH SUPPORT

During isolation many people will be asked to set up technology that they might not be used to. Volunteer yourself to help people with these tasks that you have done before. Things that are difficult for others might actually be easy for you.



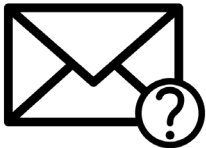
#11. RIDDLE TRADE

Riddles and brain-teasers are a great way to pass time and challenge your brain! Trade favourite riddles with a friend and see who can solve them first.



#12. BAKED GIFT

What encourages someone more than freshly baked treats? Bake some of your favourites and drop them at the door of someone who could use some encouragement and extra joy. You could do it for a stranger or a friend.



#13. ANONYMOUS LETTER

An anonymous note left in the mailbox with encouraging words is a great way to inspire someone to be positive even when things are tough. You might do this for somebody that you know, or maybe you could keep the words general and drop it in the letterbox of a total stranger.



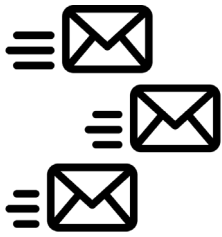
#14. SEND A PRODUCTIVE GIFT

Send someone a cheap or homemade gift that will keep them busy doing something. A jigsaw puzzle, blank canvas or journal are good examples that can help beat boredom and encourage some creative thinking.



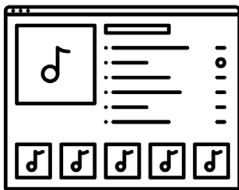
#15. FAVOUR FOR A STRANGER

Ask your family members whether they have noticed anybody in your local area who might need some extra help with an odd-job. Maybe you can mow the lawn for an elderly woman or wash the car for a man who is unwell.



#16. SEND A THANK YOU TO TEACHERS

Teachers will be working hard to make sure students can keep learning while they are at home. Send a 'thankyou' letter or email to encourage them and show your appreciation.



#17. ONLINE MUSIC JAMS

Do you know some people who love playing music? Set up a video call with them so that you can spend some time sharing favourite songs and playing them together. Maybe you could even record yourselves each playing a different instrument and someone can put it all together to make your own complete recording.

CHAPTER TWO

PROJECTS TO HELP THE COMMUNITY

WAYS TO LOOK OUT FOR
YOUR WIDER COMMUNITY



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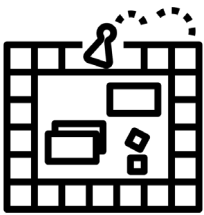
#18. CROWDFUNDING

Using online platforms to raise funds is just as effective when isolated. In fact, people will be spending more time on their devices so you might even get more people on board than usual!



#19. LETTERS OF ENCOURAGEMENT

Write a letter of encouragement to workers in each of the essential services you can think of. Good examples include healthcare workers, police officers and grocery shop staff. Once you have written the letters, post them in the mail or hand deliver them when you are next nearby.



#20. BOARD GAME SWAP

Many people will use board games to avoid boredom... but the same board games over and over will become 'bored games'. Organise a way for people at your school, or broader community, to swap board games with each other on a loan basis.



#21. ENCOURAGEMENT POSTERS

You can't go out often, but when you go to the grocery store or for a walk in the park, you could stick a poster on a community notice board with some encouraging words for the community.



#22. PEN-PAL WITH A NURSING HOME

Write a letter to a nursing home to see if there is someone who would like to be your pen-pal. This may help them fight loneliness. Tell them about your personal experience while in isolation and some of the positive things going on around you.



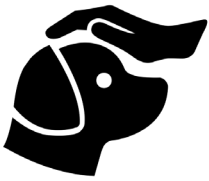
#23. OFFER A DOG WALKING SERVICE

Some people who are isolated may not be able to walk their own dogs (or other pets) right now. Maybe you can offer to do it, as part of your own daily exercise, to help.



#24. COOK AN EXTRA MEAL

Help mum and dad in the kitchen when cooking dinner to make some extra food that you can give to someone in need. An elderly neighbour or local food bank could really appreciate it if they are also experiencing isolation.



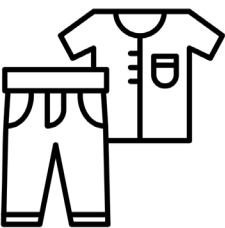
#25. ADOPT AN ANIMAL

Animal shelters may be struggling to look after animals during isolation time. Talk with your family about whether it's possible for you to take in an animal that needs a home (and make sure you do the chores to look after it!)



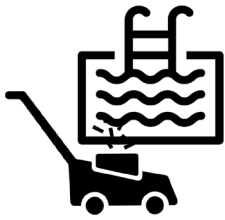
#26. DONATE TOYS AND GAMES

Take the extra time at home as an opportunity to clean-out some of your old toys and games. Anything you don't want to keep can be donated to a children's hospital or op-shop for others to use them while in isolation.



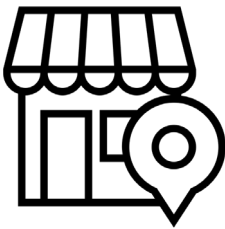
#27. DONATE OLD CLOTHES AND BLANKETS

There are people who don't have a house or suitable accommodation to isolate in. Donate some of your old clothes and bedding to organisations who can give it to people who really need it.



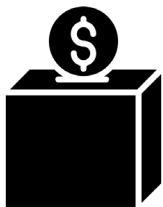
#28. START A MOWING OR POOL CLEANING SERVICE

Your neighbors still need to mow their lawns or get the leaves out of their pool. You can help! All you need is a mower or a leaf net and you could spend days helping those in the community. It might end up leading to some pocket money or some donations to a local charity.



#29. SUPPORT A LOCAL BUSINESS

Small businesses in your community will be struggling whilst everyone is isolated. Try and find a sensible way to support a different local business each week and encourage other people you know to do the same.



#30. ISOLATION DONATION TIN

During isolation you might find that there are things you would usually spend money on, which you don't need to for a little while. Examples could include bus fares, movie tickets, or even your family petrol money. Save this money in a money box and, at the end of isolation, make a decision about a charity that could really do with the money.

CHAPTER THREE

JUST FOR FUN

ISOLATION CALLS FOR NEW
WAYS TO HAVE FUN



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#31. START A YOUTUBE CHANNEL

Create a video each week to bring some fun, meaning or interest into the lives of others. Always be aware that this stuff will be online forever.



#32. START A PODCAST

Interview a different friend each week and create short episodes. Or make it educational and interview a different teacher each week. It's just another way of students staying connected to your school.



#33. LIP SYNCING COMPETITION

These are always fun on a live stage, but they can easily be done online with people submitting videos to you as the organiser, or people sharing themselves. Consider creating a prize that can be delivered by post to a winner decided by the expert judges.



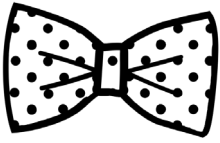
#34. GUESS THE JELLYBEANS

This is perhaps the oldest game in school history. Make up your jar of jelly beans and circulate a photo in whatever way you can. Advertise a way for people to submit their guesses to you.



#35. DANCE BECAUSE NOBODY IS WATCHING

Everyone loves to dance but sometimes it can be a little embarrassing. Isolation is the perfect time to learn that dance move you saw on TV or in a movie once. And all in privacy!



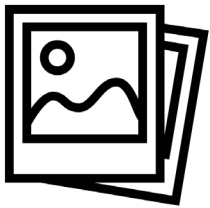
#36. DRESS-UP THEME

Start a fun trend of dressing up every time you video-call your team or class. It will become a surprise that your peers will look forward to every time you call.



#37. PRETEND PRESS CONFERENCE

During a time of isolation the government leaders give lots of official press conferences. Write your own speech with some funny elements and record it like it's an official press conference.



#38. PHOTO COMPETITION

Encourage others to share their best photo taken at home. You could announce a theme such as 'pets' or 'breakfast'.



#39. SO YOU THINK YOU CAN DANCE

Create a brand-new dance and encourage others to video record their own version of the dance to be shared with each other. Maybe you can all do the dance together when school goes back!

CHAPTER FOUR

TAKING SCHOOL ONLINE

EXTRAORDINARY WAYS
TO KEEP THE ORDINARY HAPPENING



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#40. TECHNOLOGY LOAN PROGRAM

Not all students will have the technology they would like for learning at home. Create a way that students can sensibly lend computers and devices to others who need them.



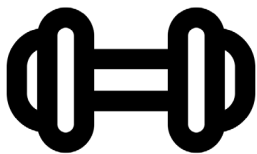
#41. START A BOOK STUDY

Pick a book and create a schedule that you could use to read it at the same time as others. Meet weekly via phone or video-call to discuss the past week's reading.



#42. GROUP STUDY SESSION

To help maintain and build relationships with your team, do some mundane tasks such as research, study or assignment-work together as a group on a video call. Even if you don't talk much it's more fun to do things with friends.



#43. ORGANISE A VIRTUAL EXERCISE SESSION

There are hundreds of fun workout plans that are being offered for free by professionals. You could invite anyone from your team/class/school to join a video-call so that everyone can exercise and stay active together (don't worry, you can turn your camera off while sweating it out if you like)!



#44. PRESENT AWARDS

If school was 'normal' then it would be likely that students would receive awards and certificates. Get involved in making sure that students are still recognised for great achievements by creating and sending awards.



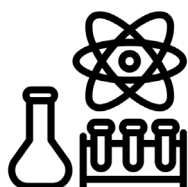
#45. ONLINE SPORTS CARNIVAL

Choose some simple events that students can film and post online. It could involve posting videos of their own 100m sprint or shotput with a basketball.



#46. FUNDRAISING EVENTS

Many existing events like the '40 Hour Famine' or 'Red Nose Day' or 'Jeans for Genes' day can all still go ahead with everybody participating from home and sharing their experiences online. Make sure to visit organiser websites to see what ideas they have for running the event remotely.



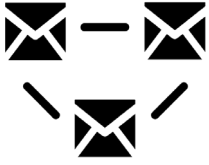
#47. SCIENCE FAIR

Announce something to invent like 'a device to water your garden' or 'a device to keep food warm' and get students to share videos and photos of their inventions. These inventions might even come in handy whilst you are at home in isolation!



#48. KEEPING AN EYE OUT FOR HURTFUL BEHAVIOUR

A leader should always speak up when they see bullying or hurtful behaviour at school. If school interaction is happening online, you should still be looking out for the same thing and speaking up if you notice something.



#49. POWER OF POSITIVITY

Send a weekly email to your class or year group with positive and fun things that were either learnt or experienced during that week. Students write in to you, and you can collate and send a 'power of positivity' email to encourage students.

CHAPTER FIVE

LEADING YOURSELF

SELF-ISOLATION IS GREAT
FOR SELF-DEVELOPMENT



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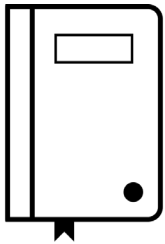


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#50. READ A BOOK

Aim to read or listen to one each week, or one every two weeks. Choose books that will help develop you as a leader.



#51. KEEP A JOURNAL

Write about your challenges as well as positive things. At the end of isolation you will be able to read back and learn lots about yourself and how to overcome challenging situations.



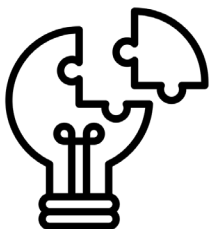
#52. PRACTICE A WEAKNESS

Take time to work on something that you might usually find difficult. Examples could include public speaking (in front of a mirror) or being better organised. Someone you trust can give you feedback on how you have improved once isolation is over.



#53. TRY SOMETHING NEW

There are many helpful skills that can be learnt when inside that you may have never tried before. It could be learning the language that a new migrant friend speaks, or learning video editing to help your leadership team.



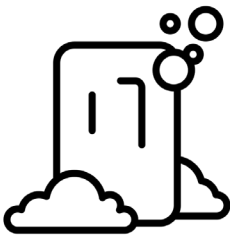
#54. BECOME A MASTER PROBLEM-SOLVER

Look up brainteasers, word puzzles, number puzzle and riddles online and try to solve them. All of that brain training will have you ready for when school returns.



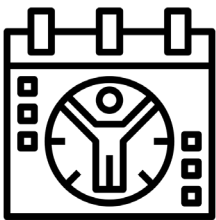
#55. PRACTICE SELF-DISCIPLINE

As a leader it's important to have self-discipline and being in isolation is a perfect time to practice. Perhaps you don't usually make your bed in the morning, or you don't usually wash your dishes, or you don't usually put your dirty clothes in the washing machine.



#56. ROLE MODEL GOOD HYGIENE

Being healthy involves basic hygiene like washing your hands and being careful when you need to sneeze. Make sure you follow all the recommendations from government leaders so that others will too.



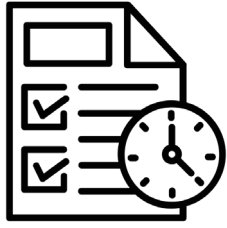
#57. CREATE PERSONAL ROUTINES

One of the best ways to stay productive and grow while in isolation is to have routines that you can follow. Create routines for different parts of the day that help you learn, grow and stay energised while being a student leader at home.



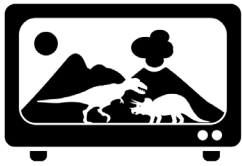
#58. CREATE A PERSONAL WORKSPACE

Having a particular place that you can study and work in the house is important for your concentration. When you're in this space, other family members will also know you are trying to get things done.



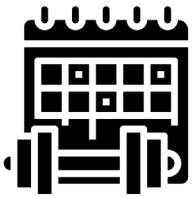
#59. PLAN YOUR DAY

When you're at school there is a timetable to follow. Create a timetable that you can follow at home to make sure that you can fit in everything that you need to (this will also help you not to procrastinate too much)!



#60. WATCH A DOCUMENTARY SERIES

It can be tempting to watch lots of television when you're at home a lot. Why not choose something to watch that can also teach you something important about leadership or something that you want to learn more about?



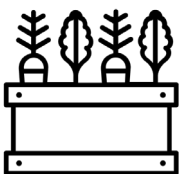
#61. MAKE AN EXERCISE PLAN

It's extremely important to stay active while you're stuck at home. Make an exercise plan that you can follow to make sure that you stay fit and healthy.



#62. PLAN A MOMENT OF 'JOY'

Sometimes it can be hard to stay positive when you can't go out and do the fun things that you usually would. Plan a moment of joy in your day, doing one of your favourite things to help you stay positive.



#63. START A VEGGIE PATCH OR HERB GARDEN

This is an exciting project that will give you something to do every day! Make sure it's in the sun and you water it once a day. Day by day you will see it grow into something you can snack on or use in the kitchen to make dinner a little more tasty.



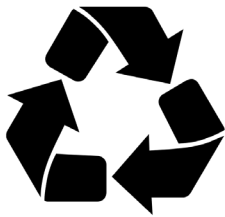
#64. CAMP OUT OVERNIGHT IN YOUR BACKYARD

Pitch a tent and camp under the stars. This is a great time to escape the digital world and reflect on some of the things in your life that you can be grateful for.



#65. GIVE UP SOMETHING

Everyone has bad habits. Use the isolation time to break a bad habit. It could be “I won’t get angry at my sister” or “I won’t watch pointless YouTube videos”.



#66. BECOME A MASTER RECYCLER

Use your new ‘at home’ routine to develop good recycling habits. Learn to compost food scraps and find ways to minimise plastic packaging. Keep track of how full your garbage bin is each week and challenge yourself to keep it as empty as possible.



#67. RESEARCH THE REASONS FOR ISOLATION

Some people will say that being isolated is boring and stupid. It’s important that, as a leader, you properly understand the reasons why isolation is a positive and helpful step, so that you can role-model it to others and explain it to them when necessary.

CHAPTER SIX

LEADING YOUR TEAM

IDEAS THAT WILL HELP
YOUR LEADERSHIP TEAM



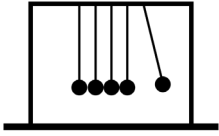
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#68. KEEP TEAM MOMENTUM

Instead of admitting defeat because of isolation, continually encourage your team that their role is important. Your team is perhaps more important than ever with students potentially feeling discouraged or anxious.



#69. FIND AN EASY WAY FOR YOUR TEAM TO COMMUNICATE

Don't let communication break down just because you won't get to see each other face-to-face. Choose a platform or software solution that allows for easy communication. You might even be able to communicate better than you do at school!



#70. TEAM VIDEO MEETINGS

Just because you don't get to meet in-person doesn't mean you can't meet together. Meet via a video platform for your usual team meetings. If you are implementing ideas from this book there will certainly be new things to talk about!



#71. BRAINSTORM NEW PROJECTS

Old plans might not work now that everyone is isolated. Invite everyone in your team to contribute new ideas that will fit with your current circumstances.



#72. HAVE FUN WITH YOUR TEAM

Find ways to keep your team connected by having fun. You could share jokes and riddles, connect via video-call and have a weekly trivia game, or play other games together.



#73. FRIENDLY CHALLENGES

To keep team morale high, have friendly challenges that all team members try to conquer. It could vary from making the largest sandwich to reading the most books. Your imagination is the guide!



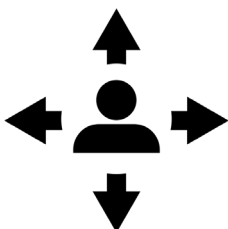
#74. SHARE ONLINE RESOURCES

If you see a helpful video tutorial or article, or come across good apps to use, share them with other people in your leadership team so that you are helping them to improve also.



#75. COMMUNICATE APPRECIATION

If people in your team are doing tasks to help the team, it is likely that many people will never see it. If you point out how appreciative you are of their efforts during isolation, it will make a big difference.



#76. ROTATE ROLES

During isolation things can feel very much the same. From time to time, swap roles in your team so that people can experience some variety. It may provide a new appreciation for each other too.



#77. REFLECT

Take time to think about the kind of leader you normally are when people are around you. Think about ways that you can lead people better. Write down some ways that you would like to change or improve as a leader.

CHAPTER SEVEN

PREPARING FOR ‘THE OTHER SIDE’

EXIT ISOLATION WITH
MOMENTUM



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#78. SET GOALS

Your goals could be in response to isolation, such as ‘help your school to put on a school play because the big one that was supposed to happen was cancelled’. Or maybe the video-meetings with your leadership team has reinforced that ‘our team will meet together every week.’



#79. WHEN I’M BACK AT SCHOOL

Create an email chain with one thing you want to implement or do for others when you’re back at school. Encourage others to think about what they will begin to do once back at school and add to the chain too. Ideas could include joining a school sports club, starting a ‘group’ for people who are lonely, or nominating for a leadership position.



#80. PLAN A ‘WELCOME BACK’ EVENT

Start to think about an event you could run when you get back to school to help everyone reconnect. Many students will be excited to be back while others might need encouragement. Think about an event that both perspectives will appreciate.



#81. WRITE A ‘WHAT WE LEARNT’ SPEECH

Make a list of all the positive things that have been learnt from your time of isolation and turn the list into a positive and encouraging speech to read at a school assembly. Try to include some deep thoughts to encourage others as well as some funny stories about how you avoided ‘boredom’.



#82. HEALTH AND SAFETY ACTION PLAN

The period of isolation has taught everyone lots about health and hygiene. Make a list of the things that you think can be done to make your school an even healthier place and then write a plan for how you will put these into practice.



#83. CREATE YOUR FREEDOM BUCKET-LIST

Create a list of things you will do as soon as you are free again. Think of things that will benefit others. Maybe it will be 'invite 10 friends around for a feast' or 'go and volunteer at a charity'.



#84. MAKE A THANK YOU LIST

Make a list of all the people who have gone out of their way to help you during your isolation. This could include people from home, as well as people from school. Think about a simple way that you can say a big 'thank you' to them once the time of isolation is over. It could be writing a card, baking a treat, or simply saying a genuine thank you.

CHAPTER EIGHT

LEADING YOUR FAMILY

LOOKING OUT FOR THOSE YOU
ISOLATE WITH



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#85. HELP SIBLINGS WITH SCHOOL

Your younger (or older!) siblings may find school tricky without the direct support of their teachers and peers. Offer some tutoring and study-help to help them get through the strange times.



#86. COACHING YOUR YOUNGER SIBLINGS

With weekend sport and school sport cancelled, your younger siblings may get restless. Consider taking on a coaching role by setting them training activities and organising skills lessons whilst in isolation together.



#87. HELP AROUND THE HOUSE

Set a goal to do at least one extra thing every day that will benefit the family. While everyone is there full time there may be some extra cleaning and washing that needs to happen!



#88. BE THE BOARDGAME BOSS

Be the 'friendly' boardgame boss of your family. Take responsibility for selecting a game, setting it up, reading the rules and then packing it up afterwards. Do this each week so that it keeps happening.



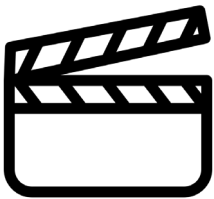
#89. COOK DINNER AS A FAMILY

Pick a night to cook a yummy dinner with everybody that you live with. Make sure every person is responsible for some part of the meal – this could be the opportunity for multiple courses!



#90. COOK FOR YOUR FAMILY

Cooking a meal for your family is a great way to show that you care about them. Try and do the whole thing yourself. This will also develop your cooking skills for the future.



#91. DIRECT A SHORT FILM

Everyone loves to be a movie star. Create your own story and cast your family members as the different characters. You can be the director, camera operator and editor. The question is, will you share it with anyone else to watch afterwards?



#92. PLAN YOUR NEXT HOLIDAY

Organise a time for the family to sit down and decide on your next holiday destination. Planning your next adventure away from home will help pass the extra time at home, and create excitement for the future.



#93. COMPLETE A PROJECT

Being home during isolation is the perfect time to finish a project that has been incomplete for a long time. It could be painting a room, tidying the garage, or fixing the clothesline.

CHAPTER NINE

USING SOCIAL MEDIA

MAKING THE MOST OF IT IF
YOU'RE OLD ENOUGH



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#94. POST POSITIVELY

Resist the urge to share your frustrations like many people do during a challenging time. Think about what you can post that will help others to feel more positive about isolation.



#95. ONLY MAKE ENCOURAGING COMMENTS

Even though you may see things that frustrate you, don't get sucked in to being part of negative conversations. Like mum always said, 'if you can't say anything nice don't say anything at all'.



#96. SHARE SUCCESS STORIES

If you see something inspirational, especially relating to isolation, share it for others to be inspired. You could even spend your time on social media looking for these kinds of stories!



#97. MEME MONDAY

Share a funny meme every Monday that might brighten someone's day or make them laugh. Invite others to post their favourite meme too, so that everyone is encouraged to focus on fun.



#98. THANKFUL THURSDAY

Share a positive news story or an article about a different industry or individual who is doing their best to help others. You can even use your post to thank them for it! Examples could be nurses, doctors or grocery store workers.



#99. CURATE A 'FAVOURITES' LIST

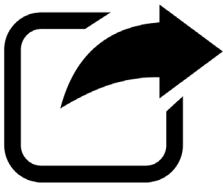
Whether it be podcasts, books, TV shows, movies or foods, create a list of your favourite things that you engage with during isolation. You may even get a message back from someone thanking you for the idea!

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#100. CREATE AN ONLINE TREND

Post about something random or fun you have enjoyed doing in isolation. Tag two friends and invite them to post something they've been doing too. Track how many people get involved and enjoy seeing social media become a little bit more positive and fun!



#101. SHARE YOUR ISOLATION TIPS

If you stumble across a good tip to help you with your isolation, share it with others to help them too. An example might be a yummy recipe with only 3 ingredients, or a good way of dividing computer time between you and your siblings.