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How To Host Online K-5 Rainbow Clubs

Getting Started

- **Pick a platform** - Zoom, Google Meets, Google Hangouts, Skype
- **Choose a meeting date and time** - Meet weekly or monthly, before or after school
- **Promote your meeting** - School newsletters or announcements, class meetings

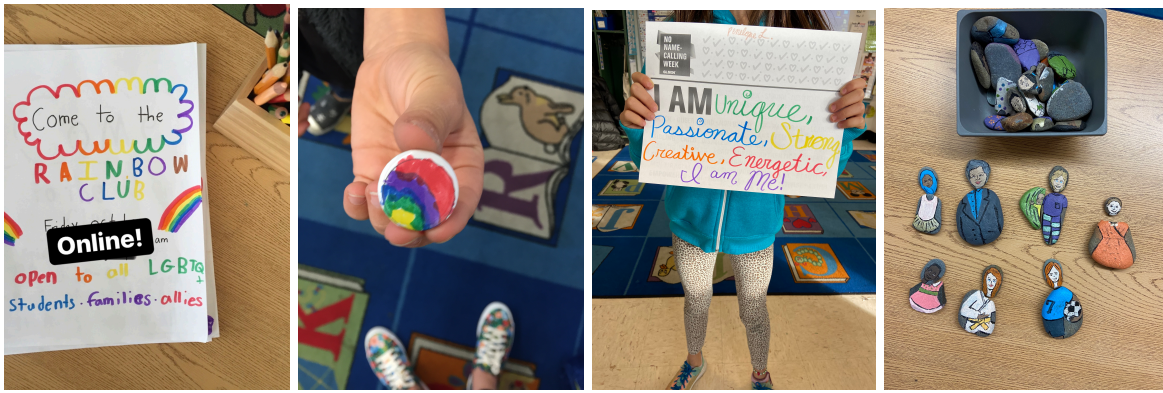
Setting Your Agenda

- **Introductions and check-in** - Begin with music, let participants chat openly
- **Optional wellness activity** - Consider using mindfulness or stretching
- **Read aloud** - Choose a theme for each session, read a related book
- **Activity or action** - In keeping with a theme, chose a related accessible activity
- **Closing** - Allow participants to share reflections, end with chatting or music

Running A Good Meeting

- **Come up with community guidelines** - Co-create expectations and review them
- **Keep the energy up** - Use dancing, videos, stretches or games to keep it exciting
- **Find ways to engage** - Use interactive features like breakout rooms, chat or polls

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Themes for Each Meeting

We suggest using themes to help you plan content for online Rainbow Clubs. [GLSEN's year long calendar](#) is a helpful tool for following holidays and special weeks. Our [curriculum guide](#) is divided into bi-monthly themes which may also be helpful for long term planning (Identity work and pronoun exploration, thinking critically and unpacking stereotypes, beyond the binary, unlearning the “universal he”, using LGBTQ+ language, LGBTQ+ history and activism.) Our [inclusive book list](#) will provide ideas for read alouds. It is also important to regularly ask students what they would like to do and learn about!

Activity Ideas + Activism

There are many games that can be played virtually, such as sing alongs, bedtime stories, movie nights, scavenger hunts, special shares, I spy, guessing games, Headbandz, name that tune, jokes, freeze dance, bingo, charades, pictionary, coseeki, “change one thing”, “what’s that sound?”, finger plays and songs, color hunts, [Go Noodle](#), [Cosmic Kids Yoga](#), [Pop & Olly videos](#), [Queer Kid Stuff videos](#), [Art For Kids Hub](#).

You can have students sign online petitions, draft emails to leaders, or even share ideas on social media. Rainbow Club members can have a column in the school newsletter, a section of announcements, or a blast that goes out to all families. You can also work on projects that involve minimal supplies like sign or poster making.



Gender Inclusive Classrooms

www.genderinclassrooms.com @genderinclusiveclassrooms, Art by Meg @megemikoart