

# ADAPTING **prime** for life<sup>®</sup>

The intimate group experience of Prime For Life<sup>®</sup> is part of what makes it so impactful. In light of CDC recommendations regarding COVID-19, below are a few tips to reduce risk in PFL groups. We offer these out of an abundance of caution and concern for your health, and that of your PFL group members.

## Planning & Setup

- Keep the group small.** The White House has recommended 10 people or less for meetings.
- Spread out seating.** Practice social distancing as much as possible. WHO recommends 3 feet apart; CDC recommends 6 feet of spacing.
- Open doors and windows** whenever possible, especially during breaks.
- Clean restrooms.** Keep them well stocked with soap and paper towels.

## Have Available

- Provide the following, or request that participants bring their own:
  - Hand Sanitizer**
  - Tissues**
- Welcome packs.** Limit group-use kinesthetic learning tools like play dough, wikistix, etc. Consider individual use items instead.

## Wipe Down

- Door knobs & handles**
- Tables & desks**
- Remotes & clickers**
- Markers**

## Policy Considerations

- Workbooks.** Have participants wipe down workbooks before collecting them, or consider allowing participants to take them home and bring them back to the next group session.

## Change It Up

- Handshakes.** Try out toe taps, an elbow bump, jazz hands, or just a friendly wave instead!
- Scene 4.** Describe the "Balloon Activity" for now.
- Scene 67.** Use the "Adoption Research" video instead of the "Two Bears & A Beer" demonstration.
- Scene 156.** Describe the "Overcoming Impairment" activity instead of passing the "message" around a circle.
- Treasures Lost.** Do not pass around the green processing cards. Instead, lay the cards out on the table and ask each person to pick one up and hold it until it is their turn. You could also read the cards to each participant rather than passing them around the circle. Keep in mind you can find replacement cards on the Dashboard.
- Protecting Unit.** Activities work optimally when in pairs or small groups. Remind participants to space themselves well during these times. Some of the activities require using markers to write on post-it notes or flip charts. Ask participants to wipe markers before and after use, or give each person a marker to exclusively use during the group.

### Please know that we are here for you!

Even under normal circumstances, the PRI team is largely remote. So while we are making adjustments to our trainings, our day-to-day operations are remaining the same, allowing us to provide the same high level of client services and responsiveness we always strive toward. If you are an instructor continuing to host programs and sessions, we can continue to provide materials and support.

Stay connected: [www.primeforlife.org](http://www.primeforlife.org)



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Prevention Research Institute (PRI)