

## ***Virtual Programming Ideas***



### **Functionality**

#### Weekly Chapter Meetings

- The president can gather minutes from the executive board and comply them into one video. When chapter regularly takes place, the president can create a Live FB Viewing Party and have all sisters watching at the same time. It allows for comments to be made on the video and sisters can also distribute hearts (likes) to show support.
- Video calls seem to be what's best for communication at this point and time. A programming chair or sisterhood chair can create weekly meetings for sisters to connect and share good news/welfare.

#### Quarantine Co(vid)

- Chairs that send out newsletters full of different activities, challenges, free online resources and games, and recommendations

#### Mailchimp weekly emails

- This can include executive board position minutes/updates, quick links to at home workouts, chapter spotify playlist. Birthday shoutouts.

#### Chapter Involvement

- EX: Split the chapter up into groups for each letter of DAMGIRL. The DAMGIRL group that wins gets a free ticket to semi in the Fall. Sisters could earn rose petals as a chapter-wide competition to stay involved.
  - Raise \$10 for our Northeastern Greek Life COVID-19 Fundraising Challenger (philanthropy)
  - Earn a bowl of rice on FreeRice.com (community service/philanthropy)
  - Virtual Hangout with 10+ members of DAMGIRL group (sisterhood)
  - Participate in an online workout with 5+ members of DAMGIRL group (health & wellness)
  - Reporting A's for papers/projects/tests (scholarship)

*\*Keep sisters involved and engaged!*

### **Sisterhood**

#### Movie Night

- Netflix Party is a fun google chrome extension that allows a group of people to watch a movie simultaneously with a chat room.
- Event can be the entire chapter or by Pledge Class
- Create a poll to pick the best time to accommodate for time zones

- Create a poll for what movie will be shown

TikTok Challenges

- Someone can be dedicated to assigning a challenge for the day and all sisters (if desired) can participate in recreating the video. This can be shared via FB walls, group chats, etc.
- Create TikTok's by PC and send them in group chat (Fridge Challenge) to keep everyone engaged

SigDelt Spotify Playlist ([Dance to the BΣΔT](#))

- Sisters can partake in creating a chapter specific playlist to enjoy during free time.

Game Nights!

- Some fun games that your chapter can participate in is [Skribbl](#), [Quidplash](#), [JigSaw Puzzles](#), Words with Friends tournament!

Book Club

- Sisters that enjoy reading can download books and conduct zoom call meetings with a designated leader

Study Sessions

- Girls can zoom tutor other students (sisters or high scholars) to help them out with their classes

30 Day Challenges!

- Make one for the upcoming months to keep sisters engaged and involved for the last month of college. You can even have some for the summer!

Examples:

**Chapter Bingo**

# Sigma Delta Tau

 <b>Sigma Delta Bingo</b>	WENT TO 30TH ANNIVERSARY BRUNCH	FALL PLEDGE CLASS	KICKBALL IS YOUR FAVORITE EVENT	MET YOUR BEST FRIENDS IN SDT
	A LEGACY	KICKBOXING WAS YOUR FAVORITE EVENT	KNEW WHAT A "PNM" WAS BEFORE JOINING A SORORITY	HELD A POSITION
	HAVE TWINS IN YOUR FAM	KNOW SOMEONE IN SDT AT ANOTHER SCHOOL	SPRING PLEDGE CLASS	WEARS LETTERS 8/7 DAYS OF THE WEEK

LOVES TO CRAFT	LIVED WITH SISTERS	A LEGACY	GOES ON SISTER DATES
AUCTION IS YOUR FAVORITE EVENT	MISSING YOUR SISTERS	HAS A BIG	WEARS LETTERS EVERY DAY OF THE WEEK
FALL PLEDGE CLASS	HAS A LITTLE	HELD A POSITION	MET YOUR BEST FRIENDS IN SDT
WENT TO FORMAL	KNEW WHAT A "PNM" WAS BEFORE JOINING A SORORITY	LOVES GREEK LIFE	SPRING PLEDGE CLASS

**Month of Challenges**



- Day 1: April 1st!** Happy National Waking Day! **Go for a walk today** (50 points)
- Day 2: Facemask Day!** Share a selfie in your PC Groupme wearing your facemask! (40 Points)
- Day 3:** Drink **at least 8 ounces of water** today! (8 full cups) (10 points)
- Day 4:** Join the **zoom workout class** with Hallie today! (50 points!)
- Day 5: Clean your room!** Extra points if you make a tik tok of the before and after! (50-75 points)
- Day 6: Bingo on @sdtgwu** instagram! fill out and repost to your story! (40 points)
- Day 7: Take a selfie** and post to your Instagram story for SDTuesday! Tag @sdtgwu and we will repost! (50 points)
- Day 8: Wear something blue for PCAA.** Take a picture and post on your Instagram story (30 points)
- Day 9:** Pick one **social media platform and don't use it** for the whole day (10 points)
- Day 10: Facetime a sister!** (20 points)
- Day 11: Listen to a podcast!** (suggestions: Call Her Daddy, Girls Gotta Eat, OffCampus) (20 points)
- Day 12: Spend the day with family and bake a treat for everyone!** Check the pinterest board for ideas! (30 points)
- Day 13:** Sig Delt Seniors! **Send a message to at least one senior!** (20 points)
- Day 14:** It's **SDTUESDAY!!! Post on your insta story and tag @sdtgwu** (50 points)
- Day 15: Clean out your closet** and set aside items for donation (30 points)
- Day 16: Netflix Party!** Vote for which movie you want to watch on @sdtgwu's Instagram story (20 points)
- Day 17: Take a buzzfeed quiz** and send your results in your PC groupme (10 points)
- Day 18:** Grab your art supplies and your favorite drink for **Paint and Sip!** (40 points)
- Day 19: Make your own brunch** and share a pic! (20 points)
- Day 20: PetSDT!** **Share your pet on your Instagram story** and tag @sdtgwu (10 points)
- Day 21: SDTuesday again!** **Post a picture with a sister you miss on Instagram** (60 points)
- Day 22: Make a new playlist** and share it in your PC groupme! (30 points)
- Day 23:** World Book Day means **start a new book!** Respond on the Instagram story with what book you're reading! (10 points)
- Day 24: Facetime your fam!** (20 points)
- Day 25: Do an act of kindness today!** (donate to an organization, help cook dinner for your family, call a grandparent, reach out to someone you haven't spoken to in a while (40 points)
- Day 26: Compliment someone and try to avoid complaining today** (50 points)
- Day 27: Share a quote that motivates you for Motivational Monday** on your Instagram story and tag @sdtgwu (20 points)
- Day 28:** Another SDTuesday! **Share a picture from your favorite SDT event on your Instagram story** (20 points)
- Day 29: International Dance Day!** Make your favorite Tik Tok dance and send it to your PC groupme! (50 points)
- Day 30:** Last day! **Color in one of the coloring pages!** (25 points)

## Senior Programming

### Written Recognition

- Send out a google form to chapter members and have them write their favorite thing/memory/photo about each senior; they can write their favorite quality of the senior or something small. After the chapter has submitted a response for each senior, send the senior her responses in a creative format like a powerpoint or prezi.
- Senior Posters
  - The Senior Chair can make a powerpoint for sisters to enable editing access and write things about each senior (similar to senior posters). Powerpoints can then be streamed via a zoom presentation
  - Create a virtual scrapbook/powerpoint. Their little can be in charge of making the senior's page/ where the littles can make each senior's initial page. Sisters can then add comments on the slide so the seniors for show their love and support

### Virtual Senior Ceremony/ Banquet

- Conduct a Zoom so seniors can give their speeches and receive their superlatives.
  - Awards can be made on paper plates and read
  - Some chapters decorate sashes so sisters can volunteer to create them. The chapter can potentially cover the cost of mailing it to the seniors so that they can still receive the sash.

### Social Media:

- #SigdeltSeniorSunday - PR creates a feed post about the senior sister and includes suggested information: major, little/big, positions held, quote about what SDT has provided them with. After the post, sisters from the chapter are then encouraged to post IG stories of the senior and show love.
- Senior tag IG stories- our national account can create a story for sisters to tag seniors who: they will miss the most, make them laugh, inspire them, have had the biggest impact, etc. This can make the seniors feel appreciated.

Most programming is being pushed off to provide seniors with a proper goodbye :-)

- Summer Senior Programming
  - Fun senior events (ex: senior photos)
  - Summer Senior Week- all the activities are shifted to that week and just making it like a senior retreat

## **Community Service**

### Community Service

- [Freerice.com](https://www.freerice.com)- Play games/ answer trivia to earn “rice.” Those bowls of “rice” are then translated into cash donors give to the World Food Programme.
  - Challenge pledge classes or grade levels or groups sisters to see who can earn the most “rice.”
- *Masks4Medicine* supports those in the medical field during the course of COVID-19. Volunteers are tasked to create fabric masks due to the shortage of hospital supplies and reuse of masks. They can be decorated and there are instructions on how to make them via their website. Linked is their home page and instagram below for more information:
  - <https://www.instagram.com/masks4medicine/?igshid=69d4u7vvn0uq>
  - <https://linktr.ee/masks4medicine>

### Campus-Wide Greek Life COVID-19 Relief Fundraiser

- Invite all IFC, Panhel, NPHC, and MGC organizations on campus to join in a social media fundraising challenge for Project Sunshine (organization that provides aid to pediatric cancer patients affected by the isolation due to COVID-19).
- Every organization that participates donates \$25 to the prize money “pile” and then the organization that raises the most during the challenge will get the total prize pile (~\$500)
  - Each organization also has their own page to share and use social media to raise money.
- Create a Facebook page to keep track of every organization in a centralized place and release the rankings every night.

## Raising Money & Awareness

- Raising money for a philanthropy of choice. Create a page to raise money for PCAA/JWI via a FB fundraiser. Whoever raises the most can be given a virtual gift card.
- FB Group
  - Have your Vice President of Philanthropy create a FB group to raise money for local hospitals/COVID-19 relief funds! Those who join the group can enter raffles to win various prizes while supporting a cause!
    - Ask participants what hospitals they would like to donate the money to
    - Show PROOF on your page that you are donating all raised revenue to hospitals/funds at the end of each day.
  - Create polls to see what items participants want to win  
Examples:
    - 🎧 APPLE AIRPODS 🎧 (\$7 slot/ 35 slots)
    - 💵 \$100 AMAZON GIFT CARD 💵 (\$5 slot/ 35 slots)
  - Directions for participants:
    - Comment how many spots you would like under this post.
    - Once we like your comment VENMO @ (venmo name here) with the (specific) emoji!
    - Will go live and spin once all slots are filled
  - The items will be purchased with the money paid from the participants and the remained donated to relief funds
  - Ex: [Lucky Little Treasures](#)

A list of online community service opportunities:

<https://liftingbridges.weebly.com/virtual-volunteering.html>

## Health & Wellness

- Virtual (FB Live, Insta Live, Zoom) workout & yoga classes
  - Have a sister lead simple at home workouts/classes for the sorority
  - Designate a sister to share their screen with a youtube workout for sisters to complete together
- Having a peloton challenge (free 90 days of class!)
  - Use some of the chapter's funds to buy gift cards for girls who complete the spring challenge (A class every day for 30 days. Peloton already has it set up so your whole chapter can join)
- Create a google doc for sisters to put their favorite spotify playlists, healthy recipes, and at home workouts they have been loving!
- Create a 30 day health and wellness challenge/ bingo board (mental health, physical health)

Example: **Bingo Board**



## Social Activities

- Virtual social events
  - Conduct a zoom call and play music and just hang out with just your sisters or with another organization.
- Virtual formal!
  - Dress up for a zoom call and/or send in pics for PR
- S(dt)unday Brunch
  - Instagram challenge where girls post pictures of homemade brunches and Zoom call with other girls in the chapter
- Reunion
  - Create a task force/ chairman to begin planning a reunion for when we are able to all be together again!
    - Potentially consider inviting alumnae

## SDT Virtual Weekly Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Senior Sunday</b>	<b>Movie Monday</b>	<b>Tik Tok Tuesday</b>	<b>Wellness Wednesday</b>	<b>Throwback Thursday</b>	<b>Philanthropy Friday</b>	<b>Scholarship Saturday</b>
<p>Show some love to our senior sisters with a social media post.</p> <p>You can repost the created feed post about the senior sister and/or you can add photos onto your IG story to show the designated sister their impact on you and our chapter.</p>	<p>Grab a fun snack and your laptop. Open Google Chrome and download the Netflix Party <a href="#">extension</a> that allows a group of people to watch a movie simultaneously with a chat room.</p> <p><i>Join sisters @8pm for a fun movie night led by our Sisterhood Chair!</i></p>	<p>Check the Facebook wall for the Tik Tok of the week. Recreate the Tik Tok with your own style and interpretation.</p> <p>Share your creation with our Executive Vice President. They will be shared in our weekly Sig Delt Subscription and posted on our SDT TikTok account!</p>	<p>Complete one of the weekly workouts that are sent in our weekly Sig Delt Subscription.</p> <p><i>You can also join us on Google Hangouts @3pm for a group workout led by our Risk Management.</i></p> <p>Keep up with your physical health and mental wellness!</p>	<p><i>#TBT</i> Share your college <i>Throwback Thursdays!</i></p> <p>Reminiscence on your college experience with funny, loving, emotional, and memorable moments that you've had in Sigma Delta Tau or with your Sig Delt sisters.</p>	<p>PCAA &amp; JWI</p> <p>Raising awareness about the current rise in domestic violence and child abuse during the quarantine is important for not only our organization's commitment to change but those affected.</p>	<p>Take some time to catch up on studying and schoolwork. Reach out to your study buddy for support. Get in some study hours!</p> <p>You can host a study party on Google Hangouts with your pals or sister friends in your major!</p>
<p><u>Challenge</u> Post the senior on your Instagram story. Tag the sister &amp; @sdtramapo to show some love!</p>	<p><u>Challenge</u> Vote on the Facebook wall what movie you want to watch tonight!</p>	<p><u>Challenge</u> Create a tik tok that sisters can try to replicate with the newest social trends or sorority renditions. You have the opportunity to make the Tik Tok challenge of the week!</p>	<p><u>Challenge</u> Send a snap to our Risk Management of you doing a workout for points!</p>	<p><u>Challenge</u> Send a video of you and/or your sisters to our Historian to be compiled into an end of the year SDT tribute!</p>	<p><u>Challenge</u> Share a statistic for either philanthropies today to your insta stories or to SDT groupme! Don't forget to tag @sdtramapo and use #PhilanthropyFriday</p>	<p><u>Challenge</u> Donate to the virtual archive found in our weekly Sig Delt Subscription for points!</p>