



# WINTERFEST

## Campus Toolkit 2021

Inspiring Physical and Social Emotional Health  
and Well-Being for Maine's College Students  
through Fun and Engaging Winter Activities



For more information:  
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[www.mainecompact.org/programs/winterfest](http://www.mainecompact.org/programs/winterfest)



Campus Compact  
Maine



KVCC  
KENNEBEC VALLEY  
COMMUNITY COLLEGE

# What is Winterfest?



Winterfest is a three-week winter festival filled with inter-campus activities that is being hosted by Maine Campus Compact and Kennebec Valley Community College. The purpose of Winterfest is to engage Maine college students in socially distanced, winter themed activities and to promote social emotional wellness on campuses. Our hope is that Winterfest will create a space for cross-campus engagement and partnership. Activities will include: Battle of the Bands, virtual art exhibits, a TikTok dance contest, a photography contest and much more. Our hope is that this kit will be useful to higher education faculty, staff and administrators as they plan campus activities in response to COVID-19 and to student organizations, and students as they think about fun socially distant activities during this time.



# Why Winterfest?



We believe that Winterfest, and events like it, are more important than ever before. Winterfest is designed to directly address the isolation and negative social emotional health issues that Maine higher education students might be experiencing due to COVID-19 restrictions. The intent of Winterfest is to create a sense of community and a campus environment through socially distant inter-campus activities that are fun, engaging, and inspire hope during an otherwise bleak time.

## COVID-19

The COVID-19 pandemic holds major implications for the way higher education students live and work, affecting their physical and mental well-being in profound ways. Due to COVID-19 restrictions, around 58% of students have raised concerns about their future professional careers and issues surrounding their current studies, and reported high levels of boredom, anxiety, frustration and depression related to the pandemic. Additionally, 85% of students claim their mental well-being has been negatively impacted by the pandemic's social and economic consequences, as well as the continued uncertainty about their college education and post-college careers.

## Social Emotional Health

Social emotional health is vital to student success and well-being. Connected to this, studies show that social emotional learning (SEL) is often overlooked by higher education despite SEL being an important tool for college-aged students. SEL strategies help develop skills linked to cognitive development, encourage student focus and motivation, and increase student confidence and success. More attention should be paid to students' social emotional health in higher education to enhance students' engagement in the classroom, improve social awareness, and academic achievement. SEL also helps to build resilience and provides students with skills for coping with adversity. This is especially important given the current COVID-related challenges.

# Get Ready to Have Fun!

Despite COVID-19, we believe that Winterfest has the potential to unify students and campuses alike. Even through socially distanced activities, it is possible to reduce isolation and create a sense of community we all crave right now. Throughout Winterfest, we are going to do our very best to help you out of your comfort zone and encourage you to try new things and meet new people.

Although social emotional health is more important now than ever due to COVID-19, we know that emotional and physical health is something campuses should always be focused on. Our hope is that campuses and individuals will find this toolkit helpful in encouraging fun, positive and healthy activities to help students get through the long winter. The reality is that we are all in this together... and the good news is that Maine students are doing great at social distancing and keeping our communities healthy. Get ready to have fun - Winterfest is going to be a blast!



# 2021 Winterfest Calendar

**Check out our virtual Calendar [here](#) for new and upcoming Winterfest events!**

There will be 2 different kinds of Winterfest activities listed on our calendar below:

- A. Virtual events hosted by MCC or one campus but available to all Maine campuses.**
- B. Competitive inter-campus activities**



## MARCH 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15 Battle of the Bands: Video Submission Due	16	17	18	19	20
21	22 Photo Contest: Submissions: Due	23 TikTok Contest: Submissions Due	24 Snow Sculpting: Submissions Due	25 Contest Winners Announced	26 Battle of the Bands: Final Competition	27
28	29	30	31			

**Note: Some campuses may choose to host activities on their campus. Be sure to check your campus student life calendar.**

# 2021 Winterfest Competitions



## Battle of the Bands

Many of us know the value that music has had on our lives through these historic times. It is time to celebrate the muse in all of us with a battle of musical expression. As part of the state-wide Winterfest by Maine Campus Compact, Kennebec Valley Community College will be hosting a virtual "Battle of the Bands" during the month of March 2021!

For more information about this event please visit our online calendar [HERE](#)  
Please contact Dr. Mark Kavanaugh at [mkavanaugh@kvcc.me.edu](mailto:mkavanaugh@kvcc.me.edu) with any questions

## Photography Contest & Virtual Gallery

Winter is the perfect time to get outside to enjoy the fresh air and the beauty all around you. A great way to capture the moment is through photography. Photos submitted should be nature-themed, including landscapes, trees, wildlife, or recreation. Images can incorporate family, friends, pets or outdoor fun! All photos must be original work, taken by the entrants.

For more information about this event please visit our online calendar [HERE](#)  
Please contact Sally Slovenski at [sally@mainecompact.org](mailto:sally@mainecompact.org) with any questions

## Snow Sculpting Contest

Looking for a new and fun way to make the most of a snow day? As a college student in Maine, you already have the perfect ingredient: snow! We are challenging you to create a snow sculpture of your choice. It can be anything from a snow person, to a snow animal, or a snow fort. If there is not much snow in your area, you can be creative as even a one foot snow sculpture qualifies! The goal is to try something new and to have fun!

For more information about this event please visit our online calendar [HERE](#)  
Please contact Sally Slovenski at [sally@mainecompact.org](mailto:sally@mainecompact.org) with any questions

## TikTok Dance Challenge

Calling all students, faculty and staff. TikTok is a great way to have fun, keep us connected and show off your campus spirit by creating a fun campus-themed TikTok video. When making your TikTok, show your campus spirit by wearing campus gear (t-shirts, sweatshirts, hats) or showcasing handmade banners, etc. The more creative the better!

For more information about this event please visit our online calendar [HERE](#)  
Please contact Sally Slovenski at [sally@mainecompact.org](mailto:sally@mainecompact.org) with any questions

# Intra-Campus Activity Ideas:



We found that 3 weeks just wasn't enough time to host all the great activities we had in mind, so we want to share some of our favorite ideas with you so that you might be inspired to host your own "mini" Winterfest.

## ***Snowshoe Race***

This is a timed sprint race on snowshoes across an open, flat field. It is suggested that you measure out a 100 yard track. Timing could be at the finish line where someone yells go and the person stops the clock when they cross the line.

COVID 19 - Race can be done with largely spaced out contestants or single contestants being timed. Individuals can also submit their own times (honor system).

## ***Ice Sculptures***

Individuals or groups work on creating a snow/ice sculpture based on the theme of the whole event.

COVID 19 - Groups can still work on the sculptures using social distancing. Individuals can also create their own work. Submission of pictures to be judged.

## ***Photography Contest***

This can be done independent of or in line with the theme of the event.

Individuals submit digital versions of their work (limit per person) and they are judged.

COVID 19 - Individual campus sets up a qualified group of judges. All the photos are posted to the web in some way and the winners are highlighted.

## ***Poetry Reading***

As with photography, this may be independent of or in line with the theme of the event. Individuals submit their poems in written format and include a video of themselves reading the poem. So, this is performance art as well.

COVID 19 - Individual campus sets up a qualified group of judges. All the submissions are posted to the web in some way and the winners are highlighted.

# Intra-Campus Activity Ideas: Continued

## ***Art Exhibit***

This may or may not be a judged competition as much as an exhibit of any art form a person wants to submit that is in line with the theme (or not).

COVID 19 - Individual campus set up process to submit and display (virtually) all the art.

## ***Original Song Composition***

Individuals or groups record (audio or video) of original compositions aligned with the theme of the event.

COVID 19 - Individual campus set up a qualified group of judges. All the submissions are posted to the web in some way and the winners are highlighted.

## ***Sustainable Sled Contest***

See if you can design a sled out of recycled materials. You could find an old cardboard box and decorate it with old wrapping or scrap paper and see if you can make it down the hill on a snowy day!

COVID 19 - Individual campus set up a qualified group of judges. All the submissions are posted to the internet and the winners are highlighted.

## ***TikTok Dance/Comedy Competition***

Students record TikToks in theme with the event. Students then submit their TikTok using TikTok's hashtag system. A panel of selected judges will then look over and score the submitted content.

COVID 19- Submission of videos to be judged virtually.



# Activity Ideas for Individuals:

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As much as we hope campuses will initiate intra-campus activities, we know that social distancing has a lot of students (and faculty) stuck inside and feeling isolated. We urge you to check out and promote some of these individual activities below. Most of these activities can take place right in a dorm room or outside in nature!

*Try out Stargazing*

*Take a Hike in the Snow*

*Start a Virtual Book Club*

*Build a Gingerbread House*

*Take an Online Cooking Class*





# Resources

## Social Emotional Health:

- [CASEL's New Definitions of SEL \(2020\)](#)
- [Education Week Blog: Learning is Social & Emotional](#)
- [Social Emotional Learning Alliance for the United States](#)
- [Action for Happiness](#)
- [Mental Health Resources to Help College Students During COVID](#)



## Creating Supportive and Equitable Environments:

- [3 Restorative Practices to Implement in 2021](#)
- [SEL: Creating Safe & Supportive Learning Environments](#)
- [Guiding Questions for Educators: Promote Equity Using SEL](#)
- [Equity & Social and Emotional Learning: A Cultural Analysis](#)
- [Creating Positive and Supportive Spaces for Adult Learning](#)



For a complete resource list please visit [insidesel.com](https://insidesel.com)

# Member Campuses



Bates College  
Bowdoin College  
Colby College  
Husson University  
Kennebec Valley  
Community College  
Maine College of Art  
Saint Joseph's College  
Southern Maine Community College  
Unity College  
University of Maine  
University of Maine at Augusta  
University of Maine at Farmington  
University of Maine at Fort Kent  
University of Maine at Machias  
University of Maine at Presque Isle  
University of New England  
University of Southern Maine



**Campus Compact**  
Maine



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