

# Two–Minute Tips

## COVID-19 Edition: Group Size and Stable Groups

With the new guidelines, group size and group stability are regulated to limit the contact that children, families, and staff have with others. A stable group is one in which the same group of children and staff are assigned together and do not switch between groups. Stable groups allow for contact tracing in the event of a positive case.<sup>1</sup>

### Practice Tips

#### Stable Groups



All staff members and children outside of their stable groups must practice social distancing. To create pride and excitement about each stable group, you can try the following:

- Assign fun group names.
- Feature a group member each week (e.g., “Get to know me,” “Super Friend Award.”)
- Use identifiers such as necklaces, bracelets, name tags, and t-shirt or uniform colors to differentiate groups.
- Create a group chant or song.

Enforcing stable groups may feel isolating. Try some of the ideas below to safely socialize with other groups:

- Note/story exchange – Have one group write an entry and share with the other group. That group then can add to the story and hand it off to the next group.
- Creation sharing – Each group can create something (e.g., block structure, artwork, science experiment, etc.) and post a picture of it in the hallway for other groups to see.
- During outside time, stable groups can compete with other stable groups in dance-offs, obstacle course races, Simon Says games, etc., while following the social distancing guidelines.

#### Group Size

For guidance on appropriate group size, refer to the tables in the “Health and Safety Guidelines for Child Care and Early Education Operating During COVID-19”.

To accommodate more than one stable group during outdoor activity, there must be at least 75 square feet of space per child (this is equivalent to the size of a compact car<sup>2</sup>). Use barriers to separate stable groups.

Planning ahead to create staggered schedules for outside time can also be helpful.

### Tips in Action!

Watch [this video](#)\* for tips on creating a supportive learning environment. This could be useful as routines may need to change to accommodate the new guidelines.

\*Disclaimer: Linked media was filmed before COVID-19. Please follow the necessary guidelines to make these tips helpful and safe for your program.

### References

<sup>1</sup>Center for Disease Control and Prevention.(2020). [Interim guidance for case investigation and contact tracing in K-12 schools.](https://bit.ly/3dnT64N) (https://bit.ly/3dnT64N)

<sup>2</sup>Smart Motorist. (2020). [How long is a car?](https://bit.ly/3diQlfB) (https://bit.ly/3diQlfB)

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