A way to make video calls more sociable and less awkward!

We get nervous with video-calls, people talk over each other & it’s an odd place to be. It’s not quite like the Public Living Rooms* run by the people in the camerados movement, you can’t swing by any time or read body language when chatting. So some of us dreamt up a fun format called Spoon Room.

We hope it still has the camerados spirit: a place to be together, permission to be rubbish, no fixing, where we can look out for each other and get through tough times....just on-line instead.

You’ll need 3 roles:

HOST
- Sets up call
- Invites everyone
- Hosts the chat

WIZARD
- Help with the tech
- Understand how the Zoom works
- If anything goes wrong dive in and help, letting the host focus on the conversation

CAMERADOS

*Find out about Public Living Rooms and where Spoon Room came from on the last page
#SpoonRoom
FOR CAMERADOS

**GRAB a SPOON**
Personalise a wooden spoon or choose one according to your mood:
Teaspoon = Bit low today
Ladle = Doing great
Spaghetti Spoon = Just ridiculous!

**CLICK LINK**
in invitation email you've been sent by HOST

**GROUNDING TIME**
After HOST welcomes you it's time to gather yourself in silence, whatever works for you
Maybe find your “Roots & Wings”**

**REFLECT ON QUESTIONS**
In 1 extra minute of silence ponder on:
- What do I feel in my body right now?
- What made me smile or laugh?
- What's making me wake up in the night?
- What could I do for someone else today?
- What did I mess up today?

**TAKE IT IN TURNS**
Everyone has 3 Minutes to share while holding their spoon

**BE a CAMERADO**
Go round again, reflect on what's been said.
Try Camerados Principles*
“it’s ok to be rubbish”
“No fixing”
“Have fun!”
Etc.

Maybe wave spoon if desperate to speak.

**MAKE IT YOUR OWN**
Connection comes through fun, within this structure do your thing!

---

*See Camerados Principles on next page

---

Cameras with help from
ConsciousU

www.camerados.org
www.conscious-u.com
#SpoonRoom
FOR HOSTS

Ask people if they want to join in and arrange a time.

Sign up for FREE to Zoom and send email invite with link

Get on call 2 minutes earlier than start time.

Welcome everyone and follow steps starting from Box 3 on previous page

The HOST always shares first.

Remind people that holding the spoon shows it's their turn.

When FREE Zoom time is up (40 minutes) bring it to a close!

Maybe remind everyone of camerosas principles

It's OK to be rubbish

So important not to be strict and in charge, you are here for the group let them have ideas - work together.

It's no big deal if something goes wrong!

When FREE Zoom time is up (40 minutes) bring it to a close!

(Maybe a final piece of inspiration... a poem... a joke... a quote)

If it's going well and you all want to talk some more...

...take a break then click link and start again.

*How To Schedule And Join A Zoom Meeting
www.youtube.com/watch?v=sJq_OM5VcDY

www.camerados.org
www.conscious-u.com
CAMERADOS PRINCIPLES

IT’S OK TO FAIL

WE DON’T TRY TO FIX OTHER PEOPLE...
just be alongside
(and lots of tea)

WE’RE ALL A BIT RUBBISH SOMETIMES.
So share that with others.
Everyone will relax.

REMEmBER...

if we disagree...
level with each other respectfully

HAVE FUN

We mix with people who don’t look like us
CELEBRATE OUR DIFFERENCES

IF SOMEONE IS STRUGGLING
TRY ASKING THEM TO HELP YOU...
(it gives them purpose)

HAvE fun

CAMERADOS PRINCIPLES

IF SOMEONE IS STRUGGLING
TRY ASKING THEM TO HELP YOU...
(it gives them purpose)
#SpoonRoom

FOR PHONE USERS

You can dial in using the phone number that comes with the invitation.

Because you can’t be seen - no spoon! - it is even more important to stick to the format.

If you really want to speak just say “SPOON!” as a way to interrupt!!

WHERE DID THIS ALL COME FROM?

Camerados are people around the world who think the best way through tough times is to look out for each other. We use the principles in daily life and some of us create places called Public Living Rooms.

These are places where you can go and just ‘be’ - no agenda, no outcomes, no stress - just somewhere to be alongside each other. People in communities receive a toolkit called “Public Living Room in a box” from the small team which supports the movement - the Association of Camerados (AOC). Boxes have gone out all across the UK and the world.

Spoon Room is a way to capture the spirit of a Public Living Room in the more structured, time-bound environment of a videocall.

It was co-developed by AOC and our camerado Nadja in Berlin who founded the online coaching Company ConsciousU (CU*). CU* supports companies to reinvent themselves as conscious tribes. They generously supplied their online expertise and the format of the ‘Listening Circles’.

Why spoons?
Spoons are a bit of silliness to break the ice and also a way of holding the “talking stick” to say it’s your turn.

We were also inspired by people with Chronic illness. They use something called “Spoon theory”. It is a metaphor which helps them show others how their energy reduces during a day. You start each day with 5 spoons but some activities might take you down to two spoons for the rest of the day.

In Spoon Room we do this by choosing the size of spoons (we can’t carry 5 spoons onto a videocall!) to show how we feel today. We have to thank those with chronic illness for inspiring us with that one.

Camerados and ConsciousU invite you all to join our Big Spoon Rooms where we hear what you are doing and how you’re adapting this format to suit your community (check our social media for details). Stay in touch and grow this movement with us!

To find out more go to

www.camerados.org and www.conscious-u.com

Thanks for giving this a go. Go well and look out for each other.