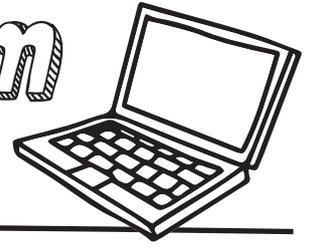




Create your own Spoon Room Zoom it's different



40 minutes- bring a spoon and if you have a paid account, jump in with more time, break out rooms etc...

4 - 6 people is perfect-



Live-be-share the principles



1. Don't fix each other, just be alongside
2. It's ok to be a bit rubbish sometimes
3. Mix with people - be with strangers
4. If you disagree - level with each other respectfully
5. Give people purpose- ask them for help
6. Have fun

but don't let it stop you if you are a free zoomer!

What is your spoon room speciality?

- Is it just about getting together?
No agenda, a warm welcome intro, some music or a note in the chat.
- Is it about gathering people together with a shared experience- mental health, SEN, loss, dads etc..
- Is it about gathering people together around an activity- knitting, books, art, dance, fancy dress etc..

Diving In - 5 minutes - 10 minutes

What can you do to focus attention- be present- come together- shut out the rest of your house and turn the little voices off- this time is special.

- Read something from a book, dance, stretch, silence, music- what works for you what is your offer? Is it possible that anyone who rocks up could host this bit?

Click your zoom link,

join the call, wave your spoon!
Maybe bring a spoon that shows how you are feeling

Teaspoon = Sad
Ladle = Amazing

Sharing - 15-20 minutes

2-3 minutes each to hear from everyone, uninterrupted. Share what's going on for you, 'you ave the floor when you ave the spoon'. Some groups use questions as prompts.

Follow this with an 'all-in' chat, wave your spoon when you want to speak.

Let it shine - 5 minutes

Share something back...that stood out from the time together- anyone can do this. Rename yourselves- with how feeling. Type in chat- what coming together did for you.

Celebrating the end - 5 minutes

- Discuss when is the next spoonroom you are hosting, invite people to sign
- Play some music • Wave spoons.

Afterwards.

- Live- be- share the principles... (see above)
- Go to the Camerados website to connect with more people/ join other spoon rooms.

SpoonRooms developed by Camerados with help from Conscious U

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