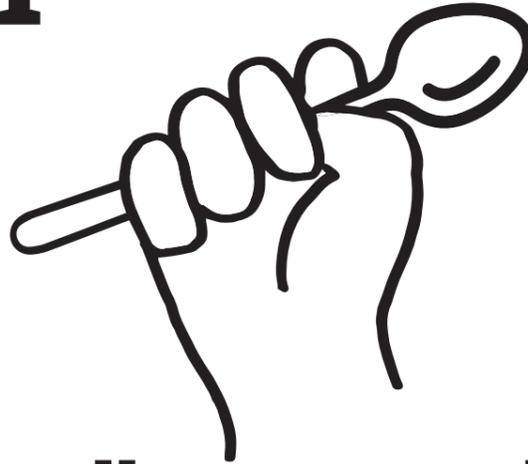


#SpoonRoom



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

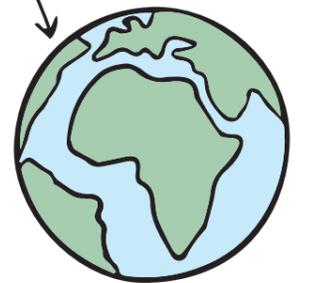
- Help with the tech
- Understand how the Zoom works
- If anything goes wrong dive in and help, letting the host focus on the conversation



CAMERADOS



EVERYONE ELSE!



#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

****TRY ALWAYS TO BE ON TIME****

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

****Roots & Wings is a grounding exercise
 see youtube films on camerados website****

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 IN THE NIGHT?
 WHAT DID I MESS UP TODAY?
 WHAT COULD I DO FOR SOMEONE ELSE TODAY?

TAKE IT IN TURNS
 Everyone has
 3 Minutes to share
 WHILE HOLDING THEIR SPOON

Keep spoon visible during your turn.

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!

#SpoonRoom

FOR HOSTS



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



FREE ZOOM CALLS
ONLY LAST 40 MINS
SO STRESS PUNCTUALITY!!!

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 you move people on after they have shared for 3 minutes do so gently!



Maybe remind everyone of camerados principles



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



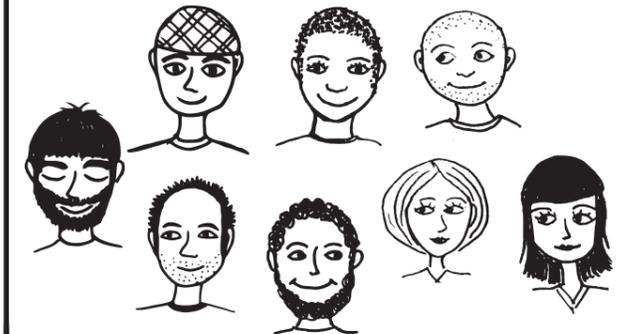
IT'S NO BIG DEAL IF SOMETHING GOES WRONG!

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

CAMERADOS PRINCIPLES

IT'S O K
TO FAIL

WE'RE ALL A BIT RUBBISH SOMETIMES.
SO SHARE THAT WITH OTHERS.
EVERYONE WILL RELAX.



WE DON'T TRY TO FIX OTHER PEOPLE...



just be alongside



(AND LOTS OF TEA)



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



REMEMBER...



HAVE FUN



if we disagree...



level with each other

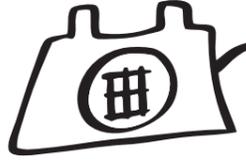
respectfully



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!

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

To find out more go to

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

CAMERADOS
with help from


ConsciousU

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