



## Staff Sharing Exercise

### Purpose

This exercise is designed to help us share what the impact of the CoVid19 pandemic has been on each of us personally. Each one of us has a story about what suddenly changed for us or was taken from us by this pandemic. While the severity and degree may be very different, we have all lived through some sudden, significant changes as a result. Sharing what we have been through will help us feel closer together as a staff, will help us support one another better while we are at camp, and will help sensitize us to the campers, each of whom has their own story about how the pandemic has impacted their or their families' lives.

### Directions

- 1) Get into groups of about 5 or 6 people. Make sure each group is mixed equally with staff new to camp, returning staff and former campers in their first year on staff.
- 2) Take a few moments to write your responses to each question below. Do this *quietly in the privacy of your own thoughts*. Please focus on your own experience & allow your friends to do the same.
- 3) Write out your answers to each question (use the back of this sheet if you need to) before sharing your responses with others in your own group. Have each person in the group share their responses to the first question before going on to the next question.

### Ground Rules

- Everyone speaks for themselves  Everyone shares as they are comfortable
  - You can pass when it is your turn  Everyone respects what others share.
- When one person is speaking, everyone listens. (No side conversations).

### Questions

- 1) As a result of the pandemic, what **sudden changes** happened in your life? (I.e., having to leave school, having online classes; ending/not having a sports season; having an internship cancelled). What **losses**, if any, have you experienced? (I.e., knowing someone who died from CoVid19; having a parent whose job is in jeopardy or who lost/might lose a business; knowing someone who had a serious bout with the disease and survived; losing contact with friends; not having graduation; any lost opportunity).
- 2) Have there been any **positive things** that have happened—so called “silver linings?” (Examples might be having more time with your family or people you are close to, slowing down, picking up a hobby or fun project).
- 3) Look at the grief chart. Write down **feelings** you've experienced since the beginning of the pandemic. (Examples might be anger, sadness, frustration, relief, gratitude, fear, agitation, impatience, anxiety, hope. If you can, tie your feelings to the specific experiences you mentioned in questions 1 and 2 above).