

# Autumn 2021

Foróige Volunteer led Clubs

## Covid-19 Reflection Workshop

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# COVID-19 Reflection Workshop

## Introduction

The past months have been unusual and challenging times. Some members may want time to talk about their experiences of the pandemic, others may not. It is more likely that members who were in the club before the pandemic, or who know each other well will find it easier to discuss it. Some members will want to put it behind them and look forward.

**Leaders should facilitate club members to first have a discussion on whether or not they want to do any of the discussions and activities below or not.**

The club may need to divide up for some sessions to allow those who want to discuss the pandemic to do so, while other members do other activities- or arrive later.

Many clubs will like to remember all we have loved, lost and learned during this time. There are various different methods of doing this for example clubs may like to engage in some of the following;

- Traditional Time capsule/ Memory box
- Digital Time Capsule/ Memory Box
- Collage
- Poem
- Rap
- Letter to Future Self
- Create a list of top 10 songs listened to during lockdown
- Tree Planting
- A Walk and talk evening
- Create a piece of Art

See workshop outline on next page.

**SESSION 1:** Discussing experiences of the pandemic and picking an activity to represent it.

**TIME:** 30 minutes

**MATERIALS:** Flip chart, post-its, pens/markers, photocopies of content suggestions listed below.

**PURPOSE:** To enable members to reflect and discuss their experience of the COVID-19 pandemic and identify a project of remembrance.

## OBJECTIVES:

At the end of this session, participants will:

1. Have an opportunity to reflect on their own experiences during the pandemic.
2. Empathise with the experiences of others in the club/group.
3. Identify ways of marking the experience with their club and/or wider community.

## METHOD:

*Note: leaders should consider first if any young people have had a bereavement due to COVID-19; if any are likely to find this discussion emotionally difficult and be able to respond appropriately and gently.*

1. Explain that it has been many months since your clubs met. Your members may or may not have met in other contexts. Leader introduces the COVID-19 Reflection Workshop and suggests that club members use these as an opportunity to reflect and mark their experiences.

2. Divide the members into smaller groups and ask them to reflect on the following questions:

- What did you find most difficult/ What did you miss?
- Was there anything good about the period of restriction? If so, what?
- What are the things you will take with you into the future?

3. Leader instructs each Group to nominate one member to give feedback to the wider group on the key points discussed. Leaders facilitate this feedback by reassuring members, asking for further input and clarification.

4. Leader introduces the following suggestions;

- Traditional Time capsule/ Memory box
- Digital Time Capsule/ Memory Box
- Collage
- Poem
- Rap
- Letter to Future Self
- Create a list of top 10 songs listened to during lockdown
- Tree Planting
- A Walk and talk evening
- Create a piece of Art

Allow members and leaders to add other suggestions.

5. Following a discussion members decide on what they would like to undertake. This can be done by a show of hand, priority voting, majority voting, using a continuum\*. Projects can be individual, small/ large groups or can include the wider community.

6. Members decide if they would like to collaborate with other community groups on their COVID-19 Reflection Project such as a local active retirement group, Tidy Towns or local media.

7. Club members identify the materials and equipment needed to complete their chosen activity which will be required for Session 2.

### **PROCESSING QUESTIONS:**

- How did you find the activity?
- Was it easy or difficult to select what you liked or disliked?

### **FACILITATOR'S NOTES**

- The leader facilitates the group discussion, ensuring everyone is included and encourages participation. Leaders need to be sensitive to individual's experience such as bereavement, different opinions on the pandemic, etc
- Through these discussions leaders listen, check everyone is included, encourage, participate as appropriate (but not dominate) in the discussion. Young people can opt into/out of the conversation and leaders need to be sensitive to everyone's individual experiences.
- Time will vary depending on each club. It may be done in one session or over a number of weeks.
- Projects can be individual, small/ large groups or can include the wider community.

*\*A continuum is an imaginary line from one side of the room to another. one side represents full agreement, the other complete disagreement. Members stand in the room at the point which represents how they feel about the idea - the middle of the room being not sure open to either.*

**SESSION 2:** This is about the club doing the activities picked in Session 1.

The club may have decided to work on one collective piece for the COVID-19 Reflection Workshop. Alternatively, members may opt to work on different tasks by dividing into sub-groups or work independently on something which interests them. All activities will spark interesting conversations among members. While members are engaging in the various activities, encourage them to talk about what they are doing and why they are including various things.

**TIME:** 30 - 40 minutes

**MATERIALS:** Materials for the activities previously decided on.

**PURPOSE:** To Enable members to create their chosen COVID-19 Reflection Project.

**OBJECTIVES:**

At the end of this session, members will:

1. Have had an opportunity to create their items of reflection either individually or collaboratively.
2. Have discussed any further steps in relation to their project such as creating a book of poetry, linking with other community groups, tree planting ceremony etc.

**METHOD:**

1. Divide members into their chosen groups depending on interest.
2. Allow plenty of time for members to explore their ideas and be creative.
3. Members work on their chosen projects.
4. Members discuss if they would like to display their work, record the rap and linking with local radio, where to bury the capsule etc.
5. Members explore various possibilities of how to involve the wider community.

**PROCESSING QUESTIONS:**

- How did you find the activity?
- Did anything surprise you about it?

**FACILITATOR'S NOTES**

- Some members may wish to work alone on their chosen topic.
- Leaders liaise between each group supporting members in their tasks.
- Time will vary depending on each club. It may be done in one session or over a number of weeks.