Pass It To You

This program is intended for group facilitation. We recommend you use a platform where everyone can be seen—Zoom is a great and free option. There may be others out there too, so use what you feel most confident in facilitating from.

They key below will help you understand the different text styles:

Content (this is what should be shared with the group. You can read it straight from here or put it into your own words)

Questions for participation (if the text is highlighted, then these are questions you should ask to your Sisters)

Notes for facilitator (if the text is in italics, then those are notes for you as the facilitator. This text should not be read aloud to participants)

Introduce yourself and welcome Sisters.

Today we are going to do an activity that will show us how connected we are to each other! It can be especially easy to forget about the importance of appreciating each other when we are not as physically close as we are used to. This activity will give us the chance to lift each other up and show how strong and unique our Sisterhood is even through challenging times.
Any questions?

ACTIVITY

Let me explain how this is going to work. One Sister is going to start by choosing another Sister on the call with us and explain something that they appreciate or value in her. After sharing, that Sister will then "pass it to" the Sister she just shared about. That Sister then gets to choose someone new to share about and we will then just repeat until we have all spoken and shared with someone else.

Does anyone have questions about how this works?

Alright, who would like to get us started?

DEBRIEF

Thank you all for participating.

Could anyone share how this activity made them feel?

With each "pass", I hope you saw how connected we are and the impact we've made on each other in a variety of ways. It can be easy right now to get to a place where we feel disconnected or underappreciated. I hope that through this activity, you have been able to feel how united we really can be (and are)!