

What Surrounds Us, Shapes Us: Exploring Safe, Stable & Nurturing Relationships & Environments

9-150 Players



No Assembly
Required

Game Time: Approximately 50 minutes—timing will vary depending on the amount of discussion participants engage in. Where more time is possible, participants will have the opportunity to engage in more robust processing of the ideas they've generated.

Fun for: Adults, adolescents, and with some minor modifications, even younger audiences can enjoy this game.

Game Pieces: Butcher paper or easel-sized post it notes, drawing materials (some combination of colored pencils, markers, and/or crayons), printed copies of the safe, stable and nurturing table signs.

Object:

Research shows that safe, stable and nurturing relationships and environments support optimal child development have the potential to reduce child abuse and other forms of violence, foster resilience among youth who have experienced trauma, and prevent substance abuse behaviors in adolescence.

The purpose of this activity is to invite community stakeholders to define and explore the constructs of safety, stability and nurturance as a starting point for developing their capacity to increase these protections in their organizations and communities. Additionally, the conversations generated through the activity can help to build relationships among participants to foster future collaborations to promote safe, stable and nurturing conditions in the community.

Because participants are encouraged to write, draw and discuss their thoughts about these constructs, the activity draws on multiple ways of knowing, and invites participants to explore their affective as well as professional experience of these protections.



Set Up:

Tables are required for this activity—round tables are ideal because they allow all participants to easily see and converse with one another. Cover the tables with butcher paper or easel-sized post it notes to create drawing/writing space.

The goal is for participants to reflect on their personal and professional experiences of the constructs of safety, stability and nurturance, then to discuss their thoughts with their table members. Groups of between 3-8 people at each table are ideal for these conversations.

For a small group (24 or less) you may just need three tables to allow participants to rotate through each construct.

For larger groups, you will need to increase the number of tables to six, nine, 12, 15, etc. in order to keep table discussion groups within the 3-8 person goal posts.

Print the corresponding number of the safe, stable and nurturing table tent signs. Be sure to print equal numbers of each sign so that participants have the opportunity to rotate through and discuss each of those constructs.

Let's play!

Step 1: Take a few minutes to introduce your audience to the constructs of safety, stability and nurturance within relationships and environments. Slides defining these protections with information from the Centers for Disease Control and Prevention's Essentials for Childhood documents are available on the flash drive. As a facilitator, we encourage you to visit the Essentials pages to learn more about these protections: <https://www.cdc.gov/violenceprevention/childmaltreatment/essentials.html>

Step 2: Instruct participants that they will be reflecting on what these conditions mean to them by drawing and/or writing on the paper in front of them about their thoughts, experiences, feelings and expectations of safety, stability and nurturance in relationships and in the broader community (examples of some of the tablecloth wisdom that we've collected can be found on the flashdrive). Because most of us have experience thinking about these protections within relationships/families, we really encourage participants to think about what they mean and how they look at the environmental level--in the community, and within organizations. They will then discuss those reflections with the folks at their table. We will spend ten minutes dwelling with each protection—safety, stability and nurturance. Let the reflection and discussion begin!

Step 3: At the ten minute mark, instruct participants to rotate to explore a new construct and engage in conversation with new tablemates. This may require some active facilitation to coax participants to leave an engaging conversation to move to the next discussion table. As they arrive at a new table, encourage participants to spend a few minutes reading the thoughts recorded by the previous group(s), then adding and discussing their ideas. After ten minutes have elapsed at this second station, repeat the rotate, review and discussion process described above. After thirty minutes, all participants will have had the opportunity to explore and discuss all three constructs, safety, stability and nurturance.

Step 4: Reconvene the full group for reporting and discussion. Invite feedback from the group on their feelings and findings for each of the three constructs. Some possible discussion prompts include asking the group what information was new to them, surprising to them, felt particularly important or actionable for them.



This discussion activity was created by our friends at BTCC, Building a Thriving Compassionate Community; please visit the BTCC website to connect and learn more about their brilliant community work: <http://www.btccbloomington.org/>

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