

Quarantine Questions

CONVERSATIONS FOR ADULTS IN LOCKDOWN

Staying Connected

As the nation faces lock-down, F&BF shares educational dialogue techniques to your home and your work. This series draws on our schools programmes designed to explore the themes of identity, diversity and community through reflection and conversation.

We believe that staying connected and building empathy and understanding remains as important as ever. We've put together some conversation starters for you to use with at home with family and friends.

Tips for Dialogue

Respect:

giving people your time and attention, responding with kind language

Active listening:

open body language, listening to understand not respond

Dialogue, not debate:

the aim is to understand more, not to 'win' or even agree

I statements:

speaking from your own perspective and avoiding harmful generalisations

Oops/ Ouch:

acknowledging when you've said something hurtful/ voicing your concern

Covid-19

- How are you coping with this situation?
- Has it made you reflect on your lifestyle at all?
- What has been most important for you to maintain in your life since the lockdown?

Identity

- What are the visible and invisible aspects of your identity?
- Does the way society perceive you match up with who you believe yourself to be?
- Is the lock-down changing the way you relate to your faith or belief system?

Diversity

- Who would you most like to have dinner with, and why?
- Do you think finding commonality is more important than finding difference when meeting new people?

Community

- Are there any current community initiatives you'd like to be part of if you aren't already?
- Do you think the situation is acting as a social leveller, or making inequalities more apparent
- What do you think about the 'who are the real key workers?' conversation?