

## Archiving Collective Wisdom for COVID19

In times like this, when many are in uncharted territory and unsure how to navigate the uncertainty and limitations that come with a pandemic; *acknowledging, sharing and honoring* collective knowledge is important. Throughout history, people in our communities have been through difficult times where safety was compromised due to external circumstances such as war, spread of illnesses, political persecution or even natural disasters.

As a result of these lived experiences, these communities carry an internal knowledge that has helped them navigate hardships of uncertainty, and isolation due to compromised safety- common themes we are experiencing today.

Our intention is to acknowledge the collective struggles and resilience of our community members. In providing a framework to facilitate conversations, we hope to honor their stories and archive their collective wisdom during this pandemic.



### WHO?

People that have past lived experience that includes uncertainty of the future and isolation due to compromised safety.



### WHAT?

Contribute to this initiative by using the attached questions, and:

- Facilitating a virtual group conversation in community
- Gather a group of friends (virtually) and reflect on your lived experiences
- Reflect individually on your own lived experiences and internal knowledge
- Connect with family members and get curious about their history and narrative
- Share with others that are interested

Next: DOCUMENT DOCUMENT DOCUMENT! Capture this knowledge to share and contribute to the lives of present and future generations.



## HOW?

**Step 1:** Decide if you're reflecting individually or in a group,

**Step 2:** If in a group, assign a person that will ask the attached guided questions and have someone else in charge of taking notes/collecting documents.

**Step 3:** Collect individual and/ or group reflections.

**Step 4:** SHARE with anyone that may benefit.

## Let us know how it went!

We'd love to hear from you. If you'd like us to share your contribution:

-  @rubikscounselling
-  @rubikscounselling
-  rubiksconvos
-  info@rubikscounsellingservices.com

## How to document (i.e. archiving collective wisdom):

- Record your meeting audio/video
- Take written notes of the discussion
- Write a letter (individually or collectively) to other people that are experiencing social distancing and isolation
- Use of different creative mediums: Capture your experience and knowledge through art (drawing, music, painting, poetry, etc)
- Let us know if you come up with other ways to document!

Feel free to do this in the language you are most comfortable in.

If you do translate the questions, please send them to us so we can share it with others!



## Reflection Questions

Have you ever been in a situation where you were confined to your home for extended periods of time because it was unsafe to leave?

What were some of the ways you responded to the difficulty at the time? What did you do? Were there any steps you took?

What would you call some of the skills or knowledge you used?

Where did you learn this skill or who did you witness practicing it?

These skills that helped sustain you... are they connected to cultural, spiritual, family, or community elders/friends/community members who had similar experiences?

Do you have a message or contribution you would like to pass on to others in times like this?