

SKPYING with STS

1. **Do the entire session as if in person. The only thing missing is the ability to give a hug or pass the tissue.**
Express hugs verbally through words of comfort, compassion & encouragement.
2. Some participants have skype on computer, others have it on phone...some have access both ways.
3. Mail participant the gift bag. They show their carabiner each week and virtually link up. ☺
4. Email participant a supply list (for the tangibles/visuals that you need) at the beginning so that they know what to collect & when to have those available.
In that way you are able to do the group activities together as you lead them & they can each share/show as applicable (ie. masks on session 4).
**With the EXCEPTION – I don't tell them about the doll/blanket until end of session 6 – as they're often not ready to even think along those lines prior to that time.
 - Here is the supply list for group – in addition to the STS book, dvds, Bible & pen. They can collect these things or MOST of them you could send, along with the initial gift bag, when session starts.
 - Week 1 – a bandaid
 - Week 2 – no add'l
 - Week 3 – adjust your camera so that skype friend can watch your copy OR on computer google a 4D Sonogram; 1-2 index cards; can send brochures on development
 - Week 4 – 1 sheet copy paper or cardstock, 2-3 women's magazines; scissors, gluestick, 1-2 bags of river rocks (from Dollar Store), 1 gallon size baggie
 - Week 5 – dry erase marker; baby wipes; matches & metal trashcan (optional – if you burn anger letters)
 - Week 6 – send attachment of "Who Am I" cards (will be on website under "Free Resources" soon; I have a copy now)
 - Week 7 –flower, vase, 1 helium-filled white balloon w/string attached (if you do a balloon release)
**WAIT until end of week 6 to tell about doll/blanket
 - Week 8 – copy of "Reflection on STS" from Resource tab on Surrendering the Secret website
5. Instead of you keeping their index cards (from session 3) & masks (from session 4)...you ask them to keep them for session 6
6. To watch videos (session dvds, 4D sonogram, etc) – 2 ways:
 - Preference for group cohesiveness: Turn your camera toward the TV playing the STS video; they continue to do the group completely with you (accountability to watch, you see how they are responding) & no need for them to spend the \$ for the downloadable videos.
 - You can ask them to all download each session & flip to that screen to watch it during that time of your group time...or ask them to watch it before hand
7. Sharing stories/Anger Letters/Memorial Service – you facilitate & provide instruction; they share on their end while you/others listen; if you burn letters or da balloon release, that would likely be done on own, then return to computer – unless they also have skype on phone just for that time.