



virtual KAIROS Blanket Exercise [vKBE]

Participants Preparation Instructions

Welcome to **SANTELE'S HEALING CIRCLES** which will be facilitating the virtual KAIROS Blanket Exercise (vKBE).

The **Zoom** platform is used to deliver the vKBE.

There are some things that you will **need to do ahead** of your scheduled vKBE to **prepare**, and some things that you will need to **keep in mind** during the exercise. If possible, please plan to participate in the vKBE using a desktop or laptop computer. A tablet, phone, or other hand-held device does not allow for all Zoom features used in the vKBE.

Preparation BEFORE the vKBE:

1. If you do not already have a free personal Zoom account, you will need to sign up for one to fully participate in the vKBE. You can enter a work or personal email account. <https://zoom.us/signup/> If you already have a personal Zoom account, make sure you are **updated to the latest version** of "Zoom Client for Meetings" on the computer you will be using to participate in the vKBE; Zoom does not notify users of every update. <https://zoom.us/download>

2. Download the attached 6 images **to a folder on your computer desktop** and **then add them to your Zoom profile as virtual backgrounds**. These backgrounds are an **important** part of the vKBE experience.

a. **How to add virtual backgrounds:** Log into your Zoom account and start a meeting for yourself or wait until you are already in a meeting. Once in a meeting on the Zoom platform, go to the bottom of your Zoom window and click on the up arrow next to the Stop Video button and select Choose Virtual Background. In the new window, beneath your picture, on the right-hand side there is a little plus sign – click that and select from the images that you just added to your desktop or wherever you saved them. Add all 6 of these images one at a time.

b. **Problem-solving:** If you receive a message that your computer or operating system does not meet requirements, you may sometimes be able to disregard the message and load the images anyway. **If the virtual background distorts your image and displays on your body instead of behind you, try these tricks:**

- For some operating systems, selecting "*I have a green screen*" at the bottom of this window may allow the virtual background to show better.

- You may be able to move your laptop to a space that has a blank wall behind you.
- You can hang a curtain, tablecloth, or solid colour bedsheet behind you as a physical backdrop.
- Good lighting in the space is key. Too much or too little light can distort the virtual background.
- Do not wear clothing that is the same colour as your backdrop. You will find this information on how to load virtual backgrounds at this link: <https://support.zoom.us/hc/en-us/articles/210707503-Virtual-Background>

c. To begin the vKBE, please **use one** of either the **landscape**, the **animals**, the **water**, the **plants**, or the image of **community** [tipis]. The other images are for use later in the exercise.

3. You will also need a **loose piece of paper and a pen or pencil**. You may also want something to drink and to have tissues available.

Thing to keep in mind DURING the vKBE:

- Please **join the call 15 minutes in advance** of the scheduled start time.
- All participants will be required to have their **video turned on**, their **microphones muted**, and their **first names on the screen** to assist the facilitation team.
- Participants should be **in gallery view** and select Display 49 participants per screen, if possible (go to the up arrow next to the Stop video button, select Video settings and scroll to the bottom under your picture).

• Make sure you have loaded your virtual backgrounds onto your Zoom account and have selected either the landscape, the animals, the water, the plants or the image of community to start with.

- During the exercise some participants will be called upon to read text on the screen. If you are not comfortable with this role for any reason, please tell the Lead Facilitator at the start of the exercise or send a private message through the chat function.

- We ask that you please enter the circle workshop with good intentions and positive energy with an open heart and mind. The vKBE is interactive, engaging and has the potential to expand your knowledge on Indigenous histories and life experiences. You will be asked to emotionally interact with this knowledge and education.

• We ask that your presence in the circle be free of distractions, as much as possible, so that you can give the space and content delivery the respect, dignity, and full attention that it deserves.

- **Trigger Warning:** The vKBE walks through difficult life experiences such as Indian Residential Schools, the Sixties Scoop, and other examples of colonial violence and policies that have negatively affected Indigenous peoples. Special features have been added to the presentation to both monitor and support participants, including a private chat for those who may need to talk to someone.

We look forward to sharing this cultural educational experience with you.

