

Loss Simulation

Instructor: Read all instructions that are in red aloud to the team. The instructions in black are for you.

SET UP:

- Fold your paper into fours 4 times
- Rip along the fold lines, so that you have a total of 16 slips of paper
- Divide the slips into 4 piles of 4
- In the first pile write 4 activities you enjoy, next pile 4 things you are thankful for, next pile 4 people that are important to you, last pile 4 roles you currently play in your life.

SELECTED LOSS:

- Look at the pieces of paper and quickly choose one from each category that you will lose.
- Tear up the slips that you chose and throw them away. (make a discard pile in the middle)

How does it feel to have to make a quick decision about what you are willing to give up? Connect to refugees fleeing a village and having to choose whether they take their Bible or clothes or whether they run by the school to see if they can get their son, or just flee with the child who is in their arms knowing that between here and the school they could each be killed.

UNKNOWN LOSS:

- Turn piles over
- Without looking, take one piece of paper from each pile, tear them in half and throw them away
- Do not look!
- Sit and wait

How does it feel to not know what you have lost? Imagine sitting in a refugee camp not knowing if your brother is alive or where your mother is nor if they are safe. Not knowing if your home still stands or if there will be anything to return to in your hometown. Did your neighbors make it out safe?

LOSS OF CONTROL:

- Keeping all piles face down, sit quietly and ponder your loss.

(Quietly walk around the room removing papers from in front of people. For some people take only a couple, for others take all, for a few do not take any. In a couple of instances walk past someone only to return and take from them as well.)

How does it feel to have things taken right in front of you? How does it feel to lose more than others, or to not lose while others did? Connect to refugees and the lack of control they feel in their situations and over their loss. In the refugee camps they had little opportunities to make choices. They may sit for years waiting and waiting for a verdict to come back about their future life and what might happen next. Even when they arrive in America they have little control about where they live or what they might do in their first few days. They must rely on a single case manager, or possibly a volunteer and entrust their lives to a stranger.