



22.33 PODCAST DISCUSSION GUIDE

SEASON 02 EP 33 - CONNECTING THROUGH ISOLATION, PART 9

Note: This guide is designed to be used by American Space staff or volunteers to lead a discussion around ECA's 22.33 podcast. For ideas on how to run this virtually see our [virtual programming toolkit](#).



INTRO TO PODCAST

The "Connecting Through Isolation" 22.33 podcast series launched due to the COVID-19 global pandemic when many were forced to stay at home. These episodes are a compilation of people from all over the world submitting audio recordings of their experiences. This week is about gratitude for those in our lives and those keeping us safe. You can access the full transcript [here](#).

Key Term

Gratitude- the quality of being thankful; readiness to show appreciation for and to return kindness.

DISCUSSION QUESTIONS

Play [22.33 Podcast, season 2 episode 33: Connecting through Isolation, Part 9](#). Stop the podcast at 13:45 and discuss the following questions.

1. What does COVID-19 look like in your community? Are social distancing measures still in place? How has your community changed from COVID-19?

2. Who are you thankful for? How can you show gratitude to them?

Continue the podcast until 18:00, then ask the following question:

3. Ben shows us that the things we take for granted in life can be wonderful. Can you think of a service or person that you appreciate even more now? Anything new that you're noticing from being home more often?

If time permits, continue listening to the podcast and ask the following questions:

4. A few of our speakers shared quotes that inspire them. Is there a quote that inspires you ?

5. Our quarantine memes this week joked about some of the hobbies that we have picked up in this time, but maybe there are some parts of our life now that we can continue with. What part of your quarantine life would you like to continue? Which part are you most excited to go away?

Resources

<https://eca.state.gov/2233>

<https://elibraryusa.state.gov/>



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