

compass cards

"Joanna Macy writes that until we can grieve for our planet we cannot love it—grieving is a sign of spiritual health. But it is not enough to weep for our lost landscapes; we have to put our hands in the earth to make ourselves whole again. Even a wounded world is feeding us. Even a wounded world holds us, giving us moments of wonder and joy. I choose joy over despair." — Robin Wall Kimmerer

Content and concept by Emmeline Werner
Proofreading : Anna Rønne
Lay out : Frederikke Becher

NOAH Friends Of the Earth Denmark
Studiestræde 24, 1455 København K

References :

- theworkthatreconnects.org
- the Rain meditation - Tara Brach
- The anxiety soup - Alice Walker
- Small arcs of larger circles - Nora Bateson
- Coming back to life - Joanna Macy and Molly Brown
- Braiding sweetgrass - Robin Wall Kimmerer
- Dreaming the dark - Starhawk
- Staying with the trouble - Donna Haraway
- The Mushroom at the end of the world - Anna Tsing

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VILLUM FONDEN



compass cards

Those 36 cards aim to equip you with different methods to facilitate your own workshops about climate-related feelings and emotions. Following the spiral of the Work That Reconnects, the cards have been divided in 4 categories, one for each step of the process : coming from gratitude (gratitude), honouring our pain for the world (grief), seeing with new eyes (interconnection), going forth (transformation).

The cards are there as indicators, inspiration or help to facilitate your own workshop. You can read more about each card on The Work That Reconnects website, in the books "Coming Back to Life" or "Active Hope", or the other resources mentioned on the cards. They have been designed to be helpful and playful, for you who work maybe with young people in an activist group, a high school, a youth organisation.

- You can decide to use the cards following the illustration code and thus, a seasonal theme
- You can also pick one card of each of the 4 categories to facilitate a full workshop. Let your intuition guide you.

We recommend to begin with following the season one, if you are not familiar with the method or facilitation. The more you will get to know the method, the easier and more fun it will become to facilitate your own session.

Those cards have been developed by NOAH Friends of the Earth, but are meant to facilitate some sessions based on the work of Joanna Macy, Chris Johnstone and Molly Brown. The other practices are inspired by our own experience of facilitation, ecofeminist thinkers such as Starhawk, Donna Haraway or Anna Tsing, but also life inspiration such as the text from Alice Walker, the book "Braiding Sweetgrass" from Robin Wall Kimmerer or the RAIN meditation from Tara Brach. Always acknowledge where the resources are coming from, as a way to respect their work.

A spiral based on open sentences



overview of cards

How to navigate in the spiral:

	Gratitude	Grief	Inter-connection	Transformation
Light festival	Count your blessings	The cairn of mourning	The system game	Circles of blessings
Spring Equinox	Who am I?	RAIN meditation	Widening circles	Waves of change
May festival	Open sentences on gratitude	Truth Mandala	Ritual of Paper Making	Seed bombing
Summer Solstice	The Gift of Straw-berries	The Milling	The cradling	The four dimensions of transition
Harvest Festival	The 5 senses meditation	Open Sentences	When I made a difference	The 5 commitments
Autumn Equinox	Dance	Meditate	Making a soup	Snuggle
Dead festival	Forest Bath	The bestiary	The Matsutake resilience	Open sentences
Winter Solstice	Anchor to the ground	Dreaming the dark	Staying with the trouble	Taking action

count your blessings

Gratitude

- 5-30 minutes
- inside or outside
- in big groups, sitting in circle
- Little preparation, no material

Method

The method highlights the significance of attention by focusing on blessings in life.

Ask the participants to bring an object or a picture of something they are grateful about.

Participants gather in a circle, adding beautiful items to a central altar while sharing their blessings, enhancing awareness and appreciation. This practice encourages people to express gratitude for joys and lessons in their journey, acknowledging that gratitude can be challenging at times.

For solo practice, individuals can create a personal altar or jar to collect beautiful objects, reflecting on their blessings and reminding them of the positives in their lives.

the cairn of mourning

Grief

- 30 minutes
- inside and outside
- in big groups
- Little preparation, no material

Method

Invite people to wander outside, alone, calling to mind a particular part of their world, a place or being precious to them that is lost now or disappearing from their life. They find an object – say, a rock, a cluster of leaves, a stick – to symbolize what they mourn, and bring it with them when they rejoin the group. When all are seated in a circle, the simple ritual begins. One by one, at random, people arise, walk to the center and place their object. As they do, they speak. They describe the loss that the object represents—family farm, paved over creek, neighborhood store—and their feelings about it; then they formally say good-bye to it. As each offering is made and the objects pile up to form a heap or "cairn," all in the circle serve as witnesses and acknowledge the speaker by saying, "We hear you."

The ritual can end with people sitting in twos or threes to express more fully the grief they felt as objects were added to the cairn. Or it can close with people holding hands as they sound together.

Encourage the young people to gather objects which represent what they mourn for when they go for a walk, which over time, will create their own cairn of mourning.

the systems game

Interconnection

- 10 minutes
- inside or outside
- in big groups
- Little preparation, no material

Method

Have people stand in a circle within an open space large enough for them to move around freely. Then give two instructions.

- 1) "Mentally select two other people, without indicating whom you have chosen."
- 2) "Move so as to keep at all times an equal distance between you and each of these two people."

Demonstrate that this does not mean just staying at the midpoint between the two others. At your signal, people begin to circulate, each movement triggering many others in an active, interdependent fashion. People find they are, by necessity, maintaining wide-angle vision and constant alacrity of response. The process speeds up for a while, then may abate, accelerate, and again slow down toward equilibrium, but it rarely comes to stasis. Let it continue for some minutes, then tell people to stop and reflect together.

Start a discussion : how was the experience? Movement creates interdependence and requires wide-angle vision and quick responses.

circles of blessings

Transformation

- 5-30 minutes
- inside or outside
- With the whole group
- Little preparation, no material

Method

Ask the participants to reflect about an action they would like to take from tomorrow and share it with the circle. Having a circle of participants express their appreciation and good wishes to each other is a fitting conclusion to a workshop.

One at a time, each person steps forward into the circle and declares to the others a particular action or path they intend to pursue. They use these or similar words: "From tomorrow, what I am committing to do...", "I will...", "...I am going to..."

The full circle responds by saying spontaneous words of affirmation and encouragement to the person. They may stretch out their hands, palms forward, to transmit their regard energetically. In this way, each participant is held in a field of collective appreciation and support.

Invite the participants to think of small steps they are sure to take, instead of thinking big. Find more information in the book Compass for Climate Chaos and Compassion.

who am I?

Gratitude

- 15 minutes
- inside or outside
- in big circles, but can also be done in smaller groups
- The text, printed for participants or not

Method

Nora Bateson, in her book Small Arcs of Larger Circles questions ecology on a different level. She suggests to see ourselves not as isolated "I" but as parts of systems.

The systemic approach is to understand the interconnectedness of systems and the importance of communication in shaping human behavior and relationships.

Seeing the world through with systemic views help us to understand its complexity and helps us to get rid of a binary way of thinking. It helps us to understand the connections and shows us how to care, from a micro-level to a macro-level.

Read outloud the text "Who am I" from Nora Bateson in the book Compass for Climate Chaos and Compassion or give a printed version of text to smaller groups. Invite the participants to reflect about the "I".

As a suggestion, reflect with the youth about what we are made of, and what to be grateful about.

waves of change

Transformation

- 15-30 minutes
- Inside or outside
- groups of 3-4 or the whole group
- Little preparation, no material

Method

Prepare a list of description of historical movements which have won environmental/social cases. Ask the participants to write down a victory and its date. Set up a spiralling timeline and ask each participant - one by one - to describe the case and what they find inspiring about them.

The Women of Standing Rock
The Chipko Movement in India
The brave women of Krušcica
The Green Belt Movement in Kenya
Nor the Earth nor our bodies are territories of conquest in Latin America
Love canal in USA
The Women Pentagon Action in USA
The victory over Shell in Nigeria

Give each smaller group a movement, and ask them to present it to the bigger groups through theater, drawing, or words. Ask them to reflect about what is inspiring and what they could do themselves.

widening circles

Interconnection

- 30 minutes
- Inside or outside
- In groups
- Little preparation, no material

Method

*I live my life in widening circles / that reach out across the world.
I may not complete this last one / but I give myself to it. / I circle
around God, around the primordial tower. / I've been circling
for thousands of years / and I still don't know: am I a falcon, / a
storm, or a great song?*

Participants sit in groups and choose a personal issue to discuss. After a minute of silence, each person speaks about their issue from four perspectives:

- a) Their own feelings and viewpoint.
- b) The opposing viewpoint, speaking as if they hold that position.
- c) The perspective of a nonhuman affected by the situation.
- d) The viewpoint of a future human impacted by current choices.

Provides cues for each perspective, reminding speakers to use the first person and allowing 2-3 minutes for each. Participants may stand and turn around between perspectives to aid engagement. This exercise encourages moral imagination, allowing individuals to empathize with different experiences in a casual manner.

Encourage participants to use theater, change voice, be creative.

RAIN meditation

Grief

- 15-30 minutes
- Inside or outside
- in big groups
- Little preparation, no material

Method

RAIN involves four steps for cultivating self-compassion:

- **R - Recognize what is going on:** Acknowledge your thoughts, feelings, and behaviors in the moment, identifying signs of unworthiness such as a critical inner voice or anxiety.
- **A - Allow the experience to be there, just as it is:** Accept these experiences without trying to fix or avoid them, acknowledging self-judgment while understanding the underlying feelings.
- **I - Investigate with interest and care:** With curiosity, explore your present experience, asking questions about your feelings and beliefs, while focusing on the sensations in your body in a non-judgmental way.
- **N - Nurture with self-compassion:** Cultivate self-compassion by addressing your inner needs with kindness, whether through reassuring thoughts, gentle gestures, or envisioning love from a supportive figure.

After practicing RAIN, rest in the awareness of your presence, freeing yourself from feelings of unworthiness. This method is a lifelong practice that helps transform doubts and fears into healing presence, ultimately revealing your true, loving nature.

Read the full meditation from Tara Brach online or in the booklet "Compass for Climate Chaos and Compassion".

paper making ritual

Interconnection

- 90 minutes + the time it needs to dry
- Inside or outside
- In groups
- Material: old newspapers, water, blender, frames, seeds, bowl

Method

Ask the participants to gather a good news they heard, pick news which provoke emotions in them, shred them and transform them into postcards.

- 1) Prepare Paper Pulp: Tear and soak bad news from news paper in water, then blend until smooth.
- 2) Mix in Seeds: Combine pulp with seeds gently in a bowl.
- 3) Shape Seed Paper: Spread pulp on a mesh frame using cookie cutters to shape. Maintain consistent thickness for optimal drying.
- 4) Dry Seed Paper: Dry for 24-48 hours, using sunlight or a hairdryer to speed up.
- 5) Cut and Store: Cut into desired shapes and store in a cool, dry place.
- 6) Planting: Write a message about what you want to see grow and send it or plant it! place on soil, cover lightly, and keep moist.

You can use the postcard to write an intention, send some wishes to someone or even write a letter to a child in the future.

truth circle

Grief

- 90 minutes
- Inside or outside, in an intimate space
- with the whole group
- Material: bowl, stone, stick, dried leaves, cushion, candles

Method

This ritual provides a simple, respectful, whole group structure for owning and honoring our pain for the world. The practice emerged in 1990 amid a large, tension-filled workshop near Frankfurt, on the day of the reunification of East and West Germany. Since then it has become a trusted and featured part of countless workshops the world over.

The Truth Circle is a ritual where participants sit in a circle, each quadrant containing symbolic objects representing fear (stone), sorrow (dry leaves), anger (stick), and deprivation (empty bowl). A central cushion allows for additional expressions.

The Truth Circle has specific guidelines and texts associated that you can find in the Compass for Climate Chaos and Compassion book.

The Truth Circle is a bit advanced; you have to feel safe in facilitation and holding the space together.

open sentences

Gratitude

- 15-30 minutes
- Inside or outside
- in pairs
- Little preparation, no material

Method

This exercise allows individuals to dare expressing their feelings about the world's condition in a supportive environment, where they learn the true meaning of compassion: to suffer with. It involves two participants, Partner A and Partner B, who face each other. Partner A completes guided unfinished open sentences while Partner B listens silently. After a few minutes, they switch roles. A bell signals transitions between sentences, providing moments of silence and rest.

This is a highly pleasurable activity, and you may want to invent your own open sentences.

*Some things I love about being alive in Earth are ...
A place that was magical (or wonderful) to me as a child was ...
A person who helped me believe in myself is or was ...
Some things I enjoy doing and making are ...
Some things I appreciate about myself are ...*

Make it personal or theme specific, according to a season: such as "something I like about the spring" or "about water".

the milling

Grief

- 60 minutes
- Inside or outside
- In big group
- Little preparation, no material

Method

Create a large open space and invite participants to circulate silently. The exercise consists of several one-to-one encounters.

The Encounters are described in the Compass for Climate Chaos and Compassion book.

This active and non-verbal practice provides a change of pace after people have been sitting and talking. The silent encounters help people to see each other more fully in their shared humanity. The present global realities strike us with greater impact when we relate to our face-to-face experience of another person. To confront their possible suffering and death seems to jolt our minds and hearts more than imaging of our own.

Conclude by emphasizing the importance of shared experiences and the strength found in community.

You can combine this exercise with the Cradling.

the gift of strawberries

Gratitude

- 40 minutes
- outside
- With the whole group
- A bonfire, a pot, ingredients to make a marmelade

Method

Make a berry marmelade over the fire while discussing the concept of "economy of gift". Read out loud some parts of the chapter 3 of Braiding Sweetgrass, "The Gift of Strawberries".

Interacting with nature is framed through reciprocity, as highlighted in "Braiding Sweetgrass." Kimmerer emphasizes the importance of gifts, gratitude, and responsibilities in our relationships with the earth and each other. She illustrates how the earth provides gifts like food and beauty, and in return, humans should express gratitude and care for other beings. This creates a relationship of generosity rather than mere commodity exchange.

In "The Gift of Strawberries," Kimmerer reflects on childhood experiences with wild strawberries as symbols of nature's generosity, contrasting this gift economy with capitalism's focus on scarcity. Acknowledging gifts fosters responsibility, forming a web of reciprocity vital for community health.

You can also read or listen to the audio version of "the service-berry" from the same author.

the arrow of intentions

Transformation

- 15-30 minutes
- Inside or outside
- In big groups
- Some wooden sticks, thread, paper, pearls

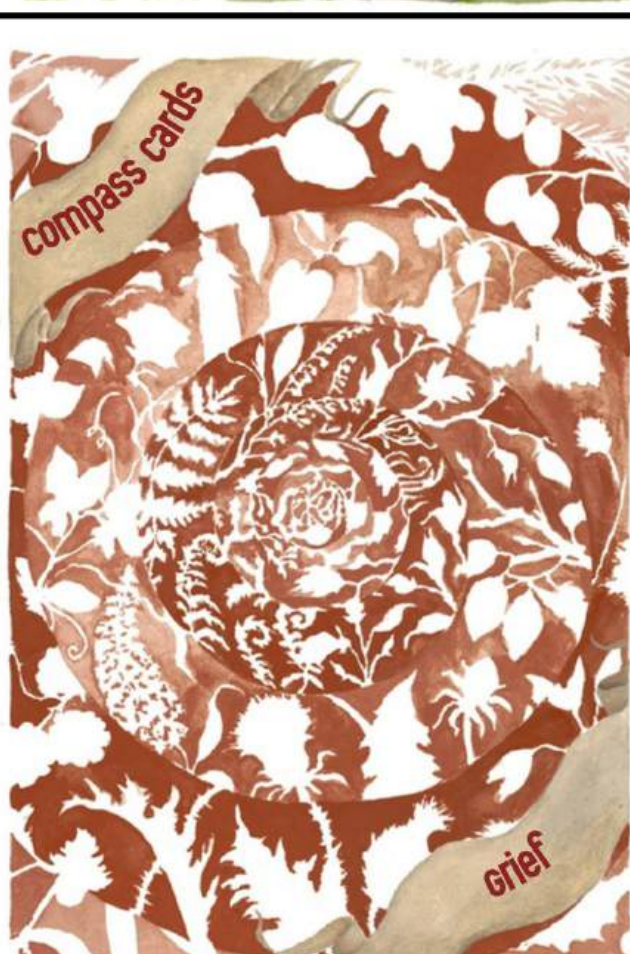
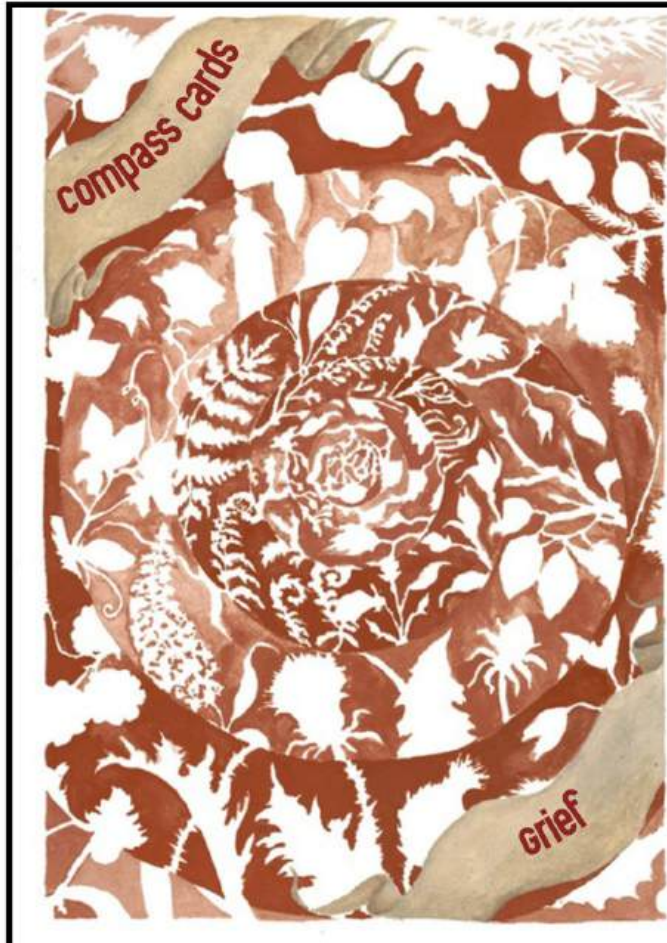
Method

Give a stick to each participant (or invite them to find one in the forest) and ask them to pick an intention that makes sense to them (you can find inspiration in the Compass for Climate Chaos and Compassion book). Ask the participants to write it down. They will sharpen now their intention and make the arrow. They will then roll their intention around the stick with thread and they can decorate it with pearls.

At the end, you can make a ceremony where the participant will burn the top of the arrow and throw it somewhere, making sure the intention has been sent.

Make sure to use eco-friendly material and recycle/reuse as much as you can. Invite the participants to share out loud their intention.

We have made mini maypoles for the May Festival, but feel free to find other meanings.



The cradling

Interconnection

- 60 minutes
- Inside
- In pairs
- Little preparation, no material

Method

A guided meditation on the body, the cradling practice serves many purposes. It permits deep relaxation, all the more welcome after dealing straight on with fearsome issues. It builds trust among participants, and a kind of respectful cherishing. It widens our awareness of what is at stake in the global crisis; for the dangers we face – pollution, ecological collapse, famine, warfare – are dangers because of what they do to the body.

The Cradling also taps deeper levels of knowing, stirring reverence for life. Usually, in dealing with the deterioration of our world, we try to get our minds around it; we deal with it on the informational level, as if we were brains on the end of a stick. The Cradling quiets for a while the computing mind and opens it to the wordless wisdom of life.

The full method can be found in the book *Compass for Climate Chaos and Compassion*.

The Cradling can fit well with the Milling. But the practice can also be held alone, in a longer version.

the wheel of transition

Transformation

- 15-30 minutes
- Sit in circle, inside our outside
- For groups over 12, create two circles
- Material: first-aid kit, a plant, a pair of eyeglasses, a kid's toy

Method

Setup: Clear a circular space for participants to sit closely. The circle represents the wheel of change.

- Holding Actions: Protecting natural systems through advocacy and direct actions.
Object: First-aid materials (e.g., bandaging)
- Transforming Foundations: Creating sustainable practices and promoting community initiatives like permaculture.
Object: A living plant
- Shift in Perception: Fostering a deeper understanding of interconnectedness among humans and nature.
Object: A pair of eyeglasses
- Nurturing Life: Raising future generations with awareness to support a sustainable and compassionate society.
Object: A child's natural doll or toy

Activity: Participants take turns picking an object and sharing related experiences (e.g., vision quests, volunteering). After each share, the group responds, "We support the transition!" to encourage brevity and engagement.

Discuss about the 4 dimensions of the transition and show examples. You can find more info in the book *Compass for Climate Chaos and Compassion*.

the 5 senses meditation

Gratitude

- 15-30 minutes
- Inside or outside
- In big groups
- Little preparation, a fruit per person if you wish

Method

- Notice five things that you can see. Look around you.
- Notice four things that you can feel. Tune in to your sense of touch.
- Notice three things that you can hear. Listen carefully.
- Notice and name two smells you recognize.
- Notice one thing you can taste.

The story of the 3 sisters

Three sisters so-called because Native Americans interplanted corn, beans and squash in the same mound. The 3 thrive together because corn provides a natural pole for the beans to climb, the beans fix nitrogen in the soil, and the squash leaves shade the ground to prevent the growth of weeds.

Read the full story in Robin Wall Kimmerer, *Braiding Sweetgrass*, chapter 13.

You can do this meditation to eat mindfully a fruit, such as a strawberry for example. Focus the participant's attention on the food they eat.

open sentences

Grief

- 15-30 minutes
- Inside or outside
- In pairs
- Little preparation, no material

Method

This exercise allows individuals to dare expressing their feelings about the world's condition in a supportive environment, where they learn the true meaning of compassion: to suffer with. It involves two participants, Partner A and Partner B, who face each other. Partner A completes guided unfinished open sentences while Partner B listens silently. After a few minutes, they switch roles. A bell signals transitions between sentences, providing moments of silence and rest.

What concerns me most about the world today is...

When I see what's happening to the natural world, what breaks my heart is....

When I see what's happening to our society, what breaks my heart is....

When I think of the world we will leave our children, it looks like...

Feelings about all this, that I carry around with me, are...

Ways I avoid these feelings are...

Ways I use these feelings are...

Feel free to make up your own, remembering to keep them as unbiased and non-leading as possible.

You can make it thematic. If you give a workshop based on the consequences of intensive agriculture or fast fashion, shape the questions to make them fit with the theme.

when I made a difference

Interconnection

- 15-30 minutes
- Inside or outside
- In pairs or in groups of 3-4
- Little preparation, no material

Method

Think of a time in your life when something important and good happened because of what you said or did. Recapture the scene, play it back for yourself.

Now in groups of three or four, people take turns telling their stories. The guide suggests: As you listen to each story, discern the qualities in that person that were at play.

- "I got the principal's permission to start a recycling program at our school." "Instead of backing off, I just stood there and talked to the guard at the nuclear power plant." "I was presiding at the board meeting and felt stuck; I decided to relinquish my role as leader, and then everyone was able to decide what to do."

When the small groups are finished, the guide asks people to call out the qualities they discerned in each other's stories, and writes them up on newsprint as they are named—empathy, trust, letting go, flexibility. The guide then asks the group to point out those qualities and behaviors that fit new paradigm understanding of power.

Everyone made a difference. If the participants are a bit shy, encourage them to think of tiny differences: a smile, saving a snail or a fly, biking to work when they felt lazy...

the 5 commitments

Transformation

- 15-30 minutes
- Inside or outside
- In big groups
- Little preparation, a flipchart and a bell

Method

The 5 commitments serve as reminders of our core purposes and supportive behaviors. At the workshop's conclusion, display them on the wall for participants to consider adopting. Conduct a ritual where attendees stand as you recite each commitment, inviting those who wish to take them to respond "Yes" and recite the commitment out loud.

The words "I commit (vow) to myself and each of you" calls to mind those we feel are with us as allies.

You can suggest the participants to add a personal commitment, something to do with their hands?

Read about the 5 commitments in the book *Compass for Climate Chaos and Compassion*.

Participants can find inspiration for something they are willing to do in the book as well.

Dance

Gratitude

- 15-30 minutes
- Inside or outside
- Big groups
- Little preparation, a good playlist

Method

In her text "Anxiety Soup", Alice Walker names 4 ingredients to overcome anxiety: dance, meditation, soup-making and snuggling.

Ingredient number one is dance. Actually, it is a toss-up between dance and meditation, but for me, during this period, I find dance trumps meditation, at least sitting meditation, because while listening to the news I find it increasingly difficult to sit still. (...) The best time for dancing and biking, I find, is the morning. If I can get up early enough to spend at least an hour enjoying this medicine, I can listen to most troubling news with a relatively detached mind. — Alice Walker

The author suggests to dance on "Back on the Block" by Quincy Jones, Twenty-four seven by Tina Turner, Deep forest or Oliver Mutukdzi. But make your own list, and let the participants express their body freely through different rhythms.

Get inspired by the 5 rhythms, the movement medicine, Gaga dance, or any "free" dance techniques.

It can also be a nice collective practice to invite your participant to sing together before or after dancing.

Meditate

Grief

- 15-30 minutes
- Inside or outside
- In big groups
- Material: the text you will read, chill background music

Method

Ingredient number two, in other times, would be ingredient number one: sitting meditation. In my experience, nothing beats meditation, for everything. No matter what the problem, my opinion is: meditation is the solution. I share this belief with a lot of people, most of them more disciplined than I am. I began meditating as a child—and it still seems to me the most natural human state—and learned formal meditation in my thirties. It has saved my life. — Alice Walker

Create a cozy environment, prepare blankets and pillows. Play eventually calming music. Start with making sure that the participants will feel comfortable with their eyes closed. Encourage focus on breathing.

Make your own meditation or find some inspiration around you. We suggest different ones, from the book *Coming Back to Life*.
The Gaia meditation
The Web of Life meditation
Breathing Through
We have forgotten who we are
Death Meditation

Grounding or visualising meditations have different purposes but help the mind to calm down and envision new perspectives from coming back to the present moment.

Making a soup

Interconnection

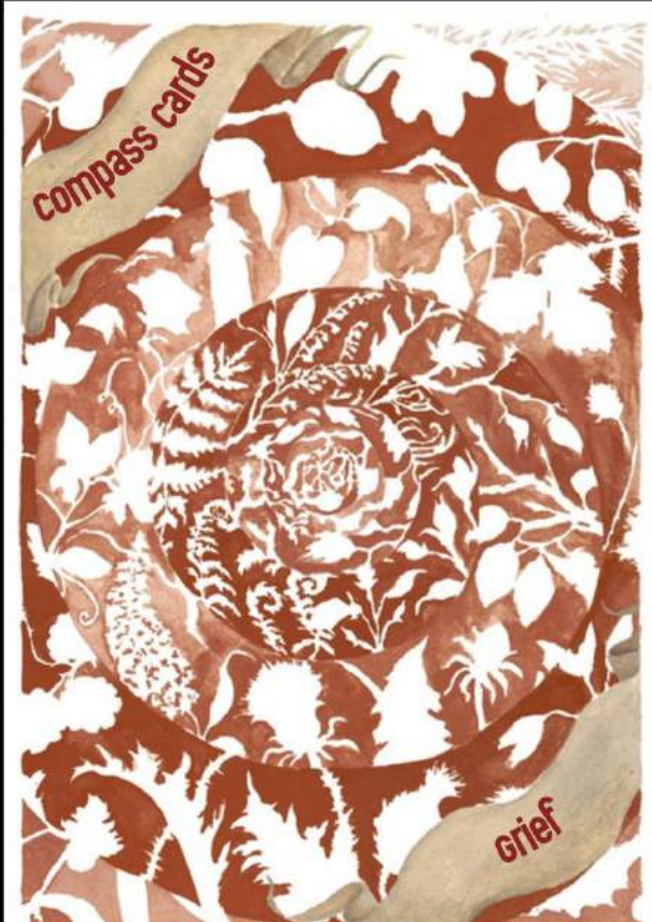
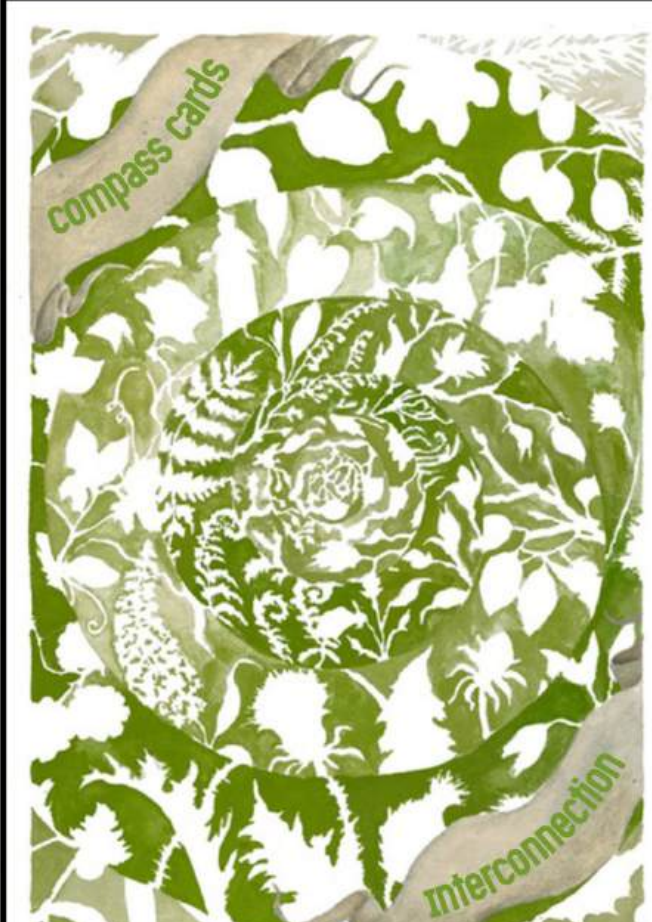
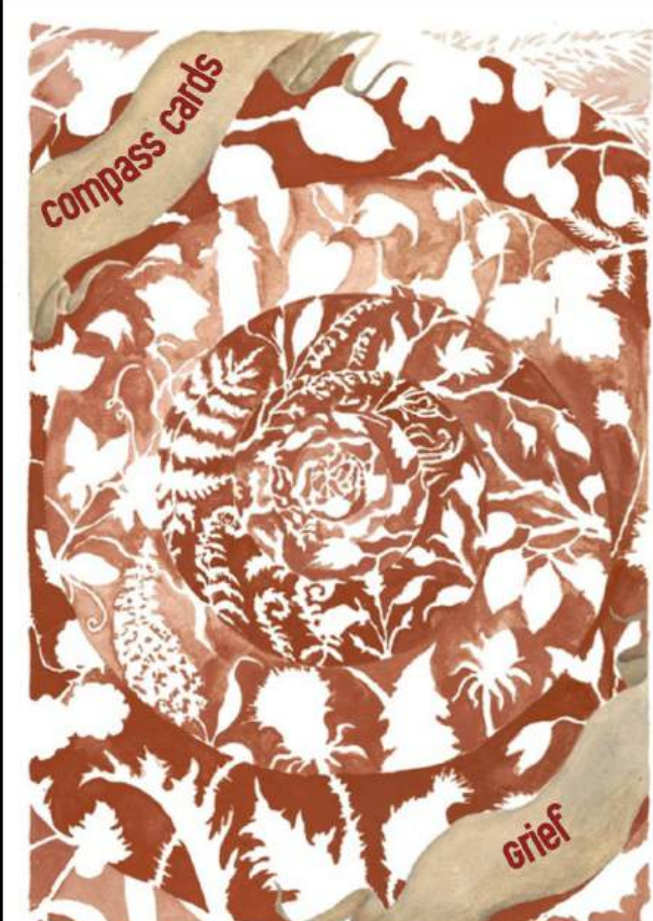
- 30 minutes - 1 hour
- Inside or outside around a bonfire
- Groups of 3-4 or in big groups
- Pots, bowls, spoons, chopping board, knives, veggies and spices

Method

Ingredient number three of Anxiety Soup, which is actual soup. But it is soup you make yourself, from scratch. Soup is an amazing food because you can make it out of anything. (...) Choose your biggest pot, concentrate on cleaning out your entire refrigerator. If you don't have anything in there, go out and shop. Buy lots of different vegetables, even some you've never seen before. Spend an hour chopping off heads and splitting things down the middle; this will relieve tension you weren't aware you had. Put in lots of onion and garlic; you want to have strong breath. Let your tears fall into the pot—you're crying for your country. Put on music as you chop and stir, or use the time to do silent meditation, thanking the vegetables for appearing in your kitchen, ready to sacrifice themselves for you. Invite someone to share the soup with you; ladle it out in big earthy bowls. Add brown rice or quinoa if you have it, nutritional yeast (for your nerves), and if you can, eat it in front of a nice homemade fire. — Alice Walker

French onion soup, Harira soup, wild nettles soup, mushroom soup, party Minestrone... Find a nice recipe and cook collectively. Take the time to be mindful about the food and the ones who cultivated it; share the meal together, in silence or not.

You can also make pancakes on a bonfire, or find a recipe which is appropriate to the season, fun to make together and delicious in mouth. Invite a farmer to share the story of the veggies.



snuggle

Transformation

- 15-30 minutes
- inside
- In big groups
- A movie and the equipment to play it, popcorn, blanket

Method

And now, for the last ingredient: snuggling. (...) Snuggling is the best ingredient of all for Anxiety Soup because it is free, it is fun, it goes well with old movies, it goes well with pizza, it goes well with two people reading great novels or listening to great tapes. It goes really well with drowsing and snoozing and hugging and cuddling and the flinging over of arms and legs and the intermingling of delicious breaths and the deep peace of happy snoring! — Alice Walker

Check if the group is comfortable with physical contact. Make a list of enjoyable movies to watch together, and for summer nights, an outdoor cinema could be a fun option.

Ask the participants to bring a blanket to snuggle in, make popcorn and play a movie.
Woman at war
La Belle Verte
Local solutions for Global disasters
...

You can also use snuggling at another stage of the spiral - watch documentaries to reflect about for the Grief stage for example.

Forest bath

Gratitude

- 15-30 minutes
- outside
- In big groups
- Little preparation, no material

Method

Forest bathing (Shinrin-yoku in Japanese) is a therapeutic practice of deep sensory engagement with the forest. It is practice with soothing effects.

Walking in the forest, listening to it and bathing in the essential oils that certain trees and plants emits, is believed to lead to a variety of health benefits including general mental health and mood improvement and decrease of stress and anxiety levels.

The act of forest bathing usually includes leaving your electronics behind and walking through a forest in a slow pace, allowing yourself the time to notice and engage with the forest environment in new ways.

Encourage participants to have a sit-spot which they can visit every day.

the bestiary

Grief

- 15-30 minutes
- inside or outside
- In big groups, participants sitting in circle
- Little preparation, no material

Method

Read this poem out loud for participants. Invite them to close their eyes. You can find the Bestiary poem in the book Compass for Climate Chaos and Compassion.

How to honour each species and their unique contribution to our planet? You can invite youth to make a grave or a monument for a chosen species.

If all species were a letter of the alphabet, how would our stories look like and be readable when they get extinct?

the matsutake resilience

Interconnection

- 15-30 minutes
- inside or outside
- groups of 2-4 or in big groups if you have time
- Little preparation, no material

Method

The Mushroom at the End of the World : On the Possibility of Life in Capitalist Ruins is a 2015 book by the Chinese American anthropologist Anna Lowenhaupt Tsing. The book describes and analyzes the globalized commodity chains of matsutake mushrooms in a context of economic precarity and ecological degradation.

Reflect : Humans can play a good role in the regeneration of the soil. They have worked with nature for thousands year, such as with the terra preta, the rainforest fertile soil.

Invite a guest or visit : a regenerative farmer, an activist, a craft-maker, a herbalist,... Get some inspiration about the people who are already contributing to the transition.

Take your participants for a foraging walk in the forest, for mushrooms or medicinal plants. You can also make a session about learning how to compost or how trees communicate through their roots and mycelium.

Ask the participants how they are themselves resilient in times of trouble?

open sentences

Transformation

- 15-30 minutes
- inside or outside
- In pairs
- Little preparation, no material

Method

OpenSentences is a spontaneous expression exercise where two people sit face to face, with one as Partner A and the other as Partner B. Partner A repeats and completes unfinished sentences provided by the guide, speaking spontaneously for a few minutes, while Partner B listens attentively and silently. Roles can switch after each sentence or at the end of the series. A brief warning signals the end of each turn.

Something I learned today about the web of life is ... Something I can do every day to help life on the Earth is ... Something I can do with other people to be part of the transition is ... How will I go forth into my day, according to my unique situation, gifts, and limitations? What are the tasks, goals, or actions I plan to accomplish today? If nothing you can do is ever enough, what can you do? If you were unblocked by fear, what would you do to contribute to the healing of this world? What would you like to actually do in the next year to move towards this goal? What resources do you already have (personal and external) that will help achieve this goal (avoid modesty)? What resources do you still need to learn/acquire to achieve this goal? What obstacles can you see yourself throwing in your own path to hold you back? What can you do in the next day/week to move towards this goal?

You can decide to pick only one sentence or do several ones, one after one. If you do so, bring a bell to signal the participants when we change the questions.

Anchor to the ground

Gratitude

- 10 minutes
- inside or outside
- in big groups
- Little preparation

Method

This exercise helps the participants to anchor their awareness into the present moment. When anxious, we tend to get lost in our heads, so it is a good technique to fix your awareness into the farthest point possible from your head. That is, your feet. The best way is to do this while standing, but it can be adapted to a sitting position. Then, awareness should be focused on the buttocks. This can be done both with the eyes open and the eyes closed.

1. Stand with your feet firmly on the ground.
2. Feel the ground under your feet. Feel the gravity pulling you towards the earth.
3. Sense the tension in your feet and legs as you hold yourself upright.
4. Sense how your feet are holding the weight of your whole body. This feeling of heaviness flows from your head, through your spine into your legs and feet.
5. Now broaden your awareness. Take a note of what you hear and see. Where are you?

This is a good alternative for people who do not like breathing exercises.

darkness portrait

Grief

- 15-30 minutes
- inside
- Individually or in small groups
- The wheel of emotions + Clay, paint, pastels... and paper

Method

Look at the wheel of emotions from the Compass for Climate Chaos and Compassion book and ask the participants to identify one that is more present.

Use clay, paint, ... and draw a portrait of your emotions:

*What color is your feeling?
What size?
Where can you feel it?
What shape? Texture?
If the emotion could talk, what would it say?*

Look at the other side of the emotions.

You can also share a printed theoretical text or an article and ask the participants to illustrate the main arguments with creative tools.

visible mending

Interconnection

- 45 minutes
- inside or outside
- Individually or in small groups
- Old fabrics or clothes, Thread and needles

Method

Donna Haraway invites us to think like a spider, to play with strings and stories, to tell train our brain to think in new ways.

Reflect: How to tell new stories? How to weave the threads of the transition? How to repair and fix the world?

Bring to your participants the possibility to fix something or transform waste into something beautiful. Learn to mend holes visibly with embroidery or sew together a patchwork, weave together different threads.

Open sentences on interconnection

*What inspires me is...
Looking at the future we're heading into, what I deeply hope for is...
What is something that I recently learned, saw differently, came to understand in a new way that I want to bring into my day today?*

You can also work with natural dying of a banner, weaving baskets for foraging, crochet a bag...

seed balls for birds

Transformation

- 40 minutes
- inside or outside
- In groups
- oil, birdseed mix, porridge oats, dried fruit, nuts, bread crumb,...

Method

- **Prepare the fat:**
Melt the fat source in a saucepan over low heat, making sure it doesn't become too hot. Alternatively, you can work with room-temperature lard and knead it with your hands.
- **Mix ingredients:**
In a bowl, combine the dry ingredients. Gradually add the melted fat to the dry ingredients, stirring until well combined and all ingredients are coated.
- **Form the fat balls:**
You can either shape the mixture into balls (about golf ball size is good) or press it into molds (like yogurt pots or pine cones).
- **Chill:**
Place the fat balls or molded cakes in the refrigerator to set and firm up, preferably overnight.
- **Hang:**
Once set, you can remove the fat balls from their molds and hang them securely, preferably in a quiet and sheltered area

Display the balls around parks. If you need a change for next season, build an hotel for insects, a bird house, etc.

