

Once You Know, what do we do?

Facilitation guide

You'd like to create **a group discussion after the screening of the film Once You Know?** This guide gives you the keys to enable a rich and motivating meeting, in the cinema or any other places, either in person or online. This facilitation guide is provided by the Terractiva association, supporting the campaign for the film Once you know, written and directed by Emmanuel Cappellin in collaboration with Anne-Marie Sangla.

Film director Emmanuel Cappellin initiated this support campaign, led by the facilitators Brianne Parquier and Charlotte Ogier. The duo has trained a team of volunteers to lead discussion sessions after the film. Hundreds of screenings have already been accompanied by dozens of volunteers. Please [register here](#) **to be kept informed of our projects** or to join the support team and benefit from its experience!

These events aim to turn the public into **a community in motion**. This is also an opportunity to share the **Action Guide**, which presents 150 ways to take action and 220 organisations related to the climate, energy, collapse and resilience themes. This guide exists in printed version - 20,000 copies have already been distributed - and is linked to the collaborative website [RootsOfResilience.org](#).

This post-screening discussion format is different from traditional debates. It is more **interactive** and invites people to **share their experiences** rather than confronting their ideas.

To **find out more about this facilitation**, we invite you to watch Brianne Parquier's presentation during a special session in Paris, in the presence of Emmanuel Cappellin:

[Short video](#) (2 minutes) to understand the main points,

[Full-length video](#) (1 hour) to discover the whole process (meant to last 60 minutes).

This facilitation's strong foundation is **inspired by the Work That Reconnects**, a process developed by eco-psychologist Joanna Macy. After watching the film, which raises deep issues, the audience will be led through the different stages of the process, experiencing **a beneficial exchange** and being **encouraged to take action**.

Feel free to use this guide in the way that suits you best, without losing sight of its overall coherence.

We wish you a pleasant facilitation experience!

- The support campaign team,
Once you know, what can we do?

Once you know (Une fois que tu sais)

Written and directed by: Emmanuel Cappellin,
in collaboration with Anne-Marie Sangla.

Production: Pulp Films 2020

Distribution: Pulp Films (International) and Nour
Films (France)

Released in France on 22 September 2021

Summary

Post-screening discussion specificities

How to facilitate and deal with the audience's emotions

How to give and take the floor

How to use a microphone

The post-screening discussion process: guidelines

Before the film - Intro 1 [5 min]

After the film - Intro 2 [5 min]

Getting to know each other [15 min max]

Word Popcorn [5 min]

Who Like Me [5 min]

Going deeper [30 min]

Open Sentences [10 min]

Resonance of the audience [10 min]

Feedback 2 [10 min]

Broadening the subject [10-15 min]

Support Campaign and Action Guide

The Systems Game [5-10 min]

Preparing for D-Day

Beforehand

Before the screening

During the screening

Feeling confident to facilitate

Speaking Attitude

Listening Attitude

4	Post-screening discussion specificities
4	How to facilitate and deal with the audience's emotions
4	How to give and take the floor
4	How to use a microphone
7	The post-screening discussion process: guidelines
7	Introduction
8	Before the film - Intro 1 [5 min]
8	After the film - Intro 2 [5 min]
8	Getting to know each other [15 min max]
8	Word Popcorn [5 min]
9	Who Like Me [5 min]
9	Going deeper [30 min]
9	Open Sentences [10 min]
10	Resonance of the audience [10 min]
11	Feedback 2 [10 min]
12	Broadening the subject [10-15 min]
12	Support Campaign and Action Guide
13	The Systems Game [5-10 min]
15	Preparing for D-Day
15	Beforehand
15	Before the screening
15	During the screening
15	Feeling confident to facilitate
15	Speaking Attitude
16	Listening Attitude

Post-screening discussion specificities

The exchange lasts **1 hour**. It can be shortened to 45 minutes.

It allows people **to express themselves in different ways** : with just one word, with one sentence, by exchanging in pairs, through speaking turns and by taking part in a dynamic game.

This facilitation method creates trust, in order to **encourage rich exchanges** and **to avoid non-constructive debates** on ideas, which often take up a lot of space in typical question-and-answer sessions.

With a well-defined facilitation process, **we aim to avoid** :

- a first intervention that directs the whole discussion
- an angry person strongly reacting, creating a general climate of distrust
- that men speak up first, more often and/or for longer than women
- very theoretical discussion, without any room for authentic exchanges
- discussions going on and on, with a passive audience losing interest
- not enough space for everyone to express themselves.

The suggested programme starts with **a series of short interventions** to "get to know each other". It moves on to inviting people in the audience **to talk about themselves** and their experiences, allowing everyone to express itself. Finally, it opens up **a constructive turn of speech**, followed by an entertaining and instructive closing session, which clearly marks the end of the exchanges.

How to facilitate and deal with the audience's emotions

How to give and take the floor

- You may keep **an open body posture**, turned **towards the person** who speaks.
- Don't hesitate to use **non-verbal communication** to indicate you've heard him or her by **nodding** (which doesn't mean you agree).
- Give **clear** instructions in the simplest way possible.
- As you are here to help the **conversation flow**, you may need to refocus the discussion if necessary.
- **Don't be afraid of silence.**

How to use a microphone

- **Hold your microphone against your chin** so that you won't move your arm while speaking (which would cause variations in the volume of your voice)
- If you are in a large room, **always keep one microphone** and if the room is small, do it without one for better spontaneity.
- If you have trouble hearing the participants' interventions, you can always **ask them to repeat**. If necessary, you can use the microphone to **repeat a comment**, to make sure the people at the back have heard it properly.
- If the room is really big, **arrange to have a microphone with a person to pass it around.**

The post-screening discussion process: guidelines

(each stage of the process will be developed in details below)

Stages	Title	Timing	Start	End	Intention	Invitation
Intro 1	Just before the film	0:05			Setting up a meeting after the film	Introduce who you are, why you're here, what you will offer after the film.
	Screening	1:45			The Film	
Intro 2	Just after the film	0:05	0:00	0:05	Encouraging people to take part (without pushing them)	Explain that the first part of the event is interactive, while the second part allows time for questions. Move straight into the first part of the programme without giving the public too much time to think
Getting to know each other	Word Popcorn	0:05	0:05	0:10	Opening up the floor	Invite people to express how they feel in just one word > speak up from your seat, without requesting it, and speak loudly.
	Who like me (+Feedback)	0:05	0:10	0:15	Create connections in the audience	<u>How it works:</u> someone stands up and says "Who like me...". Those who resonate also stand up, people look at each other, then everybody sits down, and so on. Give an example to start with: "Who like me doesn't know how to handle the problem?" Make it clear that this should be a short, simple sentence. <u>If necessary,</u> in order to value the presence of the speakers, ask them to react briefly to what they have just heard in the Who like me: "What touches you in what the audience has been sharing so far?"
Going deeper	Open Sentences	0:10	0:15	0:25	Getting into emotions	Exchange in pairs for 10 min: explanations (2 min) + people talking (1 min 30 per person) x 2 people x 2 open sentences + silences 1/ A moment in my life when I felt intensely alive was... 2/ When I think about the consequences of climate change on my life, my family, my local community, how I feel is...
	Resonance of the Audience (+Feedback)	0:20	0:25	0:45	Deeply listening to the audience	The floor is given to the public: 3 or 5 people speak for about a minute each > Everyone has the opportunity to comment, ask questions and share their experiences Then the facilitator and the guest speaker offer their feedback on the themes that speak to them, without any obligation to react to all the speeches or to answer all the questions. Find the right moment to present the support campaign and the Action Guide.
Broadening the subject	Presentation Campaign + Action Guide	0:05	0:45	0:50	Encouraging people to read the Guide and to take action	Part of the previous section's closing: answer the question "And now, what can we do...?" > 3 dimensions of the Great Turning by Joanna Macy.... > Introduce the support campaign and show the tree with a printed guide and/or a visual support on the screen if possible + talk about the collaborative website RootsOfResilience.org
	The Systems Game	0:10	0:50	1:00	Feeling our interdependence	The systems game in a standing/sitting version: - the forest system (the collapse of a living system), - the human system (renewal: spreading a good practice in a local community)

Closing	Thank you - Goodbye	0:00	1:00	1:00	Clearly marking the closing	Thank you > Hand out or sell the Action Guide here
---------	------------------------	------	------	------	--------------------------------	--

The rest of the document goes back over the different stages of the process with:

- 🔍 more **detail on the intention**,
- 🎤 a **speech example** (for inspiration, not for reading),
- 📝 **small tips** gathered from our facilitation experience,
- 👤 directions for **online** facilitation.

We invite you to gain knowledge of the detailed process, before detaching yourself from the documents to facilitate in your own way.

We'll provide you with **visual support** for the facilitation (to send in advance to the event organisers, and/or to bring on a USB stick). If possible, depending on the context of the screening, you may arrange with the tech support person the possibility to show this visual on the screen at the end of the facilitation and to scroll through the slides (in the « Support Campaign and Action Guide » part). Arrange this directly with the person on site just before the event.



You will find in these blue boxes advice on how to adapt the programme to facilitate an online event (basic knowledge).

You may want to develop your online tools management skills beforehand. And in any case, we recommend finding someone to assist you as tech support.

The process is the same, but the film is generally watched several hours to several days before the facilitation meeting. You will therefore do one introduction only, and may offer the public to watch the trailer or a film clip (both available [on the film's Facebook page](#)) to get back into the mood of the movie.

Introduction

Before the film - Intro 1 [5 min]

🔍 Make sure with the organiser of the event you have **at least 5 minutes before the screening** to do a short presentation: introduce the film, the support campaign and the facilitation. This is how it usually goes :

1. The staff of the cinema introduces the screening,
2. The organiser of the event introduces herself/himself, before presenting the film and the facilitator,
3. If any, you introduce the guest speaker(s) accompanying you with a short sentence,
4. Each guest speaker introduces himself or herself in a few words,
5. You introduce yourself and present the support campaign with its specific facilitation.

This is very important to make sure no one is surprised or feels obliged to take part:

- **intention** : meeting after the film to **express how we feel** about this difficult subject, and to **wonder all together** : *"Once we know, what can we do?"*
- **reference** : the animation lasts **1 hour** and offers **to circulate the word in more interactive ways** compared to the classic questions-and-answers sessions: **everyone is free to participate** and to stay until the end or to leave before.

🎤 Good evening and thank you for being here tonight. My name is ...(first and last name). At the initiative of the Terractiva association, I am here tonight to lead **the discussion that will take place after the film**, amongst all of you and with our guest speaker(s) (First Name Last Name ; introduce them in 1 sentence).

As you will see in the film, **the director decided to meet several climate experts to ask them how they feel about living with a certain knowledge** that fundamentally questions our relationship with the world, our collective organisations and our personal life choices. In the same vein, we will invite you later on to **say how this subject affects you and what it makes you want to do**.


The director initiated **a process to follow the film screenings with guided discussions**, in order to **encourage people** in the audience to meet and **to take action**. For that purpose, the film comes with an Action Guide which contains hundreds of resources for taking action and building resilience. We'll talk about this later. [If you have printed guides with you, show them and tell the people they can come and collect them at the end]

[If you have a guest speaker] And we will also exchange (First Name Last Name) : would you please introduce yourself in two words and say why you are here to speak after this film?

During this exchange, we'll offer you **interactive moments** to get to know each other, **in which you can take part if you wish**. Then there will be moments when the microphone will circulate among you, to allow you to **ask questions**, or to **share your comments** or your testimonies on the film and its theme.

I invite you, if you're able to do so, **to stay until the end** of the hour's facilitation, for the most interactive moment of the evening! Enjoy the film and see you later!

After the film - Intro 2 [5 min]

 After the film, we simply remind the audience of the interactive idea, how it works without a microphone, then we move on.


 Thank you for staying with us for **this exchange!**

First of all, I will invite you to **speak very briefly** to get to know each other, there is no need for a microphone to express yourself. Just after, we will circulate a microphone in the room for longer speeches, so I suggest you **wait for the discussion with the microphone to ask your questions or express your comments on the film.**


 Small tips:

- Use **positive words**, to make people want to stay. You are offering a new and very rewarding experience!
- Don't talk about "exercise" (school vocabulary) or "game", and prefer **"invitation" or "exchange"**.
- **Take your time** to speak at your own pace, be authentic and humble.
- Don't give too much information at the beginning, add it **as you go**.



Getting to know each other [max 15 min]

 The two following suggestions, **Word Popcorn** and **Who Like Me**, allow everyone to express themselves, with just one word, then one sentence. We want here to make people come out of the long introspection offered by the film at their own pace. This moment, being **opened to many interventions**, balances the general atmosphere: we want to avoid the possibility for a voluble person (angry, sad, with a strong militant speech...) to take and monopolise the floor. This would bring distrust and discomfort to the whole animation. If you manage to avoid this pitfall with a nice Word Popcorn, you'll be guaranteed a nice facilitation ;) And if the Word Popcorn and the Who like me were short and you have some spare time, you may want to value the presence of your guest speakers by asking them to briefly react to what has been said: *"What touches you in what has been said so far?"*

Word Popcorn [5 min]


 Now I will invite you to express yourself **in one word**, to **say how you feel** after watching this film... *One word only, one noun, one adjective, one word.* If you wish to express yourself, feel free to speak spontaneously, without raising your hand, it doesn't matter if the words overlap a little, I will repeat them. For example, here is my word: "impatient".

If there's a guest speaker with you, it's best to give him/her the floor to say his/her word, before opening the floor to the audience.


 Now it's your turn, please speak **loud enough** so that **everyone can hear you!** Let the people live the experience. After a few minutes, it will naturally slow down. If you feel some people still need to talk, **you may say:**  *Let's take a few seconds for a last sharing... Thank you. And now let's talk a little more with another invitation... "*

 Small tips:


- Don't be afraid of the **silences** or if people speak simultaneously.
- **Repeat the words over the microphone** so that everyone can hear them clearly. This also shows the person he/she has been heard and validates his/her feelings.
- If needed, you may **encourage people to speak up** by asking : « anyone else wants to speak ? »...
- Some people may raise their hand by habit, you may point at them to allow them to speak
- If someone has not understood at all the instructions and starts to speak to give his/her opinion on the film, wait a short while and simply ask him/her to **save his/her idea for later**, then casually rephrase with the strongest word of his/her intervention: for instance *"Thank you, so we'll say that your word was "discouragement" "*

 Online, you may invite people to turn on and off their microphone to speak. Keep yours open!

Who Like Me [5 min]

 Now I'll invite you to get to know each other a little bit better, this time by expressing short, simple sentences starting with **"Who like me..."**. For instance, **"Who like me has just watched Once you know?"** **You may stand up to share your sentence**, and then the ones who are **thinking "Yes, me too"** also stand up as well as a sign of support. Then everyone sits down again to allow someone else to share another sentence, and so on. **If you can't stand up**, you can also **raise your hand** like this. But for the others, please stand up, to be able to see each other!

Squat down to show you are also taking part. To show an example, stand up and say:  **Who like me wonders which way I should take the problem?**


Let people stand and look at each other for a few seconds, then squat down again and say:  **Thank you, now it's your turn! Go ahead, stand up, and please speak loudly enough!**

Repeat each sentence over the microphone to make sure everyone hears it, then thank the person, and say again:  **Anyone else?**


Once the people have understood the idea, let the word flow by supporting less and less. When you feel it starts to wind down, you may suggest one or two last contributions if there's enough time left, and then congratulate the audience for its participation!

 Small tips:


- By habit, some people may raise their hand to speak. Point them out by nodding or just say: Yes, go ahead!
- To avoid a long pause after speaking, you may **punctuate** each contribution saying **"Thank you"**, which invites people to sit down again and allow someone else to share another "Who like me".
- **Avoid saying "we're going to play a little game"** called Who like me", it might seem inappropriate to people who are still emotional after the film.
- Please remember to stand up and squat down as well.

 Online, you may invite people to turn off their webcams, then the person who shares a "Who like me" switches his/her webcam back on, and those who relate to the sentence will also turn back on their webcams. Then everyone turns them off again, and so on. Tell them to open the microphone to speak and to close it right after.


Going deeper [30 min]

 This part is divided into 3 stages lasting 10 minutes each: we start with an exchange in pairs; then the microphone will circulate in the room to hear several comments or questions in a row (3-4 max); and finally we offer a feedback on what has just been said. This could also be the right time to present the Action Guide (see next step "Broadening the subject") to answer a question such as "what can we do?".

Open Sentences [10 min]

 Thanks to this exchange in pairs, each person in the room has the opportunity to speak and to be heard. This makes the following turn of speech much more relaxed. This invitation requires more courage for the participants to take part : you need to be very humble and to not force them to participate. Instead, you have to accept that some people may refuse to participate or will even leave. Please don't make any comment on their choice of departures.

Following is a **very effective introductory sentence** to explain the meaning of this invitation:

 *At the end of the film, Emmanuel says "Will I be able to trust my neighbours? Will I be worthy of their trust?" We will now try to experiment it ourselves. I invite you to turn to your neighbour for **an exchange in pairs I will be guiding**. The experience is more interesting if you turn to someone you don't know, if you feel like it of course. If you haven't found someone to pair up with yet, please raise your hand to manifest yourself and to find another person in the same situation.*

One person will speak, finishing a sentence that I will give you, and **the other person will listen** for 1 minute. The person listening does it in silence, without reacting nor commenting. **You will then switch roles**. The person with the **darkest** eye colour will start talking. I'll let you find out who it is....

You will have **one minute each** to complete the sentence I will give you. I will let you know when the time is over. Are you ready ? The person with the darkest eyes will continue the following sentence: (1) **"A moment in my life when I felt intensely alive was..."** I repeat: (1) **"A moment in my life when I felt intensely alive was..."**. Here you go!

Time one minute, then take back the floor, even if people are still exchanging.
🎤 The minute is over, I invite you to **slowly finish your sentence...** Wait a few seconds, then: 🎤 *please go back to silence...* After a few seconds, resume: 🎤 *Take a few seconds to integrate what has just been said.*

And now we'll switch roles, so the person with the lightest eye colour will complete the same sentence: (1) **"A moment in my life when I felt intensely alive is..."** It's your turn for one minute!

Then proceed the same way for the second sentence, replacing (1) with the following sentence (2): 🎤 (2) **"When I think about the consequences of climate change on my life, my loved ones, my local community, how I feel is..."**

Then to conclude: 🎤 *You may want to thank each other for this time of sharing and listening you have given yourself, choosing the way that suits you best to do so.*

👤 Online, we use the « break-out rooms » system which allows the group to be divided in several exchange spaces or « rooms » where people in pairs can be isolated to exchange. We give them all the instructions beforehand and we write the beginnings of the sentences to complete in the thread. People manage the time themselves, we suggest they speak for 5 minutes each, completing the two sentences at once. We usually set the break-out rooms to

automatically close after 8 minutes. A message can be sent to the subrooms after 4 minutes to **indicate that half the time is up**.

Resonance of the audience [10 min]

🔍 Here the purpose is to circulate the microphone in the room, avoiding the classic questions-and-answers session where ideas are confronted without adding depth to the discussion. We wish to **create connexions** between the people instead, and to make them **want to do things together**. Facing the climate change issue, we want to remind people that after seeking answers from the experts, it is now time for everyone to engage in courageous actions. We would therefore like to invite people to **share their testimonies, their feelings, their desires and their visions** rather than simply asking questions, even though questions are also welcome. When it comes to sharing our feelings and experience, everyone is involved and may have something to say.

🎤 **We will now pass the microphone around the room, and we will listen to several speeches in a row.** You can take the floor to share **a story, a comment or a question**. Then, with [guest speaker name], we will take the time to react to what has been said. I encourage you to **be brief** when expressing your views. To balance the speakers, I invite you to **alternate** between men and women, and I suggest that you start with a woman.... Thank you, does anyone else want to share something? Please raise your hand... (etc.) ... One more contribution and we'll give you feedback....


🔍 You can either take all the contributions from the audience in a row (5-6 sharings) and then do the feedback at once (sharing the floor with the guest speaker) or **take 3-4 contributions in a row, do a feedback**, then take another 2-3 and do a final feedback, depending on your preferences.



📝 Small tips:


- You may adopt an **open posture**, with your attention **focused on the person** who speaks.


- You may largely use **non-verbal communication** such as **nodding** to show you hear the person (that doesn't mean you agree with him/her though).
- You can **take a few notes** if you wish (themes of the contributions) to make it easier to react to them later.
- You may want to guide the person passing the microphone around by **pointing to the people** who wish to speak. You may as well try to alternate between men and women. Please avoid letting the microphone circulate from hand to hand, as people often take the opportunity to speak without being invited.
- You may thank the person speaking to take back the floor. This way, **when you want to interrupt someone** (speaking for too long for instance), to say "Thank you" will let him/her know that it is time to stop. You can also **simply invite him/her to finish his/her sentence**, without brusquely cutting off their speech.
- If a person expresses strong emotions, **give him/her time** and show him/her that he/she is being heard. You may **wait for a short while** after this contribution, to make sure not to "get over it" too quickly.

Feedback 2 [10 min]

 We will now listen to a global resonance of the audience, then offer a global feedback. With the guest speaker, you may only **choose to answer** to what speaks to you, **without feeling obliged to** respond to all contributions.


 *Thank you for your sharing... We'll take back the floor. [If you want to react to what has been said, you can now offer your own feedback:]*  *When I hear you, what I'd like to say is... Personally, what touches me the most is... because ...*

 You can **repeat the resonance-feedback experience** if you feel a nice dynamic and **if you don't have to finish at a specific time**. However, **be careful not to let the exchanges drag on** and make people leave before the Systems Game. You'd rather want to end the discussion with good energy in the room than because the audience starts to get bored. If many people still want to speak, you can **introduce the closing part**:


 *We will soon close this event all together with an instructive/enlightening invitation. If you still have some burning questions, we can still tell two last contributions by way of conclusion, but please be very concise, to have enough time to share this last experience. We will stay here for a few minutes at the end if you want to keep sharing.*

Small tips:

- You want to let your guest speaker(s) mainly take the floor in this part, although you are also invited to express yourself. Everyone is invited to speak about their experience, not about their expertise.
- We advise you **not to fall into the trap of trying to respond directly** to a speaker (even if he or she directly challenges you, with a demanding tone). It is a good idea to let other people speak, and then to choose whether you want to respond, always in a calm and patient way. Similarly, do not hesitate to set boundaries to your guest speaker to make sure he/she won't react in the heat of the moment.
- This moment can be a good time to **refer to Joanna Macy's Work That Reconnects** and its practices, some of them being used in this facilitation.
- Usually someone asks "What can we do now? This is an opportunity to build on this question to **introduce the Action Guide**.


 Online, you may invite people to raise their hand physically or with the "raise your hand" tool (this tool allows you to see who first raised his/her hand raised, the next one, and so on to the last). Then you may speak their name to indicate they can open their microphone to speak. Keep your microphone open to punctuate their speech. When facilitating online, you'd rather not use non-verbal communication, which isn't always noticed on the screen. Your technical support can help you by paying attention to the order of people asking to speak and by telling you their names as you go along. You should be the one giving the floor, in order to alternate the profiles of the people speaking.


Broadening the subject [10-15 min]

 This last step provides a clear and entertaining closing. If you have not yet had the opportunity to **present the support campaign and the Action Guide**, you may want to take a moment to do so now, before bringing the final invitation which takes about 10 minutes.

For this presentation, you can **unfold the printed version of the guide and/or** make a sign to the technical staff (to whom you have previously provided **the visual support to be projected** on the screen).

Support Campaign and Action Guide

 Introduce the support campaign and the Action Guide to the public in a few words, if possible with the help of the **visual support** projected on the screen.

 The film's support campaign is called *Once you know, what can we do?* precisely since this question first comes to mind after watching the film. When facing the climate collapse and its repercussions on our societies, there is indeed no ready-made answer. It is therefore up to us to develop **plural, collective and systemic responses** all together.

As a result, the **film support campaign** aims to support and mobilise the public around these issues in two ways:

- by organising facilitated events (like this one) allowing exchanges just after the film screenings,
- by developing and distributing an Action Guide (like this one) which exists in printed version and online, both available on the website **RootsOfResilience.org**

This **Action Guide**:

- was produced **in partnership with Yggdrasil Magazine**,
- takes the shape of a great illustrated tree that gathers more than **150 actions and 220 associated organisations**,
- highlights the **existing organisations**, both in order to show the

richness and diversity of many existing transition initiatives, and in order to encourage people to take action.

The actions are organised according to **the 3 dimensions of the Great Turning from Joanna Macy's Work That Reconnects**, which can be seen as three pillars of engagement essential for a resilient society:

- **To create** alternatives to protect the climate and the living beings,
- **To regenerate** our culture in order to respect the climate and the living beings,
- **To intervene** against activities destroying the climate and the living beings.

The message behind the tree is simple : everything is a priority, and we need a great diversity of actions, all converging in **supporting life on earth**. Get inspired and find out which actions suit you best by browsing this tree, and plan **your next step!**

On the **collaborative website RootsOfResilience.org**:

- For each proposed action, **find the links to the websites** of the listed organisations,
- You can **add actions and organisations** you know which promote actions for energy, climate, collapse and resilience.


If you wish to **support this process** and to contribute financially to the work of the support campaign team for the film *Once you know*, you can :


- Buy the **printed version of the Action Guide** ; the **film's collector posters** (made by great artists supporting the project) ; or the **film's soundtrack** (along with a podcast created by the film's music composer).
- Help spread the word about the film, the Action guide and the website,

- Join the support campaign to organise screenings of the film and post-screening events!


Thank you very much! And now, last but not least, let's move on to the final experience of the evening!

The Systems Game [5-10 min]

 This collective experience is inspired by the Systems Game created by Joanna Macy, to echo Denis Meadows' work on systems theory introduced in the film. It **reveals the interdependence** and the chain reactions in place in a group. To do so, we ask the public to start acting as a **forest ecosystem** affected by drought, and in a second phase as a **human living ecosystem** gathering around a resilient practice. In order to actively experience these dynamics, the public is invited to stand up or sit down.


 I will now invite you to play a very instructive game to illustrate the dynamics of a living system. The more you'll be to take part, the better it'll work and be impressive. It's very easy, you'll see. First of all, let's **imagine we are a forest: each of you is a tree** forming this forest, so I invite you to **stand up** to represent this tree. (If this is not possible for you, you can raise your hands high up like the branches of the tree.)

As you may know, all the trees in the forest are **interconnected**. They exchange nutrients, water, and protect each other from the sun... To figure out these connections, you will now randomly choose in your head **two people in the room**, two people, two trees, with whom you imagine you are connected and **bound in order to survive**. I'll give you a few seconds to choose, **look around the room** to choose two people.

I will now play the role of **a plant bug whose territory is expanding due to climate change, drying out trees as a result** (you can mention the example of the "Pine Beetle" which is drying out trees in North America)  I will **randomly hit** one tree in the forest, that will therefore disappear, being affected by this insect. As a result, the person representing this tree will sit down. **If one of the trees you are bound to is touched, if that person sits down**, you get affected as well and **you also sit down**. Let's see how the system reacts...

You, over there, **with the red scarf**, you've just been hit by this insect, you dry up, you disappear from the system, so I'll ask you to sit down. **If you chose that person, if you were connected to him or her by a link essential to your survival, then you will disappear too, and sit down as well.**

 Small tips:

- To get the chain reaction off to a good start, **choose a person who stands out well, and who is in the centre or front of the room.**
- To make them recognise themselves, point to the person and label them with a distinctive clothing feature (not a physical one), such as "the person in the red scarf" in the example.
- If the chain reaction doesn't start, **repeat the instruction:**  **Look carefully, if at least one person you had chosen sits down, you also have to sit down.**
- If the reaction still doesn't work, **start again by naming another person**, until it works, sometimes 3-4 people are needed.
- If the reaction slows down, ask your guest speaker to sit down too to support the reaction, and if necessary you can sit down as well.
- There's no need to describe or comment on what's happening: **the whole experience speaks for itself.**
- Instead, **let people witness** the chain reaction and **feel how it reacts in their body.**
- When everyone is seated : "Here we go, all the trees belonging to our ecosystem have disappeared!"

- There can be a **silence**, or applause, let the audience integrate the message, then move on to the next stage of the game by saying 🎤 **But we won't leave it here!**

🎤 Now you are going to **remain seated** and imagine that you're forming a **human ecosystem** this time. It could be for instance the inhabitants of like the **inhabitants of the town** where we are (or village, rural area, etc.). And again you are going to **choose two people**, and to imagine this time that you are connected by bonds of **trust, solidarity and reciprocity** and that **these people inspire you**. If a person you are bound to adopts a new practice, or engages in a new project, you will naturally **want to support him or her, and will get involved as well**. I let you **randomly choose two people from the audience**, please identify them well..

Let's now find an example together: who can share **an inspiring and realistic initiative** we could all gather around? In one word? [Listen to several suggestions.....]

Ok, so let's choose **thermal renovation of our homes**, thank you for this suggestion, as you found this idea, would you please stand up? Let's imagine you have renovated your house. **The people who chose you hear about it from you, get inspired**, ask you for advice, and start a thermal renovation of their own houses. So **if you had chosen this person**, please **stand up as well**, and let's see how this initiative spreads...

📝 Small tips:

- Regarding the choice of the examples, consider some **suggestions easy to be done by everyone**, such as replacing your car with a bike (bicycle), becoming vegetarian, training in collective intelligence... (it's basic but educational)
- If it slows down and stops, repeat the instruction: 🎤 *At any time, if a person you had chosen stands up, because he or she inspires you, because you trust his or her advice, you also stand up.*

- If it still doesn't work, invite the audience to stay as they are (some of the people will already be standing) and **ask someone sitting in the room to suggest another concrete initiative**, then ask he or she to stand up and invite the people who had chosen him or her before to stand up as well, and so on.
- When everyone is standing, conclude briefly without forgetting anyone: 🎤 **Well done, you've inspired everyone, the whole [city] is now mobilised! Thank you very much for your participation! Thank you to the [cinema/municipal hall/etc] that hosted us tonight! [Thank you to [guest speaker]]! And thank you for your attendance! Have a good evening!**
- You'll see, it's a great way to end the facilitation, everyone applauds naturally! There is **no need to comment, let the people go on this beautiful collective raising!**

🖥️ Online, we invite the participants to select the **gallery view** to be able to see everyone's faces, and we replace sitting down by **turning off their webcams** to disappear from the screen. This way, all the webcams are switched off, the screen becomes black and the disappearing mechanism is clearly visible. When everyone has disappeared, we suggest they **keep the same people/connections** for the reverse chain reaction, to turn their camera back on instead of standing up.

Preparing for D-Day

Beforehand


- It's better if the facilitators and guest speakers **have already seen the film** before the screening.
- Don't forget to bring the visual support to present the Action Guide and the support campaign, either on a USB stick or in pdf format in your emails. This is a **screen version** of the tree of actions and a brief presentation of the support process and its various tools.
- Please make an **appointment with the event organiser** or the cinema to discuss the situation before the screening and, if possible, **send them the visual support** to be projected on the screen a few days before.
- Make sure to check with the event organisers the possibility **to distribute or sell Action Guides** or Collector Posters, or choose to buy a small stock yourself at wholesale prices and then resell them at full price. For more informations, please send an email to : terractiva.art@gmail.com.

Before the screening

- We recommend you to arrive well **in advance** at the cinema, this will help you stay calm.
- When you arrive, take the time to meet the person in charge of the theatre or the organisation of the evening, and make sure they understand that you belong to the **film support network** managed by Terractiva (and not to the production or distribution of the film).
- Check with them whether it is possible to project a **visual support on the screen** after the film during the facilitation. Also check with them all the **technical issues** (how long you can stay for the facilitation after the film, the number of microphones, etc.).
- Ask the technical staff to **leave the lights off until the end of the credits**, to let the people who want to leave do so and to help the others gently come back to their senses after the film.

During the screening

- You can take some time to **get to know the guest speakers**, and may eat something. Explain the process to them, what is expected of their first speeches (in the intro, the Popcorn and the Who Like Me) and if necessary, answer their questions about the facilitation.
- About 45 minutes before the end of the film, also **take some time on your own to go out and breathe**, clear up your head, and use your own methods to centre yourself, relax your body... in short, allow you enough time to put yourself in the right conditions to offer the people you are going to meet, the quality of your presence at its best. Then go back to the cinema and watch the last 10 minutes of the film with the public to take the pulse of the room.

 Online, we suggest you to connect at least 45 minutes before the beginning of the meeting to get to know each other and to settle in with the technical support, the organisers and the guest speakers. Don't forget to organise a time for feedbacks at the end of the event, once all the participants have left.

Feeling confident to facilitate

Speaking posture

- **Observe your physical behaviour:** stress creates a tendency to move, gesticulate, and handle objects nervously. Choose a place on stage/in the room and stay there, stand on both feet, with the microphone held to your chin, facing the public. You can of course move between your speeches to speak from different positions in front of the screen.
- To help you speak calmly and clearly, you may want to **warm up your voice**, do some exercises to articulate properly (such as tongue twisters), and bring a bottle of water.
- **Stress management** tools such as positive visualisation, body awareness or cardiac coherence help you to speak in public without forgetting to **breathe**.

- To find the right tone, you can **practise out loud at home**, record yourself and listen to it, or practice in front of a relative or friends. Public speaking is a skill that needs to be trained, not a natural ability !
- **Go to bed early several days before D-Day**, sometimes people do not sleep well the night before a premiere!

Listening posture

- Memorise the **overall facilitation process** and guidelines ; you can take a few notes with you to have it well in mind and review it just before ; then free yourself from your notes: **You need your eyes** to connect with the audience!
- Meeting the audience is all the more powerful as people may be experiencing difficult emotions and be looking for scapegoats. You may **step back** and avoid defending any particular position: the diversity of testimonies and points of view is a richness, **every comment is welcome** as long as one person doesn't hold the room hostage with an endless speech.
- It is quite normal to feel empathy, however if you need a tool to keep yourself from being overwhelmed by others' emotions, you may want to **use visualisation**: just imagine that what's going on is flowing through you without reaching you, and continues to flow beyond you. Other techniques, such as **breathing and body anchoring may also help**. The key sentence to develop your welcoming attitude is "I hear you".
- And remember : **you offer your presence as a gift** to the audience, simply by facilitating this exchange. Thanks to your presence, you offer people a space to speak, listen to each other and to be heard, and that's what matters the most.

Thank you so much for your commitment!t !