Climate Café (taster) session plan

*Beforehand*

It’s helpful if one of the two facilitators for each café can have on hand a bowl or heap of natural objects for use in the introductory round (see below). A mix of long-lasting items like stones and shells and very short-lived things like leaves is good. Pine cones, twigs with lichen, seed-heads also work well. This is a good ecological frame for the café.

*Cafes*

Facilitators to introduce selves briefly – just name and that you are facilitating the session

Note: In taster cafes for trainings, the first sections (brief intro, principles and ground rules) will have already been reviewed, so they can be just briefly noted or referred to at the start of the taster café.

Facilitator 1:

This is a climate café. Imagine that we are all sitting round a table with a nice cup of something and a slice of cake. We’re here to share our feelings about the climate and ecological crisis, and the embedded social injustices – a thinking and feeling space, a haven from busyness and activity.

It’s a café, not a therapy group, so you share what thoughts and feelings you feel comfortable sharing.

Facilitator 2:

The **principles** for Climate Café:

· We have no intention of leading participants to any conclusion or course of action or to feeling any particular way as a result.

· This is an open, respectful and private space where people can express their views safely.

· The focus is our thoughts and feelings about the climate crisis, rather than what we or others are doing about climate change. Action is important, of course, but we don’t focus on it here.

· Climate Cafés normally include refreshing drinks and food – like cookies or cake – this is about the human warmth and comfort that come from sharing food and drink together. We can’t share them on Zoom but we hope you all have something comforting like that at hand.

Facilitator 1:

**Our ground rules:**

All emotions are welcome

Listen when people are talking

When speaking, be aware of time, making room for others

Respect for others' views, not trying to assert a point of view

Privacy maintained: keep what is said in the café in the cafe·

Allow silence

Climate justice (‘Ouch’)

How we do it: In the first part of the café we introduce ourselves and why we’re coming to the café; and then in the second half we develop those conversations further. The café will end at (say time) when we return to the main room.

Facilitator 2: We will start with introductions– something about ourselves and climate change, and what has brought us to the café. If we were meeting face to face, as we begin to introduce ourselves, we’d have a bowl or arrangement of natural objects, such as stones, feathers, leaves, twigs, shells, and we’d invite people to choose one that in some way speaks to them about their relationship with the climate crisis, and use that as part of their introduction. We can do this virtually as well. (Model this with example; show objects from the basket). So perhaps we might take a minute now for us each to find an object in your room or to choose from the objects we just shared that connects us with the climate crisis. Then we will take turns to introduce ourselves – the invitation is to do this using this object, and to say something about ourselves, something about the planetary crisis, something about what prompted us to come to this climate cafe. As facilitators we will also take part in these intros.

We encourage everyone to stay aware of the time they are taking so everyone has a chance to speak.

(Facilitator 1 goes first to model, Facilitator 2 goes last. After facilitator 1 has had their turn, they invite anyone who feels a connection with any part of what they said to take their turn, and this builds up a web of connections in the group.)

Facilitator 1 introduce second phase: what came up for you while you were taking part in the introductory round?

Facilitator 2: Last ten minutes or so: invitation to say anything that there has not yet been space to say. Last five minutes: closing invitation (e.g. “share a word or two to describe what you harvested or that you take from this café today.”

Facilitator 1: We’ll now return to the large group