

TIME	Section	AGENDA - KITCHEN TABLE CLIMATE CONVERSATION SUGGESTED AGENDA	Handouts/Facilitator Tips
<p>Ask people to arrive 30 minutes before you expect to start. If you are serving snacks and light refreshments, this gives an opportunity for people to socialize informally and settle in. Make sure that everyone knows where the washroom is, etc.</p>			
15	1] Introductions	<p>Introductions: As people find a place at the table, give them the handout ‘Why We Bother’ to fill in. Then share name and the insight from the exercise or value statement (in one or two sentences). Halfway round thank people for keeping intros short and remind them 1-2 sentences.</p>	1-1 “Why we Bother” sheet.
2	2] Land Acknowledgment	<p>Land Acknowledgment: <i>We are gathered on the ancestral lands and waters of Indigenous Peoples, who have left their footprints on Mother Earth before us. We respectfully acknowledge those who have walked on it, those who walk on it now, and future generations who have yet to walk upon it. May we gain strength and wisdom that all may continue to serve as stewards of the Earth.</i></p>	Read as is or add personal meaning or acknowledge local indigenous nations.
1	3] Review of Agenda (Begun by Host; continued by Facilitator.)	<p>Guidelines: Host: I appreciate all of you coming. This is a challenging topic. It can be emotional at times. We are fortunate to have (name) with us to be a facilitator. To get through the agenda, we will need to support (facilitator) to keep time and focus. We need to make space for everyone to speak, and to refrain from interrupting.</p>	3-1 Participant’s Agenda Handout Introduce the Facilitator. Have F take over at a predetermined point - likely the review of the agenda. Set the tone for the conversation - some formality to ensure inclusiveness; minding the time.
2		<p>Intentions for this gathering: To increase understanding of the climate emergency and to help people confidently take action personally and in their community. To encourage advocacy for strong climate agendas at every level of government.</p> <p>Review of agenda: Make sure all materials are available.</p>	

10	4] Science (Facilitator)	<p>Science intro: Does everyone here feel like they understand the urgency of the climate emergency and the need to act now? (pause - see if there are responses) We are going to spend a few minutes on a short summary of climate science.</p>	Refer to 4-1 Science Images
10	5] Coping with Eco-anxiety (Facilitator)	<p>Sharing Questions: What are your feelings, concerns, fears and hopes around climate change?</p> <ul style="list-style-type: none"> • Start with quiet time of 1-2 min for personal reflection. Have participants write down main feeling. • Either collect the pieces of paper and read out or have each individual share their main feelings. • Group then spends remainder of time sharing insights about what they do to cope with feelings - 1-2 points each. 	Small piece of paper each and pencil.
10	6] Science of Social Change (Facilitator)	<p>Social Science Intro: The technologies exist to address the climate emergency! How can we work together to create the rapid societal shifts needed? What does the science of social change have to say about mobilizing for large-scale social change? (pause to see if people have any ideas, briefly.) (share a success story, make it local/personal or refer to success story examples to see how change is making a more livable world for people & for nature.)</p>	<p>6-1 Social Science image with talking points.</p> <p>Success story examples in supplemental supporting resources section.</p>

<p>A] 5 B] 10 C] 10</p>	<p>7] Thinking about a low-carbon future (Facilitator)</p>	<p><u>A] Understanding our Emissions Sources</u> What activities contribute significantly to our emissions? Where should we be taking action?</p> <p><u>B] Taking Action</u> Provide Personal Footprint Handouts.</p> <ul style="list-style-type: none"> • Not going to do personal carbon footprint calculations here but can send links. • Note the typical Canadian footprint 15T/CO2/yr. Note what certain activities add to our footprints. • What elements seem most relevant to you? What are your biggest opportunities for reducing your own emissions? Consider 2 tonnes/yr? Half of your current footprint in 1-5 years? <p><u>C] Quadrant Exercise.</u> Lead a brainstorm, ideally capturing suggestions on a flip-chart version as they come up and probing for connections between quadrants. The template has suggested guiding questions.</p> <ul style="list-style-type: none"> • Capture people’s ideas about individual actions. • What actions on other levels do we need to help us achieve widespread and speedy emissions reductions and adequately address the climate emergency? 	<p>7 kit for this section includes:</p> <ul style="list-style-type: none"> • A] Emissions Diagrams • B] Personal Footprint Handouts x 2 • C] Quadrant Exercise Example <p>Can use flip chart or large-sized piece of paper (art size) and suspend on step-ladder.</p>
<p>10</p>	<p>8) Envisioning a low-carbon future</p>	<p><u>How do we build a new story?</u> Change is stressful and we can help ourselves, our family, friends, and community to come to terms with the need for change by having a vision for the future. It will be important to acknowledge the losses and to recognize the gains (i.e. less long distance travelling but perhaps a new culture that encourages “slow travel” rather than a weekend in London England.)</p> <p>What story will we tell our children/grandchildren? What future do we envision for 2030? What gives us hope? How do we build a new, positive story? How might our values change? What could we revalue or rediscover? How might we make this future work best for everyone? What priorities would make our society work in a low-carbon world? What would a culture of care look like? What does a good, low-carbon future look like to you?</p>	<p>Use flip-chart paper to write down people’s ideas.</p>

10	9)Getting Political	<p>Getting Political: Provide 9-1 Personal to Political Actions Handout.</p> <ul style="list-style-type: none"> • We know we need more government level action on climate. • How can we make this a key issue in the October election so that every party has a strong commitment to addressing the climate emergency with the urgency it needs? What can we ask our candidates and parties to commit to? • Allow a moment for participants to look at document and suggest they pull out a point of interest to discuss. Or, pull out 1-3 yourself. 	9-1 Personal to Political Actions handout
10	10] What next!	<ul style="list-style-type: none"> • Participate in GreenPac environmental debate on October 7th • Talk to and question politicians to ensure climate is a federal election issue, help and encourage candidates that prioritize appropriate climate action • Host KTCC • Help build movement in another way • Join or form a local group i.e. ClimateFast, Toronto350 or Extinction Rebellion! <p>For a further list of climate groups see: https://myclimatechange.home.blog/what-can-i-do-about-climate-change/ or https://climatepledgecollective.org/2019/03/18/toronto-climate-action-review-yelp-for-activists/</p> <ul style="list-style-type: none"> • Other actions can take now: upcoming events, letters to editor • Petition-signing, People’s Climate Plan <p>Supporting one another: Science of social change says that large-scale social change works best when we, as individuals, feel that we are an active part of a community that shares our concerns. How can we support each other? Should some or all of us meet again to see what we might want to work on collectively or to support each other? Would sharing our thoughts as we move forward make sense (emails, FB page, ClimateHub apps)?</p>	Maybe some flyers/ information for upcoming actions.
10	11] Closing	<p>Thank everyone for coming! Collect emails and offer to follow-up in the next few days, with a link to the KTCC resources and to get some feedback about this experience. Suggest that emails will be confidential unless participants want to continue to share experiences.</p> <p>Now – time for the group photo with those who would like to be included, which we can share for posting on social media. CC ktcc@climatefast.ca if the group agrees. And let us know how the conversation went!</p>	Clipboard to collect emails. Informal discussion may continue here