

Session 2 Guide - ENERGY

Below is a suggested schedule for how you might facilitate your Transition Streets Frome session.

The activities below could take about 2 hours.

Feel free to use them or be creative!

The facilitator should try their best to ensure:

- Everyone has an equal voice
- People are welcome & comfortable
- No one feels like they are at school!
- The session stays on track
- The group agreement is respected

See [fnn.org.uk/tsf-group-facilitation](https://www.fnn.org.uk/tsf-group-facilitation) for help

Check In (10 minutes)	Do a quick go round and give everyone a minute or so to say how they are feeling. This gives people a chance to let others know how they are today, feel heard and connect.
OPENING DISCUSSION: Why Save Energy? (20 minutes)	Why save energy and why is it important to me? In pairs (or threes) take it in turns to talk about why we need to reduce our energy use/have more renewables and why this is important to you. Remind people about the Active Listening approach from the first session.
Energy Quiz (15 minutes)	Take the Energy Quiz (visit: www.fnn.org.uk/tsf-energy-quiz for the questions and answers) Do any of the answers surprise you?
Handbook Chapter (45 minutes)	Go through the information in the handbook chapter for this session and discuss as a group.
Street Projects (30 minutes)	Discuss the Street Projects featured in the handbook. Are there any that you would like to do together? Could you involve other neighbours not in this group?
Check out (15 minutes)	Go around and see what people are taking away from this session. Have you made any plans? Has someone written down any actions or next steps?