

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?

Session 3 Guide - RESOURCES

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

The activities below could take about 2 hours.

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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.
WATCH:The Story of Stuff (35 minutes)	As a group, watch the 20 minute documentary 'Story of Stuff' together (just search for "Story of Stuff" on YouTube). How did the film make you feel? Were there particular things that you felt strongly about. Did you see how it was relevant to your life?
The 8 R's Checklist (10 minutes)	Complete The 8 R's: Top Tips checklist found on page 21 of your handbooks. Is there anything you could do more of?
Handbook Chapter (35 minutes)	Go through the information in the handbook chapter for this session and discuss as a group.
Street Projects (15 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?

Session 4 Guide - TRAVEL

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

The activities below could take about 2 hours.

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The facilitator should try their best to ensure:

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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: How do I travel? (20 minutes)	Split into pairs (or threes) and discuss your current travel habits. How far do you move from your home and how do you do it? How does your ability to travel around influence your lifestyle? If time, each pair can share back what they discussed.
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?

Session 5 Guide - FOOD

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

The activities below could take about 2 hours.

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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.
Food Quiz (20 minutes)	Take the Food Quiz on the FNN website (visit: www.fnn.org.uk/tsf-food-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?

Session 6 Guide - WATER

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

The activities below could take about 2 hours.

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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: Water Usage (20 minutes)	Break into two groups (so that people get more of a chance to speak) and discuss water footprints as found on p.51 & 52 of the handbook. Were you aware of the term water footprint before? What do you think about what you read here? Are there any changes you could make to reduce your water footprint through the products you buy?
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?

Session 7 Guide - BIODIVERSITY

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

The activities below could take about 2 hours.

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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: Gardens on our Street (20 minutes)	Break into two groups (so that people get more of a chance to speak) and discuss the gardens on your street. Are there lots of different green/wild spaces on your road where different plants and creatures can thrive? Check out page 65 in the handbook for info on Lawns & Wildlife Passageways and see if this informs your discussion.
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?