



SUNRISE MOVEMENT

TRAINING CURRICULUM

CLIMATE RITUAL

[30-minutes]

[No slides]

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KEY LEARNINGS

1. Ground the room in the stakes of the climate crisis
2. Create trust within the group and build emotional cohesion

MODULE OVERVIEW

SET-UP AND TRAINER STORY [5 minutes]

- Set-up
- Trainer Story about impacts of climate change on their life, connected to their object

PARTICIPANTS SHARE STORY OF OBJECTS & BUILD ALTAR [20 minutes]

- 5 minutes with a partner: why that object and what are you fighting for
- 1 sentence about your partner to the whole group and place object on altar
- All “I’m fighting for that too

CLOSE AND SING [5 minutes]

- Sing “I don’t come here alone”

PREP NEEDS & MATERIALS

- Table to use as an altar (optionally: scarf/tablecloth/candles/flowers to make the table more like an altar)
- “I don’t come here alone” written up on butcher block ([lyrics in our song + energizer bank](#))
- Remind participants before training to bring item. Remind participants earlier in the day to have their object/ symbolize what they are fighting for.
- Object for trainer who is telling story
- Climate impacts story from trainer

TRAINER SCRIPT

NOTE: The times on this module may appear tight. Try not to worry too much about time — with a normal-sized group this will fit within 30 minutes. And more important to let people's Heart have the space to breathe than to rush through it.

Framing and Trainer Story [10 minutes]

Give some explanation of what we're going to do: trainer will share a story about the impact of climate change on them, we'll resonate. People will similarly share their story and objects in pairs — and then we'll all place our objects on the altar.

Because this is a ritual, bringing your own heart will matter. Here's an example script:

Climate change affects every one of us. Each of us has something to lose to the climate crisis and something to gain from coming together and fighting for the Green New Deal. Throughout our work, we believe in the importance of grounding ourselves in the climate crisis that we are facing.

We're going to spend some time today sharing what we're fighting to protect from climate change. I hope everyone remembered their object — if you didn't, we'll give you a second to grab it or put something on a piece of paper that will represent it.

Ideally, the person facilitating this intro section should not be the same as the person sharing.

Invite the other trainer (or participant, if prepared) to share their story. *About 3-5 minutes.*

Story should be vulnerable, in order to allow space for others to be vulnerable as well. The story does not need to be about a major climate disaster. In fact, it may be easier for some people to relate if it isn't. It needs to be real and about what you're scared about and what you're fighting for and how it connects to the object you brought.

After the trainer shares, ask: **Can we get some resonance?**

As a trainer, take a moment to share a moment when you really were emotionally present as they spoke. Get a few quality resonance from the group.

Thanks for sharing. **Can we all take a deep breath together?**

Participants share story of object & build altar [20 minutes]

Have participants get into pairs. (Since this may involve being vulnerable, let them find their own pairs. Or you could use buddies.)

After they're in their pairs, explain what will happen: "Start by introducing yourself to your partner. **Then explain why you brought that object and what you are fighting for. I'll let you know when to switch. You'll have about 5 minutes total.**"

Remind people when they're just about halfway.

"Okay, let's come back together."

When the group has returned, explain each person is going to walk up with the person they just shared with. Share what you're fighting for in a sentence or two, and place your object on the altar. Then the whole room is gonna say, "I'm fighting for that too."

Once the ritual happens, it's very hard to interrupt the flow. So a couple of tips:

- Don't be anxious about time. Be present with the group.
- AND, if you're worried about time — have everyone who is able to stand. Standing people talk less than sitting people.
- AND, another option to speed up the sharing is have a trainer tap the next pairs so you have a smooth flow going — otherwise you have more space for silence (which is also okay!)
- AND **if you have a talkative or a large group (over 20), explain:** "Because I want to honor all of our stories and time, I may interrupt if people share more than a line or two just so we have time for everyone to share." This gives you permission to stick to time if you need to move people along a little bit.
- **If you have a very large group (over 35), you will have to change this design.** Have everyone stand in a circle around the altar. Have people go around the circle and one-at-a-time place their object and say what they're fighting for **in one sentence (and no more).**
- **If you have an exceptionally large group (over 60), you likely don't have time for everyone to share.** Instead, have the pairs find another pairs (groups of 4) and then do it again (groups of 8). In their 8's, each person shares what they're fighting for and people repeat "And I'm fighting for that too." The altar will be massive.

To model, have the trainer who told the story go first by sharing *very quickly with just one sentence a summary of what they're fighting for.* (If that trainer talks for a long time, everyone else will likely follow suit.)

For example, Trainer says "I'm fighting for my home state of Montana..."
Prompt everyone to reply: "And I'm fighting for that too."

Song

Thank people for their sharing: “Thank you, all of you. We’re all in this together, and we’re all fighting for each other. As we go through this training, let’s hold these things as the reason that we’re here. I’d like to teach you all a song to close out our ritual.”

I don’t come here alone

*I do not come here alone
I carry my people in my bones
I do not come here alone
If you listen you can hear them in my soul*

(This is generally a good time for a meal or evening break.)