

# Workshop 5c: Assessing Community Conditions, Skills, & Resources

*Session c: From Cocoon to Butterfly*

## Learning Objectives/Desired Outcomes:

*Participants will leave this workshop with...*

- Visualization and critical thinking about what it will take to transition to a solidarity economy
- Understanding the components and tactical purpose of participatory action research

## Materials

- Flipchart paper and markers

## Preparation

- Read through the agenda carefully to make sure you feel confident with all the exercises
- Prepare notetaking posters with the following titles:
  - Current (capitalist) Economy
  - Solidarity Economy
- Prepare a note taking format for the rotation stations, could be butcher paper on each of the three tables with the following questions respectively:
  - What are the forces and conditions in our communities that impact our social, cultural, and economic well being?
  - In our hearts, minds, and hands we have many abilities, knowledge, and resources, what are they?
  - What are actual or potential efforts that utilize our skills and talents, utilize solidarity economy values and practices, and respond to our community conditions and improve our social, cultural, and economic well being?
- Prepare posters with the components of a Participatory Action Research (PAR) project
- Research a local PAR project and prepare to share it as an example
- Prepare posters with the following titles for the IdeaStorm:
  - Goals for our PAR project
  - Questions to help us design PAR project

# Agenda

## 1. OPENING CIRCLE (Seeds) = personal connections

|  |  |
|--|--|
| <p><b>Clap Circle</b></p>  | <p><b>Time: 10 min</b></p>   |
| <p><i>Instructions:</i></p> <ol style="list-style-type: none"> <li>1. Share the goals for the session and emphasize the importance of collaborative focus</li> <li>2. Introduce the clap circle:</li> <li>3. Let's play a game that helps build collaborative focus. Put your hands in the 'clap' position. I will start us off by turning to the person to my left so that we are standing face to face. We will make eye contact and then we will clap once at the same exact time. If we are a little off, we try again. Then, she will turn to the person on her left and like that we will pass the clap around the circle, using our collaborative focus.</li> <li>4. Once the clap circle is complete, ask the group, what qualities did we need to embody to complete the circle?</li> </ol> | <p><i>Purpose</i></p> <p>To break the ice and practice collaborative focus</p> <p><i>Facilitator's Notes</i></p> <p>Some embodied qualities this game encourages:</p> <ul style="list-style-type: none"> <li>• focus</li> <li>• breathing/relaxing</li> <li>• not over thinking</li> <li>• eye contact/connection</li> </ul> |

## 2. FIREBUILDER (Preparing the soil) = relationship and trust building

|  |  |
|--|--|
| <p><b>Image Theater: Real to Ideal</b></p>   | <p><b>Time: 20 min</b></p>   |
| <p><i>Instructions:</i></p> <ol style="list-style-type: none"> <li>1. Ask everyone to find a partner</li> <li>2. Give partners 5 min to discuss the following question:             <ol style="list-style-type: none"> <li>a. Think of someone you know in the community who is not involved in the solidarity economy. What is their experience trying to make a living? What does the economy look like for them?</li> </ol> </li> <li>3. Bring the group back together and let them know we will use a creative way of sharing out.</li> <li>4. Designate one part of the room a stage and one part of the room the audience. Have everyone sitting or standing in the audience area and let them know where the "stage" is:</li> </ol> <p><i>Let's create a snapshot of what the experience of our current economy looks like in our community. The way we will do this is one</i></p> | <p><i>Purpose:</i></p> <p>To visualize and embody the transition to a solidarity economy</p> <p>to think critically about what that transition will take for real people</p> <p><i>Facilitator Notes:</i></p> <p>As a facilitator of image theater you want to:</p> <ul style="list-style-type: none"> <li>• Make clear invitations</li> <li>• Be okay with pauses or moments of silence</li> <li>• Be open to what</li> </ul> |

|   |   |
|---|---|
| <p><i>person will start us off by coming here onto the stage, choosing a character (like the person you shared about in your dyad) and striking a pose – a frozen image that will form the first part of the snapshot. [Model it]. Next, one person at a time will add themselves into the image until we have a fairly complete frozen snapshot of what the experience of the capitalist economy looks like in this community. Not everyone will be in the image because we'll need at least 3 people outside the image to say what they see in it.</i></p> <p>5. Once the image is complete, ask the audience members:<br/><i>What do you see? What do you notice?</i></p> <p>6. Scribe this on butcher paper, titled, "Current economy"</p> <p>7. After the audience has shared, you can let the actors in the image relax by saying:</p> <p><i>Okay let's give the actors in the image a round of applause, nice work.</i></p> <p>8. Ask the actors in the image if they'd like to add anything to what the audience shared. Add to the butcher paper.</p> <p>9. Next, ask the group to create an image that represents the ideal solution to the image, the solidarity economy: <i>What could the experience of a solidarity economy look like for these same characters?</i></p> <p>10. Again reflect on this image: <i>What do you see?</i></p> <p>11. Scribe notes under the heading, Solidarity Economy</p> <p>12. Then either have a discussion about what it would actually take to get to the ideal image in real life, or invite the group to create a third image that shows that middle step-- some of the things that would have to happen to get to the ideal.</p> | <p>happens in the moment - listen carefully and help the group pull out lessons from this shared experience</p> |
|---|---|

### 3. BRIDGE EXERCISE (Planting the seeds) = connecting personal experiences to the big picture

|   |  |
|---|--|
| <p><b>From Cocoon to Butterfly - Actualizing the Social &amp; Solidarity Economy</b></p>  | <p><b>Time: 40 min</b></p>   |
| <p><i>Instructions:</i></p> <ol style="list-style-type: none"> <li>1. Divide into small groups</li> <li>2. Rotate through four stations where we will reflect on the following three discussion questions:</li> </ol> | <p><i>Purpose:</i></p> <p>To think critically about the community conditions and assets that are at play in the transition to a solidarity economy</p> |

|  |  |
|--|--|
| <ul style="list-style-type: none"> <li>a. What are the forces and conditions in our communities that impact our social, cultural, and economic well being?</li> <li>b. In our hearts, minds, and hands we have many abilities, knowledge, and resources, what are they?</li> <li>c. What are actual or potential efforts that utilize our skills and talents, utilize solidarity economy values and practices, and respond to our community conditions and improve our social, cultural, and economic well being?</li> </ul> <p>3. Now in the large group:</p> <p><i>Let's begin to flesh out the responses to question # 3 Let's name these efforts, one by one. What do you see? What's missing?</i></p> <ul style="list-style-type: none"> <li>4. For each of these efforts, use a question rubric to understand it better: <ul style="list-style-type: none"> <li>a. How do people get involved (youth, undocumented community members, women, families with children)?</li> <li>b. How does it improve community conditions?</li> <li>c. How does it develop leadership?</li> <li>d. How is it stewarded utilizing cooperative principles?</li> <li>e. How does it demonstrate community power?</li> <li>f. How does it prepare participants for dignified work?</li> <li>g. What role is there for me? How?</li> </ul> </li> </ul> | <p>To generate ideas for solidarity economy projects that are relevant to community conditions and draw on collective assets</p> <p><i>Facilitator Notes:</i></p> <p>In the rotation, there should be a consistent visual note-taking format used in each group.</p> <p>For step #4, you could also divide people up into small groups and have each group take on a different solidarity economy solution to flesh out.</p> |
|--|--|

#### 4. BIG PICTURE LEARNING (Sun and Water) = New learning/big picture content

|   |  |
|---|--|
| <p><b>Components of a Participatory Action Research Project</b></p>   | <p><b>Time: 30 min</b></p>   |
| <p><i>Instructions:</i></p> <ul style="list-style-type: none"> <li>1. Give a basic overview of Participatory Action Research and share an example from the community. Emphasize that PAR is: <ul style="list-style-type: none"> <li>a. Collaborative</li> <li>b. Action-oriented</li> <li>c. Community-driven</li> <li>d. Inquiry-based (wanting to find answers to questions that matter to us)</li> </ul> </li> </ul> | <p><i>Purpose:</i></p> <p>Participants have the information they need to plan their own participatory action research project</p> <p><i>Facilitator Notes:</i></p> <p><b>Participatory Action Research (PAR)</b> is an approach to research in communities that emphasizes</p> |

|   |   |
|---|---|
| <p>e. A tool for engaging community and allies around an issue</p> <p>2. Have the following components written up on the whiteboard or flipchart:</p> <ol style="list-style-type: none"> <li><b>Vision</b> (what we are working towards)</li> <li><b>Organizing Goals</b> (how this PAR project can engage the right targets to get us closer to our vision)</li> <li><b>Objectives</b> (what specifically we can accomplish with this project)</li> <li><b>Audience</b> (who we want to engage in our research and who we want to share the results with)</li> <li><b>Critical questions</b> (the questions we want answers to and that we think will spark the right kind of dialogue we need to be having with our audience)</li> <li><b>Research methods</b> (how we will engage people to get answers to our critical questions)</li> <li><b>Communications Plan</b> (how we will publish and distribute the findings of our research to help advance our organizing goals)</li> </ol> <p>3. Talk through each component so everyone understands what they are... Take any questions</p> | <p>participation and action. It seeks to understand the world by trying to change it, collaboratively and following reflection.</p> <p>PAR emphasizes collective inquiry and experimentation grounded in experience and social history.</p> <p>Within a PAR process, "communities of inquiry and action evolve and address questions and issues that are significant for those who participate as co-researchers"</p> <p><b>Example of a local PAR project:</b></p> <p>CUAV PAR project</p> |
|---|---|

**5. CREATING CONTENT (Harvest): Analysis and/or action steps**

|  |   |
|--|---|
| <p><b>IdeaStorm</b></p>  | <p><b>Time: 20 min</b></p>  |
| <p><i>Instructions:</i></p> <ol style="list-style-type: none"> <li>Reflecting on the content you just covered, prompt the group to share answers to the following question:<br/><i>How could a PAR project help us advance towards a transition to a solidarity economy in this community?</i></li> <li>As you take people's responses, turn them into goals for the project and scribe them on a butcher paper.</li> <li>Then referring the essential components of a PAR project, ask the group:<br/><i>What questions do we need to answer in order to be able to plan a PAR project to support the transition to a solidarity economy?</i></li> <li>Scribe the questions on a butcher paper, and let people know you will be coming back to these over the next few sessions as you continue to develop the project</li> </ol> | <p><i>Purpose:</i></p> <p>To identify the goals and critical questions that will help to transition into the next phase of PAR planning: research and development</p> <p><i>Facilitator Notes:</i></p> <p>Some possible goals:</p> <ul style="list-style-type: none"> <li>Engage new partners and allies in supporting the development of a solidarity economy project</li> <li>Gather data that</li> </ul> |

|  |  |
|--|--|
|  | <p>supports the need for a given solidarity economy project in this community</p> <ul style="list-style-type: none"> <li>● Gather data that is necessary or helpful to the development of a sustainability plan for a given solidarity project</li> </ul> <p>Some questions you might want to add to the list:</p> <ol style="list-style-type: none"> <li>1. What is our vision?</li> <li>2. Who do we need to engage to achieve our vision?</li> <li>3. Who stands in the way of this vision? Why?</li> <li>4. What critical questions do we need to answer to be able to achieve our vision?</li> <li>5. What data do we need to gather?</li> <li>6. What kind of research methods will engage the people we need to engage in an effective way?</li> <li>7. How can this project help us educate our community about a solidarity economy?</li> </ol> |
|--|--|

**6. CLOSING CIRCLE (Saving Seeds) = Reflection**

|   |  |
|---|--|
| <b>One Word</b>   | <b>Time: 5 min</b>   |
| <p><i>Instructions:</i></p> <ol style="list-style-type: none"> <li>1. Invite everyone to stand up in a circle and share one word or sentence that captures something they are excited about moving forward</li> </ol> | <p><i>Purpose:</i></p> <p>Maintain the energy of the group moving forward.</p> <p>Externalize internal interests</p> |

2. Honor what has been shared and let people know the goals for the following session

and excitement

*Facilitator Notes:*

Next session is focused on movement building. Each of the last sessions focus on movement building and continuing to develop the Participatory Action Research project