

Thinking Box for XR Programme 1

Session title: XR approach, key questions and criticisms and How to start a movement

Blurb for the invitation:

In this session Paul from XR provides a take on XRs approach alongside key questions and criticisms aimed at XR participants during the April rebellion. It is your chance to reflect on these and what the best responses are and to provide feedback to XR via a survey at the end.

In the second half some fundamentals of building a movement are presented and we discuss their importance to XR. How does XR build critical mass and what personal qualities should members nurture within themselves and others in XR?

Preparation

It isn't imperative to watch the videos before you host a session but it is recommended. It will help you introduce the topics more effectively and prepare you for the kind of responses likely in the discussions. You can also report briefly how you responded to the videos and this can help set an open tone for the session.

Facilitator tips

You do not have to have any experience to run a good Thinking Box session. The videos and the questions go a long way to engaging people and getting them talking. As a host you can help by being genuinely interested in your guests and what they think about the topics you present to them. The preparation above will help with this and a little introduction to each video is useful.

Small group discussions

- We only have one 'rule' in Thinking Box and that is that small groups should be no more than 3 people. The intro video gives some of the reasons for this but please trust that it does make a difference. It is best to make this clear in advance but if larger groups do form simply politely ask for them to split before the discussions begin.
- Always take part yourself in one of the small groups.
- Keep an eye on time and bring the group back together after 15-20 mins

Plenary discussion

- Facilitating the plenary discussion is by far the most exciting part of the role and the one where you will be most awake, alive and present. It can be exhilarating to be able to host a conversation with many people and you will also have a unique perspective on the views of different guests. If you are interested in the video content, thinking and answering social questions of importance, you will naturally be curious and enthusiastic about what others think. So look forward to finding out the range of views in your group.
- As host, try to simply ask questions and reflect comments made back to the group, this is not the session to add your own thoughts (although this is not forbidden – you are a member of the group too).
- Listen to the points being made and move the conversation onto another question if you feel it is time to.
- Try to hear from a range of people and avoid any guest from dominating.
- Keep an eye on time and conclude the session with the final short heart warmer video.

Timing

- A full double session typically needs 2.5 hours, so just over an hour for each half plus time for breaks and general organising. Adjust timing to suit session and participant needs.

Description	Speaker and title	Link	Length	Notes
Short 1A	Why facts don't convince people	https://www.youtube.com/watch?v=S74C-XF9kYY	2.46	Not for discussion but a provocative video to get people thinking
Introductory video	How the session works	https://youtu.be/D1HYY_3Xi5s	1.51	Shown every session, establishes boundaries and intent
Feature 1	XR, approach, key questions and criticisms	https://www.youtube.com/watch?time_continue=1&v=dM_bPtefXSw	6.37	
	Discussion questions	https://youtu.be/FDnZ8jBJNGY (pause video twice)	0.13	Use this video or download ppt file
	Discussions in 2-3s		15-20 mins	Adjust time to suit
	Plenary discussion		20 mins	Adjust time to suit
	Survey	bit.ly/xrquest See above video for link		Complete at the end of the plenary on mobile phones. It is possible* to show the results after the break.
Break				
Feature 2	Derek Sivers: How to start a movement	https://www.ted.com/talks/derek_sivers_how_to_start_a_movement	3.09	
	Discussion Questions	https://youtu.be/H6I-yBETNyg (pause video)		Use this video or download ppt file
	Discussions in 2-3s		15-20 mins	Adjust time to suit
	Plenary discussion		20 mins	Adjust time to suit
Closing short	StoryCorps: Bookmobile	https://www.youtube.com/watch?v=11OvHcgh-E4	3.31	

*To see the results of previous submissions there are two options:

a) Follow this link

<https://docs.google.com/forms/d/13L8wn28vh3RVUT1ROUefECm5WdXmxHXyOoMLPObTy3c/viewanalytics> or

b) individuals can view previous responses immediately after submitting a survey response, by following the appropriate link.