

Building the Alternative or Resistance

Purpose: This exercise asks participants to open their imagination to building the alternative. All too often we get caught up in the cycle of protest and resistance and lose sight of the 'other world' we are trying to create through our activism. This game encourages imaginative responses to contemporary social issues.

Time: 30 minutes, or can be amended to be longer or shorter

Preparation:

- You'll need a plastic plate or some kind of disc one side marked 'A for alternative' and the other 'R for resistance'. You could also just flip a coin.
- You'll also need a set of social issues that the group can relate to, and ideally they'd be issues more towards the specific end of the spectrum rather than big and general. For example, 'burning fossil fuels' or 'car culture' rather than 'climate change', but the important thing is that they be issues the group is familiar with. You could ask the participants to write on slips of paper one, two or three issues that are of concern to them. If short on workshop time, you could prepare a set yourself.
- And this exercise is best preceded by ones which have asked the participants to think about building the alternative, it could appear mid-way through a day's training as a way of lightening and energising the group.

Explanation for facilitators:

This game can be played in teams or by individuals. Put the issues in a hat/bag and ask a participant to spin the disc. It will land on 'A for alternative' or 'R for resistance'. The participant then pulls an issue from the hat/bag and has to respond accordingly.

For example, a spin resulting in 'A for alternative' for 'car culture' the participant might respond with cycling/walking/public transport. Or 'R for resistance' might be taking part in a critical mass bicycle ride.

You could also introduce certain conditions to the game to make it more personal (and perhaps challenging) rather than general and generic, such as 'what are you/your community doing' in relation to the topic pulled and building alternatives or resisting.

Play until everyone has had a go or the topics have run out.