



## EXAMPLE ACTIVITIES

Below you will find some examples of activities you might like to offer at your event. These are only suggestions and you should consider the needs of your audience when planning activities for your screening. Please keep in mind that you want to be careful not to overwhelm your audience. Thus, it is not advised that you use all of the activities below in any screening.

### STORYTELLING (150 MINUTES)

Anecdotally, audience members have been observed to spontaneously tell their stories following pre-screenings of the film. This type of engagement is consistent with research related to post-traumatic growth and is something that you can facilitate at your screening. Below is an example of how to go about this, with suggestions and a timeline of what this might look like at your event.

#### **6pm - Introduction**

- Start with a brief description of the synopsis of the film. You may develop your own introduction to the film or use the blurb at the beginning of this guide.
- Provide an overview of what the viewers can expect throughout the screening: schedule, timeline, storytelling activity, etc.
- Provide viewers with information about what to do if they are feeling distressed during the screening/event, including the location of exits, identity and whereabouts of support staff, etc.
- Acknowledge that not everyone will want to participate in discussion following the screening and that this is entirely optional. No one need participate, if they don't want to. Let viewers know that there will be a brief break after the film, during which they can depart before the storytelling discussion, if they prefer.

#### **6.10pm – Screening of Forged from Fire**

#### **7.10pm – Break**

- Invite your viewers to take a short break and to return for the storytelling activity, should they so choose.

#### **7.15pm - Introduce the storytelling activity**

- Introduce facilitators, including names, roles, and other relevant details. These may be local community members, mental health professionals, support workers or other people who are relevant to your audience.
- Prior to the event, decide how much time will be spent on the storytelling activity after the film and make the audience aware of this (e.g., not everyone may get to tell their story).
- Gently set boundaries for group discussion; see 'Safe Space' info in digital resource "Tips, Considerations and Information".

- Acknowledge that while some people may wish to speak to the group, others may prefer to participate by listening only.

### **7.20pm - Facilitators invite the audience to share their stories**

- This may include the entire audience as a group or may be facilitated in smaller groups.
- If possible, some people may prefer to speak one-on-one with a facilitator in a break-away format.
- Should discussion veer off topic, facilitators can gently redirect the conversation with open ended questions (e.g., 'Can you tell us what that was like for you?') and prompts (e.g., 'When that happened...').

### **7.55pm - Facilitators gently signal that the activity is coming to a close**

- Direct people to additional options for sharing their story. For example:
  - Some people may prefer to write their story or reflection (this may be anonymous), perhaps in a book that may be made publicly available after the screening
  - Others may prefer the opportunity to respond at a later date, perhaps in an online storybook via a social media platform.
  - Children may prefer to draw pictures depicting their stories.

### **8pm – Informal social opportunity**

- Invite the audience to share a cup of tea or a light meal and continue to conversation.
- Facilitators and staff can circulate through the group to provide additional opportunities for storytelling and to offer support to viewers, if needed.

### **8.30pm - Close your event**

- Thank your audience and ensure that they have been provided any resources for additional support following the event/screening.

## Q & A (120 MINUTES)

Post-traumatic growth suggests an association between self-efficacy, connectedness and sense of agency with positive outcomes. Inviting the audience to deepen their understanding of the project provides them with the opportunity to connect with the project on their own terms.

### **6pm - Introduction**

- Start with a brief description of the synopsis of the film. You may develop your own introduction to the film or use the blurb at the beginning of this guide.
- Provide an overview of what the viewers can expect throughout the screening: schedule, timeline, Q&A activity, etc.
- Provide viewers with information about what to do if they are feeling distressed during the screening/event, including the location of exits, identity and whereabouts of support staff, etc.
- Acknowledge that not everyone will want to participate in the Q&A discussion following the screening and that this is entirely optional. No one need participate, if they don't want to. Let viewers know that there will be a brief break after the film, during which they can depart before the Q&A discussion, if they prefer.

### **6.10pm – Screening of Forged from Fire**

#### **7.10pm – Break**

- Invite your viewers to take a short break and to return for the Q&A activity, should they so choose.

#### **7.15pm - Introduce the Q&A activity**

- Introduce facilitators including names, roles, etc. Facilitators could include a panel comprised of community members involved in the project, such as filmmaker(s), people who worked on the project (e.g., blacksmiths); mental health professionals; community support workers; etc.
- Provide boundaries for Q&A discussion (e.g., time limitations, respectful language, topic limitations based on range of panel expertise/knowledge).
- Invite the audience to ask questions relating to the film.

#### **7.45pm - Q&A finishes**

- Facilitators gently signal that the activity is coming to a close.
- Some people may have further questions, and you may like to provide contact information so that your viewers can follow up at a later date.
- Invite your audience to share a cup of tea or a light meal and continue the conversation.

#### **8pm - Close your event**

- Thank your audience and ensure that your audience have been provided any resources for additional support following the event/screening.

## STORYBOOK OR GUESTBOOK

If you choose not to hold any formal activities to complement your screening but you would still like your viewers to have the opportunity to share their reflections or stories, you may wish to provide viewers an opportunity to create an entry for a storybook. The idea is to invite your viewers to write or draw their experience of the film, the fires, or stories of recovery and renewal in a format that can be collated into a community book or document.

You may also choose to invite your viewers to contribute to a guestbook that is passed around or positioned somewhere in your venue. If you have a large crowd, you might think about providing individual pages that can be completed by many people at the same time and then gathered at the end of the event and collated into one document. You may wish to appoint a custodian who will be charged with overseeing the document and can guide viewers through the process and collate the pages at the conclusion of the screening.

In addition, you may wish to provide an online storybook or guestbook wherein viewers can contribute their stories after the screening. This could be accessed via a social media platform, such as Facebook. Alternatively, entries could be submitted to a custodian who then uploads them to a website that is accessible to the community (e.g., local council website, purpose-built website).