

Right Now

At the end of rebellion, we are welcoming our rebels home with care and support for each other and ourselves. We are reflecting, telling stories and taking the time to adjust to our needs as individuals, a group and a movement. We are also welcoming new rebels bringing their own energy and excitement. Right Now has been created to support the regenerative cycle of rebels returning from rebellion and provide resources for new rebels to allow you to rest.

- [Looking After Your Rebels](#)
- [Welcoming New Rebels](#)
- [Getting New Rebels Involved](#)

Looking After Your Rebels

As events of an action or series of actions settle, we normally make time to come together for celebration, sharing appreciation for what we did, what we saw each other do, and what we'd like to honour. In post-rebellion regenerative care, our purpose is to ask ourselves: 'What happened?' 'What am I learning?' 'What is that teaching me?' We explore how this helps us and others.

On an organisational level, this helps us learn as much as we can from our actions so that we can do better next time. It is a space for us to collectively reflect on our expectations and whether they were met or not.

On an individual level we need to allow ourselves and others to move through emotions of rage, grief, trauma, sadness and anger that have arisen so that we do not carry them and so they do not solidify and lodge as discomfort in our bodies.

[Regenerative Action Cycle.png](#)

Self Care

People who engage with the climate crisis need to recognise that they are susceptible to a certain kind of stress due to the overwhelming nature of the problem. Looking after our own needs, personal care and recovery is vital to build the resilience we need.

If you are looking to take time away from the city or your environment check out our Open Home scheme. If you are feeling vulnerable and need support, look into our Trained Emotional Support Network (TESN).

If you are experiencing grief in the forms of anger, numbness or sadness, look into our grief tenders. You can also find videos on our YouTube to help guide you through meditations, breakwork and other techniques to help ground you.

Group Care

It is important to welcome emotions into your group. Reaching out to people in your communities and focusing energy on connecting with them is difficult work and requires ongoing attention, so it is important to create space and time for the group to share how each rebel is feeling.

Celebration

Celebrations offer moments of deep appreciation and genuine excitement. They help us arrive back home to ourselves, and land safely back in the arms of our families and communities. When we gather together in celebration, we acknowledge the contribution made by each of us and this act of reflecting together helps us understand the gifts we bring to our community.

There is an emphasis on sharing: we tell stories, we eat together, we nourish each other. We strengthen our connection and in this coming together we foster resilience in ourselves and our communities.

After the excitement of an action, rebels come home and must slowly adapt to normal life and the responsibilities that that entails. A celebration provides a bridge between these points and the affirmations that take place within it provide the strength needed in order to regenerate.

Resources (Self)

[Active Resilience Guide](#)

[Self Care and Avoiding Burnout](#)

[Trained Emotional Support Network](#)

[XR Open Homes Scheme](#)

[Regenerative Cultures YouTube](#)

Resources (Group)

[Simple Emotional Debrief](#)

[Deepening Your Check In](#)

[Active Listening Guide](#)

[Active Listening Guide](#)

[Building Empathy Circles](#)

[Talking Circle Guidelines](#)

[Regenerative Techniques](#)

Grief Tending

Grief and gratitude are linked - we grieve that which we are grateful for or love. As well as people that we love, there are many other losses in our life: children moving away, loss of a job or home, nature, habitat or species loss.

Grief shows up in different ways as sadness, anger or sometimes numbness. So grief is soul work, which requires us to face the losses that we have as part of life, when we allow ourselves to face our grief instead of turning away it deepens our connection. It can take us into territory where we allow ourselves to be vulnerable and exposes the truth of our need for others in times of need and

suffering.

Grieving together is a way of witnessing our connection and interdependence, so being in community, part of a village where what we feel matters and is heard.

For more information on Grief Tending contact XRGrief@protonmail.com

Legal and Arrestee Support

We have a collective and personal responsibility to support our arrestees. In doing so we are both extending care and compassion to each other, and sustaining our movement. Post Arrest Liaisons (PALs) can provide signposting to the Arrestee Support resources and also offers a sympathetic ear through telephone contact. Let all rebels know that they can request a PAL by writing to xr-arrestwelfare@protonmail.com with 'PAL Request' in the subject heading.

Court Supporters attend any hearing and/or court appointment with arrestees to provide moral support to arrestees/defendants on the day of a plea hearing and/or trial.

If you or someone in your team are interested in being trained for either of these roles, email xr-arrestwelfare@protonmail.com. For legal-related questions email xr-legal@riseup.net. Also go to informeddissent.info for collectively sourced materials to support you from XR and others who have been arrested.

Resources

[Arrestee Support Resources](#)

[Legal and Arrestee Support Training Timetable](#)

[Legal Resources](#)

Welcoming New Rebels

When welcoming new rebels there are several key things that help do:

- **Plan** – Have a plan for some welcoming events to direct new rebels to and nominate welcomers.
- **Say hello** – Be welcoming, friendly and honest.
- **Meet them** – We thrive on connection. Set up events, socials, welcome spaces and talks after the rebellion. Give new rebels a space to land!
- **Get them connected** – Direct new rebels to Mattermost, Whatsapp, Signal, Telegram whatever platform you use!

Getting in touch

Finding your new rebels information

New rebels and those interested will have been encouraged to sign up with us on the website throughout the rebellion. These names should be pushed into your space on Action Network (AN) and so the graph on your AN dashboard should be slowly increasing over time - if this is not the case please contact either your regional tech team or tech@rebellion.earth.

Rebel Ringing

Those of you who have used Rebel Ringing before will know how helpful that friendly call is for welcoming people into the movement. It's a way of reaching out to Rebels in your local area, many of whom will have signed up onto XR's database during the Rebellion.

Set up an automatic email

All groups with an email address should set up an automated email response with an upbeat welcome message to explain how rebels can get involved. Include links to your exciting welcoming events, or explain there may be limited contact post-rebellion and signposting new rebels to centrally provided online formats. Your new rebels may be fired up and want to start doing things so give them a few simple tasks they can do right now without personal contact.

Social media automatic reply

Those with social media accounts can set up automated messaging, pin a post to their feed or change banner image to a message such as: We are rebels in recovery. We will be back soon to welcome you. Visit [Rebellion Academy](#) or check out our National Campaigns to find out how you

can get involved NOW.

Resources

[Suggested Welcome Email](#)

[Rebel Ringing Guidelines](#)

Meet your New Rebels

Induction

There's no better way of introducing rebels to XR than telling them what they're signing up to. Running an introduction to XR isn't complicated but it should be well thought through, especially how to strike a balance between making the session participatory while getting the most crucial information across and what information rebels should have about your XR group versus what will just result in information overwhelm.

The Heading for Extinction talk

Due to lockdown, a new HfE Zoom version has been created. It is a bit shorter but it's impact will be just as big and it is the perfect tool for explaining XR's rationale to potential recruits and getting them emotionally involved. If you don't have a speaker in your own local group you can organise a talk event together with other local groups in your region. You can request a Heading for Extinction speaker from your regional Talks & Trainings coordinator. See the [Contact Page](#) of the XR UK website.

Buddies support systems

XR can be a confusing place - there is a lot to learn! It takes around a month for most people to find their feet. One way to help new rebels feel welcomed and supported is to form buddy groups. The aim of a buddy system is for rebels to feel heard, respected and valued, to have their initial questions answered and any worries or barriers to joining listened to and addressed.

Meetings

Meetings are a good option for groups with minimal spare capacity. If all else fails, keep your regular meetings going so interested new recruits can drop in. If a new rebel comes to these spaces make sure they are welcomed and ask what they might be interested in so they can listen in to those conversations. Ensure you have a few people aware of new rebels during social moments such as tea breaks, and initiate conversations, asking about their experiences and interests. At the end of a meeting ask new rebels what they thought, stay behind to chat, invite them to something else, add them to group chats, or offer to connect them to a Working Group.

Getting New Rebels Involved

Event organisation

Offline events

We have had plenty of feedback from local rebels saying that whenever they could get together far away from any zooms and screens in a park or big garden, it gave an energy boost to their group. Going to a sociable offline event to hear more about XR is much more appealing than being asked to join the 10th zoom call of the day.

Online events

Make your facebook event more accessible by asking Extinction Rebellion UK (@XRebellionUK) to be a co-host. That way the event will show up on our UK events page and the extinctionrebellion.uk website.

Tip: Use breakout rooms for audience engagement. Don't include more than 4 people in one room.

Welcome to XR - every Tues 7-9pm - register either using the Talks & Training Facebook Events or the XRUK website Events page

- [XRUK Talks & Training Facebook Event](#)
- [XR UK website Events page](#)

Resources

- [Link to slideshow usually used for Tuesday Welcome to XR](#)
- [How to Run a Welcome to XR Session for Local Groups - slide show | And support video](#) | Passcode: bZ^X94*e
- [Sample Facebook Event Page](#)
- [Regional Talks & Trainings Coordinator Contact](#)
- [Buddy Support Guidance](#)

- [Facebook page of Extinction Rebellion UK](#)
- [Heading for Extinction Script](#)

Online UK Resources

The optimal scenario in welcoming new rebels is to get them involved in your thriving, local XR community. However, after big rebellions and actions many groups are exhausted or involved in debrief and looking back at the past weeks' experiences.

Learn things

You can signpost new rebels to sign-up to interactive online trainings at the [Rebellion Academy](#). This can help orientate rebels into XR. Encourage them to:

1. Take the '[What type of rebel you are](#)' quiz to get a better idea of how they could fit within the movement.
2. Take part in the introductory trainings to find out more about XR
 - [Introduction to Extinction Rebellion](#)
 - [Climate & Ecological Emergency - Science & Politics](#)
3. Discover all trainings and resources available to help rebels prepare for their ideal role in the movement.

For this purpose, the UK-wide working groups have provided various online resources. Check the [website Events](#) page for workshops and training that new rebels will find useful such as the Heading for Extinction talks, the Hub and Mattermost Support and Training, Welcome to XR, Nonviolent Direct Action workshops, DNA workshops and Citizens' Assembly talks.

Get a role: [Volunteer website](#)

If you don't have any events that you can invite new and interested recruits to, make sure to signpost them to the [Volunteer Website](#) if they'd like to volunteer for a role or task until your XR group has time to regenerate. If new rebels express an interest in organising Regionally or Nationally or with XRUK, direct them to the Volunteer Website where they can peruse and apply for specific roles.

Get involved: National Campaigns

At the end of this handbook you will find simple handouts for active campaigns that new rebels can

get involved in, which include simple tasks so that they can take action right away. We will also host these separately on the website so you can send links directly to rebels!

[Money Rebellion](#)

[Trust the People](#)

[Digital Rebellion](#)

[Citizens' Assembly Advocates](#)