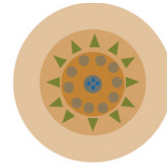
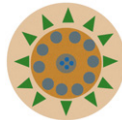


A Reef Reborn

Facilitator's guide



PART I



The film is about time travel within an ocean. It is the story of an ecosystem that collapsed and a community that nurtured its recovery. Today, this story is a symbol of hope.

Introduction

A Reef Reborn Facilitators' Guide was created to synthesize the lessons learned at Cabo Pulmo. It is intended as an instrument for those who wish to provide communities with a process that guides them to make decisions and take actions to care for their natural heritage, in consideration of their current and future generations' welfare.

The facilitator's role is different from the role of a teacher, because in this case there are no right answers. It acknowledges that each individual, group and community has its own history, values and vision. Based on these, they will forge their own pathway and destination. Thus, the facilitator is a companion that supports a learning process in a participatory way.

In the activities presented in the guide, the community envisions their future by exploring their past and present relationship with the environment, based on the following ideas:

1. All changes start within ourselves.
2. We are products of our family values.
3. How we live in our community, and its direct impact on our environment with possible global consequences.
4. We are all connected: what happens in the world could affect our environment, community, family and ourselves.

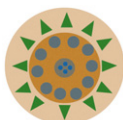
Finally, the activities have been designed using the premise that everyone is unique and has different talents: some people learn more by observation, others by listening and so on. This guide uses various tools such as games, contemplation, introspection, correlation and reflection to make the process accessible to all.

A Reef Reborn Facilitators' Guide is structured in three parts:



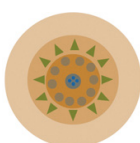
Part 1. Me and my family

Objective: To lead the participants to contemplate their deepest "self" thereby raising awareness of their own unique presence in the world. They will also reflect on the positive values they acquired from their families that have enriched their lives.



Part 2. My Environment

Objective: Sensitize the participants to identify and recognize the benefits derived from their environment and orient them so they can develop conservation initiatives based upon ecological principles.



Part 3. My Community and My World

Objective: Motivate the participants to discover and build a community vision. Recognize the role of organization in collective and cohesive action.

Welcome to **A Reef Reborn** project.

We have developed this guide to provide a tool for those who wish to help communities recognize the value of their natural resources, wherever they may be, and ways in which they can conserve them.

This guide is a description of 20 activities. They are ideas or proposals. Everything depends on what you encounter in the community. With your experience you will surely improve what is proposed here.

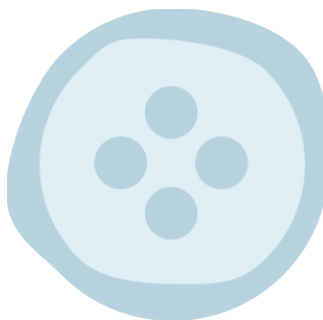
If you would like to share your experience with the broader community, please write to facilitators@areefreborn3d.com, because we want to hear from you. By pooling our collective knowledge we can create a support network.

We recommend to begin the workshop by preparing the participants by:

- 1) Screening the film **A Reef Reborn**;
- 2) Use proposed activities in Appendix 1 (included in Part 1);
- 3) Follow the activities in Parts 1, 2 and 3.

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

Margaret Mead



1 EXPLORING OUR OWN "SEA"



OBJECTIVES: To consider what makes us unique human beings. To investigate how much I know about myself. To appreciate who I am and to learn to accept and respect myself.

IN THE FILM: Maria explores the sea through a bucket with a glass bottom.

CONCEPTS: Every human being is unique. Our lives are unrepeatable. We must know ourselves to value who we are, to better understand our relationship with the world around us.

MATERIALS: "Exploring our own sea" **A Reef Reborn** music (Appendix 2), reading from this activity (Appendix 3), *Reflections* workbooks (Appendix 4), pencils and colors.

BACKGROUND: Everybody is a complete human being, with skills and capabilities that are factors of change in their personal and family lives and in their community. Everybody must take responsibility for their actions, their life and its consequences. The key to change and grow is self-recognition of who one is.

ACTIVITY: Begin the workshop—perhaps by reading the following paragraph as a welcome:

"You are beginning one of the most beautiful of all human adventures: a journey of self-knowledge where perhaps you'll discover your own rebirth just like the reef in the film. You will marvel at the inner landscapes and be amazed by beauty and majesty, but you will also discover

damage to your own “reef” in the hidden corners of forgotten memories. We will pause there for a moment to repair the damage. Don’t worry—you are never alone. There is always someone nearby. For now, make yourself comfortable and be willing to soak in the experience. Ah! Please feel good about being here. There are many people who do not have that luxury!”

Ask the participants to extend their arms and hug themselves. Congratulate them for being there. Ask them to close their eyes and listen to the music and the Reading (Appendix 2). After listening to the audio, ask each participant to describe the experience by drawing or writing in the workbook.

REFLECTIONS: Invite anyone who wants to share how they feel. Ask them: *What is the one thing that makes them unique in the world?*

Finally, invite the participants to think about all the good things they have in life and suggest that they should make the effort to think about this every morning at the beginning of each new day.

Turn on the music and give the participants time to write their reflections in the workbook.

KEY WORDS: Self-respect, self-concept, self-worth, self-esteem.



2

THE MAGIC CHEST

Estimated time: 30 minutes



OBJECTIVES: To reflect about how valuable and important we are as individuals and re-affirm the values that govern our lives and the people around us.

IN THE FILM: The characters reflect values learned from their families that influence their behavior in their daily lives.

CONCEPTS: Each person inherits values that make them different from any other human being. We are all wired differently. Other values can be acquired from family members or by interaction within our community and with the environment.

MATERIALS: A small box with a mirror inside, board or flip chart, markers and *Reflections* workbook (Appendix 4).

BACKGROUND: Value is an intrinsic component of all good things. Such values are why they are worthy of our attention, why we appreciate and desire them. Values are also intrinsic to human beings, dignifying one's existence. For example, when we realize that values are inherent in us all and govern our actions, we recognize our own value and its importance. These values give us the power to achieve positive changes in our lives.

ACTIVITY: Invite participants to sit in a circle around a closed box that is in the center—the magic

wishing chest. Begin the activity by leading the group with the following questions:

For you, who is the most important person in the world?

What qualities make them so special?

All participants should answer the questions on a board or flip chart, with the qualities that each participant identifies. When all participants have responded tell them the following:

Inside this magic box is the image of one of the most special and important person in the world.

Ask them one by one to approach the center of the circle and look inside the magic chest. Then they must return to their place and keep what they saw a secret. No one may speak after looking inside the chest.

REFLECTIONS: Ask the following questions:

Who was the most important person you saw in the magic chest?

How did you feel when you saw that person?

The group will learn that all qualities that were mentioned above are embedded within each participant. Many of these qualities are values that govern their behavior and build their self-esteem.

Invite participants to write in their workbooks the values they consider most important and keep them always. To conclude the activity, ask them to write the name of the most special and important person in the world.

KEY WORDS: Value, quality, potential, intrinsic.



3

THE STORY OF "MY REEF"

Estimated time: 40 minutes



OBJECTIVE: Recreate our own life story and pinpoint the moments we have made important decisions in our lives.

IN THE FILM: Jesus left the mountains and traveled to Cabo Pulmo in search of his godmother. Despite adversity, Jesus had the courage, integrity and commitment to take a decisive step: he took on the responsibility of seeking a new life.

CONCEPTS: Autobiographies are the stories of our lives written by ourselves, so we can take stock of our achievements and failures. We see our experiences from a different perspective to promote actions that encourages us to acquire new strengths. Autobiographies are instruments of self-knowledge and acceptance that facilitate decision-making and can serve to develop our own plans for our lives.

MATERIALS: "Passacaglia" **A Reef Reborn** Music (Appendix 2), *Reeflections* workbook (Appendix 4), crayons, if possible a photo of each person in the group, a flip chart with the following questions:

- Date of birth?
- Place of birth?
- Share your first memory.
- What is your favorite game?
- Who is your best friend?
- Who's your idol?
- What's your favorite meal?

- What's your favorite song?
- Name a dream come true.
- Name a difficult time and how you got over it.
- Mention a big challenge and what you did to overcome it.
- Name something that transformed your life.

BACKGROUND: Every person's story has pivotal moments: some are good, others are bad. However, every circumstance, harsh as it may sound, helps strengthen our character and prepares us for the future. Reconstructing our own story helps us recognize the events that shaped us.

ACTIVITY: Begin by discussing the story in the film. The following questions may serve as your guide:

Why did Jesus decide to leave the place where he grew up?
What do you think about his grandson Mario's decision?
How difficult was it for them? Why?

Invite members of the group to pair up and read the questions that are written in the flip-chart and answer them, like playing ping-pong. There are only four minutes available per pair, so two minutes for each participant.

After the game, invite participants to write their personal stories, considering what they remembered from the questions in the workbook. Turn on the music.

REFLECTIONS: To end the activity, guide a discussion by explaining that we all have a story that can inspire others: we can be proud of many of our actions. We may be reluctant to face an uncertain future, but if we do so with courage and optimism, it will continually improve our lives.

KEY WORDS: strengths, weaknesses, adversities.



4

MY FAMILY MOVIE

Estimated time: 40 minutes



OBJECTIVE: Using memories, images and experiences, identify the different stages in our lives by considering our family stories and the values that influenced us.

IN THE FILM: When Jesus buries his parents, he faces a difficult moment because their protection for him ended and he is by himself. With courage and optimism he overcomes his adversity and is received with joy by his godmother. He begins a new life.

CONCEPTS: The family is at the core of human development for the transmission of values.

MATERIALS: Facilitator's reading material, "My Movie" **A Reef Reborn** Music (Appendix 2), *Reeflections* workbooks (Appendix 4), pencils.

BACKGROUND: The family is a human being's first refuge of unconditional acceptance and love. The family's loving bond fosters strong cooperative relationships, which are capable of uniting different visions toward a common objective—in this case, the welfare of all family members. Every family has different values that are based on the customs of the region in which they live. It is important to recognize the values we have acquired from our families and those around us, in order for us to understand our own actions better.

ACTIVITY: Invite participants to stand in a comfortable position and close their eyes. In the background, there is quiet music. When everyone is relaxed listening to the music, read the following paragraph:

"Now I invite you to take a trip back in time. A trip that starts in the hall of a cinema where you'll watch your life as a movie. Imagine you are watching a blank screen. Gradually you will begin to see images of you today. Look at your house, on a normal day of your life. What do you do? *(Allow time for participants to record those images in their memory)*. Gently these images transform into scenes of five years ago. How was your family life at that time? *(pause)*. You'll go further back to 10 years ago *(pause)*. How old were you then? Look at yourself. Who were you? What were you like? Who were you with? What things did you do? *(pause)*. Now remember how you were as a teenager; let the images of that time come back to your memory *(pause)*. Now think back to when you were just 5 or 6 years old or even younger—how was your family life? *(pause)*. Let's stop there for a moment to look at the scene in more detail. What do we see on the screen? How old are you? How were you physically? Who are you with? Where do you live? What sensations, feelings, images, sounds and scents do you remember at this moment of your childhood? *(pause)*. Think now of your parents or guardians who raised you. Who are these people? How close do you feel to them? What feelings do they provoke? *(pause)*. Now, I invite everyone to gradually to come back to the present. Open your eyes when you are ready and stretch—as if you are just getting up in the morning."

After the reading, invite the participants to draw a scene in their workbook related to the questions in it.

Give the participants a moment to exchange their experiences with each other.

REFLECTIONS: A family's values and attitudes imprint on our personalities throughout our lives, and extend beyond our homes and families into all our interactions. These values and attitudes affect our relationships within our community and beyond to our environment.

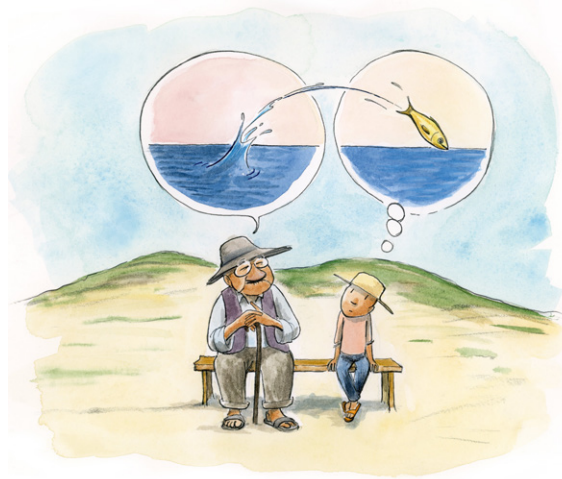
KEY WORDS: Imagineering, values, feelings, link, attitudes, relationship, empathy.



5

MEMORIES OF CIRCLES

Estimated time: 40 minutes



OBJECTIVES: To revisit how our predecessors related to the environment and the importance of a community's collective memory.

IN THE FILM: Even as an old lady, Maria remembered everything her dad taught her about the sea. She also learned how to use the local plants and passed this knowledge on to her daughters, grandchildren and others in the community.

CONCEPTS: Remembering ancestral knowledge enables us to understand the world around us. It sensitizes us to the environment.

MATERIALS: "Memories of Circles" **A Reef Reborn** Music (Appendix 2), *Reeflections* workbooks (Appendix 4) and pencils.

BACKGROUND: People who live in small communities are closely connected to their natural environment. The older members of a community are held in high esteem for their knowledge. The wisdom of the elders is highly valued. There is strength and comfort in knowing that one is not only part of a family, but also part of a culture that stretches way back in time. Unfortunately, in our fast-paced and technological societies today we have lost some of that sense of connection and much of our grandparents' knowledge has been forgotten. It is important to remember that the wisdom and experience accumulated over all those years enable us to get back in tune with our natural world.

ACTIVITY: Invite the group to form two circles, one inside the other. Explain that in some countries, where old traditions still live on, people gather in the town square on a Sunday afternoon, and the young people parade around—the men in one direction and the women in the other. This way they get a chance to check each other out and see who they want to "date." A

young lady might absentmindedly drop a scarf near a boy she fancied—who would in turn pick it up and return it to her.

The game tries to simulate this old custom but with the following rules:

1. The circles will rotate to the rhythm of music in opposite directions.
2. When the music stops, you must face the closest person in the other circle.
3. This person will recall an anecdote or something that has been transmitted by an older person in the community regarding their relationship with the environment. For example, the way we have been guided by observing natural phenomena to survive, such as navigating by the sun or the stars, weather forecasting, local proverbs, the use of plants or traditional medicines, among others.

Give some examples such as "Red sky at night is a shepherd's delight, red sky in the morning is a shepherd's warning", "The ripest fruit falls by itself," and so on.

When the game is over share some of the stories or proverbs.

REFLECTIONS: Help the group to reflect on:

- *How useful is our traditional knowledge?*
- *How were diseases cured?*
- *How were daily problems solved without our current technology?*
- *What would happen if we lost our community's accumulated knowledge?*

To complete the activity, invite participants to write in their workbook at least one piece of information from the community's collective memory that is important to keep.

KEY WORDS: Predecessors, wisdom, recollections, sayings, tradition.



APPENDICES



1) Introductory activities:

- Activity 1. The Spider Web

Objective: To promote knowledge and cohesion of the group members.

Material: A ball of yarn

Procedure: The group is arranged in a circle. This activity is performed by throwing a ball of yarn back and forth among the group. It is an activity that is done quickly. Take the yarn ball and say your name, what you do and what your hobbies are. Immediately throw the yarn to whomever you want, and whoever receives it must repeat the name of who sent it and give their own information, retaining part of the yarn. The game will go on, so that whoever receives the ball of yarn repeats the dynamic, holds onto part of the yarn, until the last participant. The yarn should form a kind of spider web. Tell the participants that during this workshop we will explore the idea that we all are interconnected and we all form a network.

- Activity 2. How Do You See This?

Objective: To establish the principles and/or working rules for the group during the workshop.

Material: abstract artwork of Kandinsky printed on letter-sized paper. You can download it here: https://drive.google.com/open?id=0Bx84o8uuK36_VUN6OVhWNXE1UG8, Post-it notes, pencils.

Procedure: Place the printed work where the whole group can see it. Tell the participants that this artwork was painted by Wassily Kandinsky in 1925. Give them time to observe it thoroughly and ask them to use a Post-it note to describe what they see. After a few minutes, ask them to share what they wrote and if they have any ideas about what the painting should be called. The diversity of opinions will be surprising. Afterward, tell them that this artwork is called "Yellow-Red-Blue". This exercise helps us discover that we all perceive things differently, according to our backgrounds that influence who we are. There is no absolute truth; no one is right or wrong.

During this workshop, we will emphasize the importance of respect for diversity of thought.

Note:

This methodology has been widely used by an organization called *La Vaca Independiente* that supports human development through art. <http://www.lavaca.edu.mx>

- Activity 3. Contract Team

Objective: To establish the principles of coexistence.

Material: Flip chart or chalkboard, markers or chalk.

Procedure: Explain that before starting the workshop, participants should agree about what they want the discussion to accomplish during the session. Everyone must contribute with ideas to establish the working concept of coexistence during this particular period of time. Questions to stimulate discussion could include:

1. How does the group want the workshop to proceed?
2. How do they want to work together?
3. How do they propose to solve problems?

2) A Reef Reborn Music

Facilitator Guide Activity	Soundtrack	Comments
1.1 Exploring our own sea	Exploring our own sea https://drive.google.com/open?id=0Bx84o8uuK36_TVNDY2c4cWE4cjVvVG1jakdvNIJkVVZWRzRF	Against the background of the main theme, there is your own voice that influences the world around you - timorous at first in youth... - then gaining strength with a clear voice and purpose. Finally, an older, wiser more mature voice at the end.
1.3 The story of my reef	Passacaglia https://drive.google.com/open?id=0Bx84o8uuK36_WFIb0tTbFk2S-GEyUUJabHhzeDFZVTMwWEhv	The music represents your life and the people you touch. You start life alone. As the orchestra gathers strength, so do your friendships. Your task in life is to build that orchestra.
1.4 My family movie	My Movie https://drive.google.com/open?id=0Bx84o8uuK36_bIZRTnBR-RFRsVC1oZGZLX1dINIVQMm41SFZV	Play music in the background while you are reading.
1.5 Memories of circles	Memories of Circles https://drive.google.com/open?id=0Bx84o8uuK36_VHFuLWRONGhp-MzA	Use this music while the participants walk in circles.
During the breaks and at the end of the workshop	A Reef Reborn Theme https://drive.google.com/open?id=0Bx84o8uuK36_YWZSUI8yay1TUHc	Triumph.

3) " Exploring our own sea" Reading.

"Close your eyes. Get comfortable. Imagine that you see through Maria's bucket with glass at the bottom. Do you remember that moment in the film? She looked underneath the surface of the ocean and saw a multitude of living beings exchanging energy. To see this wonderful sea life made her happy.

Take a deep breath; you'll tighten your whole body. Exhale. Now you feel how tension goes away. Repeat the exercise: tighten and release, tighten and release.

How much time do you spend on your personal needs? How many times do you look in the mirror and fully appreciate how unique you are? Do you realise that you are irreplaceable?

Cultivate love for yourself, because when you fully accept who you are, you can extend that feeling to include everyone in the world.

Remember that we are all magnificent expressions of life on this planet. No two people are alike; therefore, we are all wonderful, unique and irreplaceable.

When you think of yourself and your place in society, always imagine positive events. Your thoughts can influence your world.

Now go through your own reef, the areas where your emotions and feelings are.

Is there sadness, anger, fear? Do you have feelings of hatred, resentment envy? If so, it's time to imagine that you put them in a black cloud that drifts farther and farther away from you until it gets lost in space. Those negative emotions and feelings do not help you; replace them with love, peace, courage, joy and positive self-recognition.

Imagine yourself happy, healthy, prosperous, peaceful. Nobody owes you anything and you do not owe anything to anyone. There is only a sense of gratitude.

Listen carefully to these statements and keep them in your heart as great treasures.

If you wish to repeat these positive statements to yourself while you are listening, this will be a great help to you.

I Am Who I Am

Throughout the world there is no one exactly like me.

Every thought, feeling and action that originates in me is authentically mine, because that is a choice I make. Everything I have belong to me: my body and my soul. My mind is filled with thoughts and ideas; my eyes with all that they perceive. My feelings and emotions overflow inside of me: joy, love, disappointment, sadness, anger, and happiness. My mouth forms all the words that come out of it. My voice loud or soft, and all my actions, is meant as reflections of my personality, or projections of it for others. My fantasies belong only to me. My dreams, hopes and fears are also mine alone. I own all my triumphs and successes, as well as my failures and mistakes. Since everything I have belongs to me, I can really get to know myself internally. In doing so, I can love myself unconditionally—even with all my flaws.

I can work with this newfound self-awareness to improve my life. When I observe my own reflection as it appears in my inner sea, I experience what I have said and done, what I have thought and felt. I have feelings of inadequacy about some of these things. But I can discard what is lacking, keep the good and invent something new to replace it.

I can see, hear, feel, speak up and take action.

I have the means to get close to others, to be productive, to celebrate achievements and through it all, make sense of the world around me.

I am who I am and I'm entirely comfortable in my own skin. Now is the time to leave my inner sea. As I make my way back, I become fully aware of my body. I reconnect with every part of it. Gradually I move my hands and feet. I open my eyes slowly. I give myself time to reorient to the present and stretch like I just woke up".

4) A Reef Reborn - Reeflections workbook for participants Part 1: "Me and My Family".


We recommend printing this on Recycled legal - sized paper. Ready to print format available in:

https://drive.google.com/open?id=0Bx84o8uuK36_SDJ5MW84XzJVYmM

A Reef Reborn - Reeflections workbook for participants Part 1: "Me and My



Me and my Family



A Reef Reborn

Reeflections

Name _____

Date _____ Place _____

Through this process I will reflect on and remember the following:

- ☐ 1. I'm a unique person in this world.
- ☐ 2. The values that make us what we are.
- ☐ 3. My personal background.
- ☐ 4. How my family influenced my life.
- ☐ 5. The importance of forebearers knowledge.



1 Exploring Our Own Sea

After exploring your own "sea", draw/write your feelings here:





Everything that I do or say, I am.

Write the feelings that you want to discard:



Describe the characteristics of life that you want to nurture.

What makes you unique?



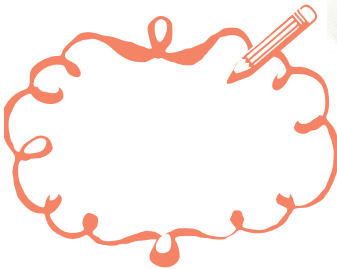
I'm unique in this world.

Because it's my choice to be this way.



2 Magic Chest

Who is the most important person in the world?



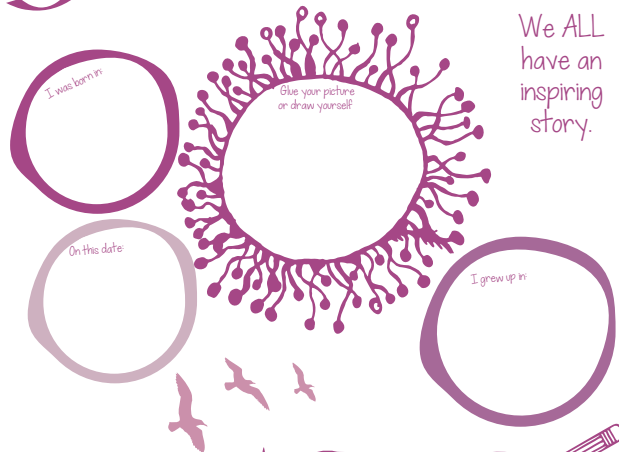
These are my values:

Value is the hidden good that we see in things. It's what we appreciate and what is worthy of our attention and desire. Values dignify the existence of any human being.



3 The story of "My Reef"


We ALL have an inspiring story.



I used to play:

My parents did this for a living:





This is the way I remember my grandparents:

People who influenced my life:

How?


Difficult decisions I've made:

What influenced my life the most:

Because:

I'm proud of myself because:

My life's dream is:



4 Your Family Movie

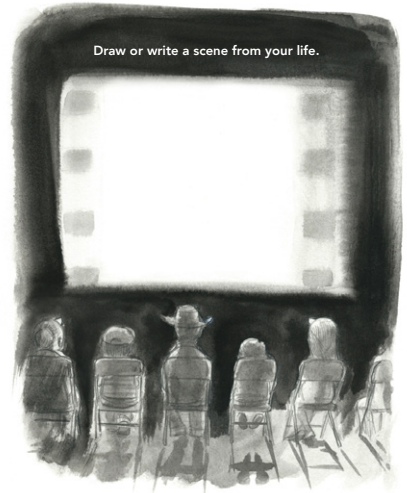
You're the main star in your own movie.

What scenes of your childhood came to mind?

What emotions did you feel?

What are the characteristics that you remember of your parents and grandparents?

Which of these characteristics do you have?



What role does your family play?





5 Memories of cycles

It is important to retain our forebearers' accumulated wisdom and experience.

What would happen if we lost that knowledge?



Recall some of the wisdom that was passed down to you:


SummerhaysFilms

www.areefreborn3d.com • facilitators@areefreborn3d.com

A Reef Reborn program is possible thanks to the support of:

The Cabo Pulmo community
The San Diego Natural History Museum - TheNat
International Community Foundation
Paul M. Angell Family Foundation
Walton Family Foundation
Candeo

And special thanks to:
All persons and organizations working for the conservation of the Gulf of California who generously shared useful tools for developing this program.

The program was brought to the community by:

A Reef Reborn: Facilitators Guide and Reflections were produced with dedication and passion by:
Antonia Hernández, Diego Azcotia and Paulina Godoy (Contents)
Norma Chacón (Spanish Editorial Review)
Victor Solís (Illustrations)
Gabriela Jiménez (Graphic Design)
Kevin Cox (English Editorial Review)
Aines Castro (In your mind song)
Alan Reeves (Music)
Paulina Godoy and Soames Summerhays (Coordination)



REFERENCES AND OTHER RELATED ACTIVITIES



Activity 1. EXPLORING OUR OWN "SEA"

The statement about my self-esteem by Virginia Satiir . Available (just in Spanish):

<http://www.uv.mx/cendhiu/files/2013/08/MI-DECLARACION-DE-AUTOESTIMA.pdf>

Activity 2: MAGIC CHEST

- *Living Values* is an innovative program offering a wide variety of experiential, values-based activities and methodologies for educators, facilitators, parents, and caregivers that enable children and young adults to explore and develop 12 universal core values: cooperation, freedom, happiness, honesty, humility, love, peace, respect, responsibility, simplicity, tolerance, and unity. The program is supported by UNESCO and sponsored by the Spanish Committee of UNICEF and the Brahma Kumaris, in consultation with the Education Cluster of UNICEF, New York. <http://www.livingvalueseducation.org/home>

Activity 3. THE HISTORY OF "MY REEF"

- *How to write a Biography?* <http://www.timeforkids.com/homework-helper/a-plus-papers/biography>

Activity 4: MY FAMILY MOVIE

- *Family characteristics have more influence on child development than does experience in child care.* National Institutes of Health, U.S. Department of Health & Human Services. <https://www.nih.gov/news-events/news-releases/family-characteristics-have-more-influence-child-development-does-experience-child-care>

- *¿Te suena familiar?, La familia que hemos construido.* UNICEF. Available (just in Spanish): <http://www.unicef.cl/centrodoc/tesuenafamiliar/06%20Construido.pdf>

Activity 5: MEMORIES OF CYCLES

- *Farming by the Moon. When to Plant, Wean, Castrate, Build Fences, Harvest.* Martha White. <http://www.almanac.com/content/farming-moon>

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Candeco

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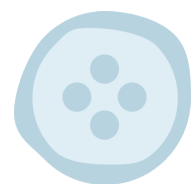
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