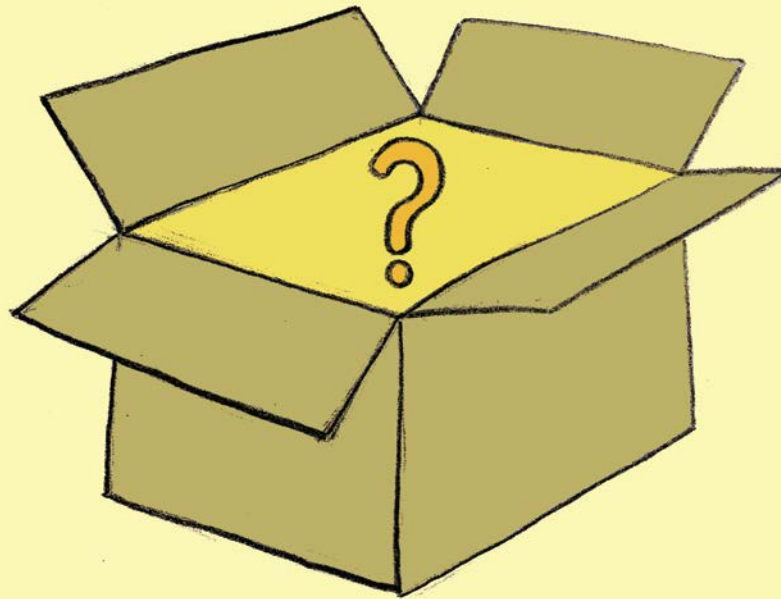


# What's In Your Box?

The Resilience & Emergency Preparation Game



Resilience for Communities and Businesses.

An initiative of MadeToLast

# What is What's In Your Box?

- Physical box game – ideally facilitated and with access to local resilience professionals
- At tables of 2-8 players
- Read and visualise a scenario - terrorism, flood, fire, volcanic gas cloud (or zombie invasion... ) and get a task.
- Look at the cards and decide what you would need and put them on the board (facilitators question and help)



# What is What's In Your Box?



- When finished feed back and hear from other groups
- Either fill in the beginnings of a plan or note down any actions you are going to take as a result of the workshop
- Take a photo of your box items (and tweet it...!)

# What are the scenarios?

- Volcanic gas – from an effusive eruption in Italy
- Space Weather – 3 day power cut with comms issues
- Extreme weather in winter
- Zombie invasion

- Take a grab bag to a safe space
- Stay in your home

Soon:

- Terrorism – snipers, gangs
- Chemical explosion
- Requests...



# Who might we use it and how?



## **Local Authorities**

- Help communities with issues (eg race, migration)
- Engage at-risk communities – eg of flood
- On streets to increase resilience
- With staff to increase personal resilience and preparedness

## **Within Organisations**

- to build resilience and team spirit and learn about the organisation's resilience plans
- With boards, trustees, neighbours and clients

# Who might we use it and how?

## **In schools**

- Linked to the curriculum as risk/flooding learning
- Practically in the building and community – as a physical game with items, not cards
- With parents



## **Within institutions**

- With residents and staff of care homes
- With young people – with increased jeopardy

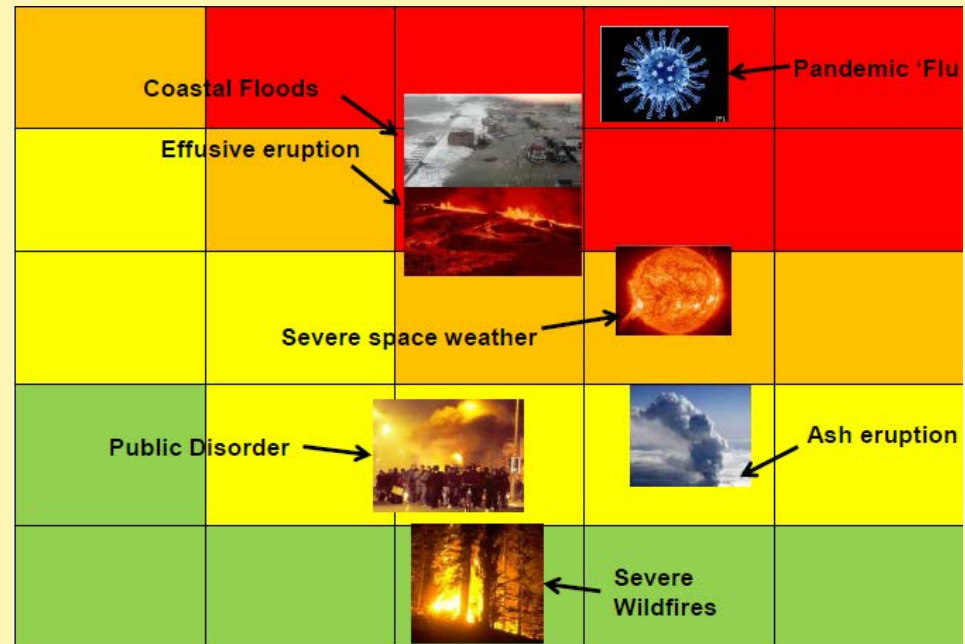
## **By emergency services**

- With at risk communities
- With the public – at festivals etc.

# The Idea ...



- 20 years working with and training others in high conflict and emergency environmental situations *Stakeholder Dialogue*
- Including last 12 years in Government, involving highly sensitive issues on the Risk Register- [flooding](#), robotics, [space weather](#), volcanic gas. *Public Dialogue*



# The idea ...



Seeing things from all sides - academic background spanning:

- Music
  - Environmental Technology
  - Psychology - conflict
  - Positive Psychology
  - Leadership coaching.
- 
- Lived and worked in mountains and jungles in Indonesia and Peru with indigenous people
  - Kate has experience running community organisations and businesses (modelling) and lives in Malawi!





# Resilience? The challenge



- What does Resilience mean?  
Different to different organisations
- Goes against our human programming
- Not urgent until catastrophic
- Paternalism and governments – don't worry! Elect us....



# Resilience? The challenge



- Media – false sense of what's actually going on
- Planning and Resilience is least attempted of Go Green's pillars of sustainability, falls to the bottom of the list



*We needed to make resilience easy, enjoyable and effective for you, your staff, your clients and all those who depend on you*

# A physical preparation game in a digital world?

- Physical connecting and discussing builds trust
- Visual, communicative, physical activity settles ideas and actions into our memory
- Encounters give permission to help and be helped
- Peace-time planning creates positive neural pathways in non-stressful conditions
- Can involve the whole system effectively.
- Board games currently increasing in popularity
- Difficult troll in real life

# A bit of Psychology



- Mirror experiments – bearing witness
- Systemic working – the whole system in the room – has helped solved the most intractable of problems
- Happiness – people **love** to help and feel helpful
- Connection – C of CLANG – Connection is by far the greatest key to happiness
- Learning styles - Data is like teflon to most brains, stories are sticky – visuals are very helpful

# Resilience is enjoyable!



# So far ...



- Research into preparedness Summer 2015 - reported on that at this conference last year
- Spoke at LRF events, lots of people asked for the game to download, play, borrow – so I realised there was a product
- Kate has created a beta version and we have tested it at 6 events so far with more to come – a business event, in Avonmouth with community and with older people to prepare for winter – next Healthy City Week
- Talking with the Bristol and Poole Council, Bristol Resilience Network, Avon Fire and Rescue, the universities and many more.

# What next?



- Beta version almost completed testing, so working on feedback to improve the game and our offers
- Will create more basic scenarios (eg terrorism with Derby University) which can be tailored to clients' needs
- Talking to local authorities and organisations like SafeWise to match the schools game to curriculum learning outcomes and train volunteers and staff to facilitate the game.
- Working with Resilience Circles to cross-promote
- Will be back in April