

Climate Adaptation

Ymaddasu i Newid
Hinsawdd



**Postcards from
The Future**

Description

This exercise encourages participants to imagine a personal and tangible future and future generations, rather than as abstract concepts.

Each person writes a postcard from their future self or from a future relative (like a grandchild) to their present-day self. The group are asked to imagine a future where climate adaptation has been successful, 25-30 years in the future. The postcard should describe the way things are in the future thanks to climate adaptations made today and over the coming years. This exercise is designed to help the creation of positive visions of the future, to help inspire action.

Instructions

1. Start by explaining the activity based on the description above. Give each person a postcard template and writing and drawing materials.
2. To help set the context for this activity, it can be helpful for the facilitator to set the scene. For example, "Place yourself 30 years into the future, and imagine your vision of thriving communities and a healthy planet."
3. It could be useful to read some example postcards or some short visions of the future here.
4. Ask the group to describe what their imagined future worlds would be like to live in, what they would look like and how they would feel.
5. Ask them to identify what changes and climate adaptations are needed to create this world, and how the future could look if these adaptations were made now.
6. Next get everyone to start writing or drawing about their vision of the future on their postcards.
7. Once everyone is finished, it can be a nice opportunity for those who want to, to share their postcards and their visions of the future. An opportunity to open discussions around the similarities and differences of everyone's visions, and discussions about the exercise.

