

Future, Before it Happens' transcript

Image 1: Screensaver

Find a good spot to lay down in the space where you are. If you are a group, make enough space for everyone. You should be able to move your arms and legs freely. And do you have a pillow, mattress or blanket to get comfortable with? Take your time to get comfortable in the space. Let your mind rest in the space.

(Pause)

Relax. Take a few deep breaths. In through the nose and out of the mouth. (The voice-over breathes slowly in and out three times). Feel the calmness spread all over your body.

(Pause)

Image 2: Water

Imagine a stream of warm healing water starting to move around in your right foot. It feels really nice, and it is making your foot feel good. The warm healing water moves slowly up your right leg, then your right side, through your neck until it reaches your head.

In your head, it bobbles a bit and tries to make you joyful and calm. Then the warm healing water moves down again and warms the right side of your body into your right arm. Then it travels over to your left arm and left side of your body. The warm water makes you feel super good. It travels down into your left leg and foot. Then it exits through your toes.

(Pause)

I will now tell you a story. During the story, I will ask you to imagine things in your own mind. Don't worry if you don't see a precise image. Any idea that pops into your head is great. Trust your instinct and what you feel.

Twice during the storytelling, I will ask you to open your eyes and close them again. Even though there are some images already created, this story is all about how you would do something - and what your version of the story looks like.

Are you comfortable? Let's begin.

(Pause)

Image 3: Universe

You are floating in the universe, a dark, wonderful space full of stars. The universe embraces and welcomes you. Your body is light and to float feels amazing.

Image 4: Earth

Slowly, planet Earth appears as a little ball in the distance. It gets closer, and you can now see all the planet Earth in front of you. But Earth is not as blue and green as it usually is.

Image 5: Earth and bucket

Things don't look right - there is rubbish and pollution all around planet Earth. The Earth is hurt by human pollution. Huge yellow garbage bins are in different places around the planet earth, but all the rubbish is not in the bin!.

Image 6: Child (anonym) and sky

A child on earth looks up in the sky – as if looking at you – and says:

We have to make our world a better place. The Earth, our home, struggles due to pollution. People pollute the soil, the air, and the oceans with waste. Let's help.

Take a deep, deep breath in through your nose and out of your mouth.

How do you feel about this situation? What do you think people should do? What would you do to help?

Image 7: Group of children build machine

But don't worry too much... amidst this darkness, a glimmer of hope emerges!
A group of children make a plan, fueled by a desire for change, embark on a journey to heal the world. The children say:

Imagine a future where there is no pollution. We can stop pollution once and for all.

They work together to create a machine that cleans up the mess people have made.

(Pause)

Close your eyes.

Imagine you are a part of this group. How does your machine look? What does your machine do and how? Take your time to build your machine in your head.

(Pause)

Open your eyes.

Image 8: Children inspire others to join the cause

These children have seen the planet in pain with their own eyes. They realize that they cannot solve this problem alone, and they need more than only machines. They need inventions and action. It will take time, but they need everyone to get involved. They gather larger groups of children, and spread the word.

What would you say to get others involved?

Image 9: Machine working

As the children mobilize, they face opposition from other people, who want to keep things as they are. But stubbornly, they press on. And as their movement grows, they have more ideas for different machines and inventions to combat pollution and new ways to spread awareness.

Image 10: Machine cleaning

As they work, the children realize they also need immaterial inventions. Imagine, inventing the warm healing water that travelled through your body at the beginning of this story. They need things that bring hope and make people feel good. They need more people to join them.

Image 11: Machine cleaning

Some of the children call the machine: “The Gas Buster”, because it cleans the air, transforming harmful gases into pure water that revitalizes the oceans. Others call the machine “Clean Weather Pollution Machine for Earth” or The Saviour”. The machine also plants seeds, and gives enormous fines to the people who pollute. Fines so high, that people immediately go bankrupt.

Image 12: Children movement and machine

With determination, the children inspire many others to join the cause. Their actions spark a movement, as more and more children and adults realize the urgency. The machines are fueled by their passion to heal planet Earth. The children bring hope back to everyone on Earth while chanting:

Image 13: Ocean

Imagine a future where the ocean is clean and there is no plastic. In the past no one cared to pick it up. The future is where everyone cleans up the ocean.

(Pause)

Close your eyes. Take a deep breath.

***How does your invention help the world against pollution?
You can imagine any form that you like.***

(Pause)

Open your eyes.

Image 14: Earth

The children’s machines work non-stop, sucking all pollution from the air, ocean and soil - and planting seeds that grow into new plants and trees. Earth begins to heal. The children saved Earth!

(Pause)

Image 15: Grass

Imagine 50 years into the future, the once-polluted oceans bubble with life and soil overflows in a green joy of endless fields of green grass again, and the air is clean. The polar bears are no longer starving. The turtles no longer have to eat plastic litter and the walruses have plenty of ice to live on.

Earth, once on the verge of destruction, is now proof of human ingenuity and compassion. In this future, children made pollution into a thing of the past.

Take a moment to breathe slowly in and out like I do.
(We hear the sound of 2-3 deep breaths).

If you were in this future, what would you tell people now? Imagine, you are sending a message from the future to now. What would you say?

(Pause)

Anyone can make a difference. Children like you and me can make the biggest difference of all - to protect and nurture the Earth and each other.

Image 16: Universe

We now leave earth and enter into the universe. The children unite the world and the universe to become one place.

(Pause)

Image 17: Screensaver

Our journey has ended. I hope you had a good experience. As you return to the present, think... what can you do? Imagine your own version of the future, and make it a reality.