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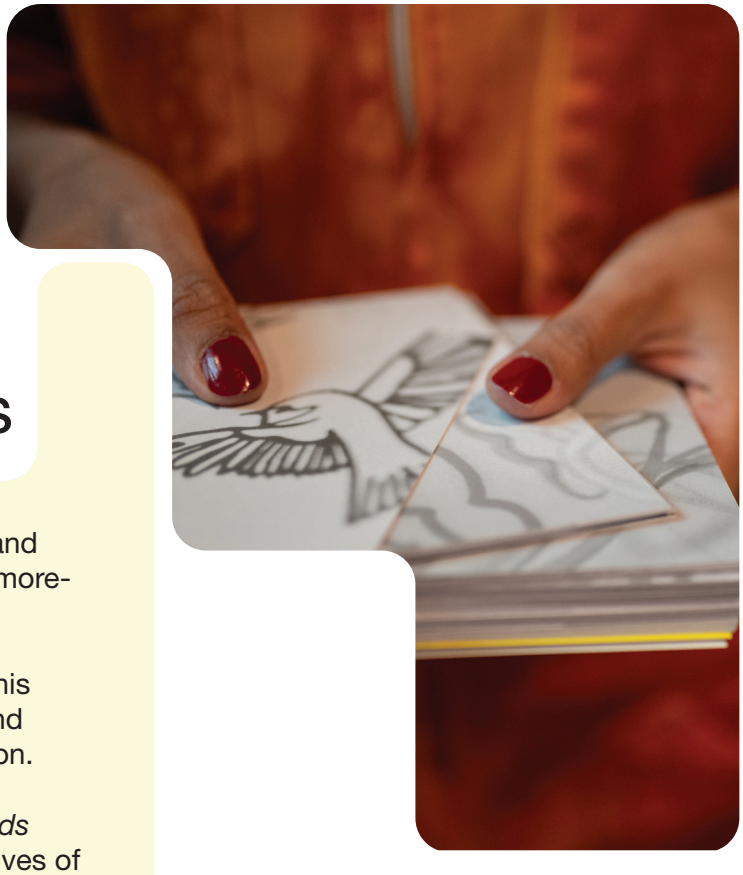
Instructions for Multispecies Postcards



NXT presents *Multispecies Postcards*, a creative and poetic writing activity that brings voices from the more-than-human world to life.

Inspired by our work with the Garden Caretaker, this exercise invites you to deepen your connection and kinship with other species and natural phenomenon.

Through imaginative writing, *Multispecies Postcards* encourages participants to step into the perspectives of other species and experience the world through their eyes, inviting a more empathetic understanding of their lives and experiences.

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Instructions for Using the Multispecies Postcards Toolkit

What You'll Need
- *Printouts of the Multispecies Postcards:* Print as many copies as you need (double-sided for best results). A complete set includes 25 different common European non-human species; feel free to use duplicate prints if needed.
- *Writing Materials:* Pens, pencils, or markers.
- *Optional:* Craft materials like paper for cut-outs, coloured pencils, or pastels for added creativity, as well as stamps for mailing postcards.

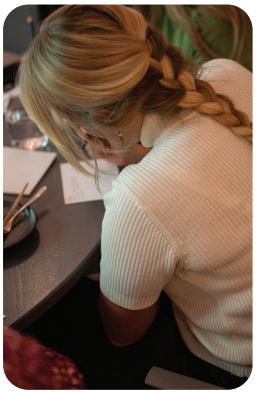
Timeframe
- Minimum of 30 minutes.

Optional Extension Activities
- *Learning*: If you have extra time to spare, you may encourage research into each species' habitat, distinctive characteristics, and behaviours to deepen understanding and connection before writing.
- *Add Illustrations or Create Cut-outs:* Bring the postcards to life with drawings, textures, or paper cut-outs that represent each species' world.

Getting Started

1. *Set the Scene*
   Begin by inviting participants to settle in and connect with their surroundings. Explain the purpose of the workshop: to consider how different species might experience life, encouraging empathy and understanding.
   Optional: Start with a brief guided meditation or breathing exercise to help participants focus and tune in to the exercise.
2. *Choose a Species*
   Each participant picks a postcard with a species of their choice. Optionally, participants can be assigned a species at random to encourage an element of surprise and discovery.
3. *Imaginative Exploration and Connection Through Text*
   Each participant is invited to write a letter or message from the perspective of their chosen species to a human on the Multispecies Postcard. Encourage participants to imagine the world from the perspective of the species.

   You may ask participants to consider: *If this species could speak, what secrets would it whisper? What messages or wisdom might this species or natural phenomenon want to share with humans if it had a voice? Would the species come forward as optimistic, curious, angry, mysterious or perhaps why?*
   Participants are free to express themselves through storytelling, poetry, questions, or a simple letter format, bringing to life the unique perspective of the species and sharing its imagined thoughts and feelings with a human reader.



Wrapping Up

1. *Share and Exchange Multispecies Postcards*
   - *Display the postcards* in a shared space, perhaps on a string or wall display where both sides are visible.
   - *Encourage participants to pair up and exchange postcards*, gaining insights into each other's creative interpretations.
   - *Alternatively, participants can mail their Multispecies Postcard* to someone as a personal gift of connection with the more-than-human.

2. *Reflect on the Experience*
   Wrap up by reflecting as a group on the experience. Discuss what participants discovered or felt about the species they wrote about and the perspectives they explored.

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