

## **Action: Leveling Up the Jewish Left!**

### **Curriculum Development Workbook**

<b>Warming up.</b>	
What module are you leading?	Personal Pre-Action Prep
What is the tone of the module?	Grounded, calm.
Reading the room: <ul style="list-style-type: none"> <li>• What's happening before this module?</li> <li>• What time of day is it?</li> <li>• How are people going to be feeling?</li> </ul>	<ul style="list-style-type: none"> <li>• Immediately following action scenario/role play</li> <li>• 12:55-1:15pm</li> <li>• Coming out of high-energy, moving around, module and ready for lunch.</li> </ul>
What's the goal of this module?	Purposes (why are we doing this module?): <ul style="list-style-type: none"> <li>• To introduce an action-buddy check-in and give people a tool to structure it.</li> </ul> Outcomes (what will participants walk away with at the end of this module): <ul style="list-style-type: none"> <li>• Experience and familiarity with the PEARLY tool</li> <li>• Common sense that action buddy check ins are an important part of action preparation.</li> </ul>
How long is the module?	

<b>Almost ready...</b>	
3-5 anecdotes or examples you could use to bring the material to life:	<ul style="list-style-type: none"> <li>•</li> </ul>

	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>
1-2 state changes (trainer tips & tricks):	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>
What could you cut if you are running low on time?	

Doing the thing!		
Time	Process (agenda)	Trainer Notes
	<p><b>Introduce PEARLY Tool as pre-action check in.</b></p> <ul style="list-style-type: none"> <li>• The goal of action prep is not to eliminate or minimize all potential risks, but to ensure that everyone participating has the opportunity to think through all of the possible considerations around risk and then make an informed choice.</li> <li>• To do this we use a pre-action check in tool called "PEARLY." <ul style="list-style-type: none"> <li>◦ Go over acronym</li> </ul> </li> <li>• Physical: <ul style="list-style-type: none"> <li>◦ Any physical vulnerabilities that might come up, and how can I help?</li> <li>◦ Do any of your identities make you a target?</li> </ul> </li> </ul>	<p>Make a poster with the PEARLY acronym and what it stands for.</p>

	<ul style="list-style-type: none"> <li>○ How do you feel about buddy touching?</li> <li>● Emotional: <ul style="list-style-type: none"> <li>○ Emotional triggers</li> <li>○ HALTS (hungry, angry, lonely, tired, stressed)</li> <li>○ What self-care and buddy-care will be important to you today?</li> </ul> </li> <li>● Arrestability: Red, Yellow, Green (defer to the least arrestable, consider special legal concerns, outside obligations.</li> <li>● Roles: <ul style="list-style-type: none"> <li>○ role, experience, what you like/what's hardest about your role, special skills, what would it take for you to opt out)</li> </ul> </li> <li>● Loose ends: <ul style="list-style-type: none"> <li>○ Any outstanding things to take care of pre-action? Stories, side notes, any fun buddy stuff?</li> </ul> </li> <li>● Yes or No: <ul style="list-style-type: none"> <li>○ It's always a choice to do this and to do it together. Do we feel good about doing this together?</li> </ul> </li> </ul> <p><b>Practice:</b> Have people do it in buddies.</p> <ul style="list-style-type: none"> <li>● You can have at most as many buddies as you have arms.</li> <li>● Instructions: <ul style="list-style-type: none"> <li>○ Find a buddy or 2.</li> <li>○ 10 minutes to check in</li> <li>○ Come back to the group on my signal (you can decide how to bring the group back together- clapping, song, etc).</li> </ul> </li> </ul> <p><b>Debrief.</b></p> <ul style="list-style-type: none"> <li>● How was that? Any insights?</li> </ul>	
--	---	--

**Debrief. This is the most important part-- it's where aaaaaall the learning happens!**

	Pluses (things that were awesome)	Deltas (things that could have been different)	Insights!
Yourself			
Your co-trainer			
The curriculum			