

Carbon CREW Project

Prep Materials for Sessions

Session One

- Download Zoom or Google Meet
- Buy the 2040 [Handbook](#) (quick read!) Read the Foreword and Introduction.
- Select a word or phrase (and page #) from the reading that you want to discuss.
- Take the [CNN quiz](#)
- Using Earth [Overshoot Day](#) calculate your carbon footprint. Save the date in your files.
- All 80-minute sessions begin and end on time. Please join early to turn on your video.
- Be prepared to come to the meeting with “video on” to build community.
- Optional: Watch the first 58 minutes of [Paul Hawken](#). Forward to friends.

Session Two

- “10 minutes of talking for the Earth!”– Who did you tell or tweet?
- Read chapters on Energy and Transport in 2040 Handbook (pages 34-93). Note your favorite statistic, quote or idea (note page #).
- Read article from RMI: [Five Steps to Electrify Your Home: From Heat Pumps to Solar Panels and Induction Stoves](#).
- Make your 5-year [PCAP](#) for Energy and Transportation based on the chapter. Check out our [punch list](#) for ideas!
- 24 hours before gathering, post your PCAP to group email. Read other CREW members’ PCAPs and note references to share.
- Bring paper and pens or crayons for an exercise we will be doing.
- For fabulous bonus material, go to the Resources page.

Session Three

- “10 minutes of talking for the Earth!”– Who did you tell or tweet?
- Read chapters on Drawdown and Sequester in 2040 Handbook (pages 94-145). Note your favorite statistic, quote or idea (note page #).
- Make your 5-year [PCAP](#) for Drawdown and Sequester based on the chapters. Check out our [punch list](#) for ideas!
- 24 hours before gathering, post your PCAP to group email. Read other CREW members’ PCAPs and note references to share.

- Brainstorm candidates from your treasure/network map and select the readiest to join a CREW and take action. Shoot for seven+ people. We encourage all CREWs to be hosted by two Guides.
- *Bonus:* Charles Massey's TED Talk ["How Regenerative Farming Can Help Heal the Planet and Human Health"](#) (17 minutes).
- *Bonus:* Read or watch [Boycott Big Meat](#) Can Vegans, Vegetarians and Meat-Eaters Unite for Change?
- *Bonus:* Katharine Hayhoe's TED talk ["Talk about it"](#) (17 minutes).

Session Four

- "10 minutes of talking for the Earth!" – 5 minutes on Climate Action Now app + 5 minutes talking with your contacts. (Don't forget you can "talk" on social media, too!) Whom did you tell or tweet?
- Read chapters, noting your favorite statistic, quote or idea (and page #) on Consumption and Getting to 2040 (pages 146-217).
- Make your 5-year [PCAP](#) for Drawdown and Sequester based on the chapters. Visit the [punch list](#) for ideas and inspiration!
- 24 hours before gathering, post your PCAP to group email. Read other CREW members' PCAPs and note references to share.
- Make a list of who will be in your new CREW. Choose a buddy to co-guide with you. Write up an invitation for this new CREW and share with your CREW.
- Brainstorm where you could give a talk about Carbon CREW to recruit members.
- *Bonus:* Watch Erica Chenoweth TED Talk ["3.5% Rule"](#) (17 minutes).
- *Bonus:* Watch ["The Story of Plastic,"](#) an animated short (4 minutes).

Session Five

- "10 minutes of talking for the Earth!" – 5 minutes on Climate Action Now app + 5 minutes talking with your contacts. (Don't forget you can "talk" on social media, too!) Whom did you tell?
- Review and edit entire 5-year [PCAP](#) (Use initials not name).
- Retake the [Earth Overshoot Day](#) quiz as though you had completed your latest projected PCAP. Compare with your initial score. Write both on your PCAP.
- Read the article/invitation by Jenny Noble, ["Want to Get Greener? Join The CREW" - 27 East](#).
- If you didn't write up and **share** your mock invitation for joining a CREW (see Resources for Session 4), do it now!
- Watch the movie [The True Cost](#) (host watch party if possible) 92 minutes.
- Write a few sentences that we will use as testimonials on CREW's strengths and suggestions for improvements.
- Bring your calendar! We will discuss our accountability support strategy during our next session, choosing dates and setting them up.

- *Bonus:* Read the article on banking from the Regeneration chapter; research [Climate First Bank](#) and ask whether your bank invests in fossil fuel projects.