



Big Pedal 2021

Your amazing imagination



Objectives

To empower the students to see their imagination as a superpower that most adults have lost.

To encourage students to take ownership of their futures and imagine a world they would be proud to live in.

Session plan

The students will have a small discussion based around a quote about imagination.

They will think about what imagination means to them and a time it has served them well. And how humans have used imagination to create the world we are in. And the things we need to do to help the planet.

Then show a short video about the power of imagination in creating a new world.

[Watch author and environmental activist Rob Hopkins take a walk through a day in 2030.](#)

The task is to make either a postcard or a short video, addressed to their future selves. This can be sent to a parent/guardian/trusted adult to be shown back to the student at a certain point in their future (e.g. in 10 years' time).

At home adaptation

Please print off a copy of the video script and the postcard template for the children that don't have access to a device.

The discussion could be replaced by writing a list or drawing a mind map.

Taken from

This idea has been developed by a Sustrans Schools Officer, and inspired by Rob Hopkins' book 'From What Is to What If'.

The Transition Network have produced **[this guide](#)** to support groups running longer visioning sessions. Find out more about the Transition movement **[here](#)**.



Time needed
35 mins



Resources needed

Access to laptop/phone/
internet to watch video.

Paper and pen



Solo/Group activity

Either

Plus, find
today's
[Kahoot quiz here](#)

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Worksheet



Quote

“Imagination should be used, not to escape reality, but to create it.”

Colin Wilson, author

Instructions

1. Read the quote on imagination and think about the following:
 - When have you used your imagination to solve a problem?
 - In what ways have humans used their imagination to create the world we live in?
Eg the first humans rubbing rocks together to make fire.
 - Think of two things humans need to start doing and two things they need to stop doing in order to help our planet.
2. Watch the video.
3. Think of a pledge or promise you want to make to your future self. What will you do now to create the world you want to live in? Create a 30 second to one-minute video (ask to borrow your adult's phone if you don't have one), or write a postcard to your future self.
4. If you like, you can send this video to your adult and ask them to show it to you in 10 years' time.

To my future self...

A postcard template with a dashed red and blue border. On the left side, the text "To my future self..." is written in a cursive font. On the right side, there is a small blue square with a white border, containing a white silhouette of a person riding a bicycle. The rest of the postcard is blank.