

# Themes for Actions

This section of the Toolkit is a showcase of action ideas on themes. These are not necessarily full action packs, but are here to inspire and provide resources to build your own actions around the same themes. Check out the 'Current Campaigns' section of the Toolkit for our big action packs for campaigns like Dirty Water and Cut the Ties.

- [Contributing action resources to the Rebel Toolkit](#)
- [Biodiversity / Nature](#)
- [Air Pollution](#)
- [Flooding](#)
- [Our Childrens Future / Pram Rebellion](#)
- [Banking, Finance and Divestment](#)
- [Climate and Nature Bill](#)

# Contributing action resources to the Rebel Toolkit

If you have resources, templates, photos or guidance about actions that aren't already in this part of the Rebel Toolkit, then please do get in touch. You can send the content by email or via a google doc - any way you wish -and we'll weave it in to the Rebel Toolkit for you in the appropriate place.

There is some [guidance to help you consider what is appropriate here](#).

To submit content you can email [LGsupport@extinctionrebellion.uk](mailto:LGsupport@extinctionrebellion.uk) or post in the [mattermost reception for the Rebel Toolkit](#).

# Biodiversity / Nature

## Connect with others focusing on this topic

[Restore Nature Now Telegram chat](#) to join with others working on this theme (not all people from XR).

[XR Rewilding Facebook group](#)

## Action Ideas

### Blue Plaques for Nature

Based on the iconic English Heritage blue plaques designed to commemorate a notable person, these plaques designed by the 'Dirty Water' campaign team are to commemorate **nature and wildlife** - current designs are focussed on promotion before and use during Restore Nature Now on 22nd June 2024.

See full details of how to [print, modify and produce these plaques here](#).



## Visiting a garden centre dressed as bees





This Local Group visited their local garden centre dressed as bees to raise awareness of the disastrous consequences to wildlife of gardeners and farmers using glyphosate (often sold as Round Up).

This outreach focused action did not disrupt shoppers, but encouraged them to think more sustainably when shopping, and raised awareness of the scale of the problems to biodiversity being caused by widespread pesticide use.

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## Parliament of Owls



These paper owls look beautiful in a flock and have been made for The Big One (2023) and Restore Nature Now (2024)

They are relatively easy to make as the templates and instructions [can be downloaded here](#). This makes a good group art activity as it is accessible to everyone!

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## Bird Skeletons

[Check out this brief on how to make bird skeletons for actions](#)

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# Outreach Materials

Bilingual Posters- Welsh

# MISSING AR GOLL



**The Red Squirrel is one of our local species that is in decline.** Humans introduced non-native grey squirrels in the 1870s and they now outnumber red squirrels by approximately 66-1. The presence of greys, habitat destruction and fragmentation by Man, often means reds do not have enough to eat. (reds need broad leafed trees). Disease (pox from grey squirrels), is another cause for their decline.

**Mae'n wiwer goch yn un o'n rhywogaethau lleol sy'n dirywio.** Cyflwynodd pobl wiwerod llwyd anfrodorol yn yr 1870au ac maent bellach yn fwy niferus na gwiwerod coch gan oddeutu 66-1. Mae presenoldeb y llwydion yn aml yn golygu nad oes gan y cochion ddigon i'w fwyta. Mae dinistrio a darnio cynefinoedd (mae angen coed dail llydan ar y cochion), yn ogystal â chlefyd (brech o'r wiwer llwyd), yn achosion eraill dros eu dirywiad



red squirrels, pine martens, hedgehogs and water voles.

# Air Pollution

## Resources for Air Pollution themed actions

[Graphics info and designs](#) for making these signs like the one below



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## Flyers to edit and print

These flyers are in photoshop format - so you can add your own Local Group info. If you require support in editing these, then please contact [LGsupport@extinctionrebellion.uk](mailto:LGsupport@extinctionrebellion.uk) by email, or via our [Mattermost Reception](#).

A5 flyers and stickers as shown below

- [A5 flyer front](#)
- [A5 flyer back](#)
- Stickers as [.psd file](#) and ready to print as [.pdf file](#)



**CLEAN AIR SAVES LIVES!**

Do you know the level of  
**Air Pollution**  
on your own Street?

Find out here:  Scan this QR Code or go to  
**addresspollution.org**  
Enter your postcode.

See which World Health Organisation limits  
are exceeded on your street.

**WHERE DOES AIR POLLUTION COME FROM? HOW DOES IT HARM US?**

Much of air pollution comes from burning fossil fuels - petrol, diesel and gas. Burning fossil fuels emits greenhouse gases that overheat the climate. Road traffic is a key cause of air pollution. Wood-burning fires are also a big problem.

Pollution brings small particles deep into our lungs and even our bloodstream, worsening lung and heart disease and triggering asthma. Globally, air pollution from fossil fuel combustion causes at least 1 in 5 of all deaths.

Air pollution is especially dangerous for young children, harming their lung development. In the UK, one in eleven children suffer from asthma. That's the highest rate in Europe. Asthma is the most common long-term medical condition in this country.



**TELL THE TRUTH**

**AIR POLLUTION KILLS**  
Small particles alone cause some 140 premature deaths in Nottingham city each year and make many more people ill.

Local councils need to monitor air pollution in our neighbourhoods and tell us how it is harming our health.  
**We need political change to make a real difference.**  
**We DEMAND:**

- \* Better, affordable public transport
- \* Improved cycling and walking paths
- \* School Streets (limiting traffic around schools)
- \* Limiting wood-burning fires

**Are you worried about these issues?**  
**You're not the only one!**

**ACT NOW!**  
Join us at Extinction Rebellion and find out how you can take simple actions individually and with others in your local community to get the changes we need and cut air pollution.

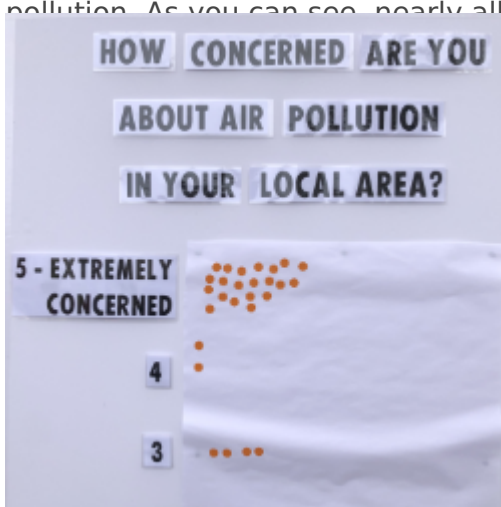
[xrnottingham.org/airpollution](http://xrnottingham.org/airpollution)






## Engaging the public with survey boards

The second board has a map of the local area. Passers by were encouraged to scan the QR code (taking them to the [addresspollution.org](http://addresspollution.org) website), enter their address, and add a sticker to the map indicating whether where they lived had very high, high, moderate, or low levels of air pollution. As you can see, nearly all of the stickers added are red, indicating these people are living





## Mini-action

Using the green light (for pedestrians) over a crossing on a main road, close to the survey boards, to bring attention to the outreach and amplify the message





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## Useful Statistics, quotes & resources

A collection of statistics and quotes around air pollution, particularly related to health.

[Useful statistics document](#)

# Flooding

## Flooding Data

### Maps of flooding risk

Particularly helpful if you are trying to increase concern at a local level

- Risk of flooding from seas and rivers
- Flood zones explained
- Check flood risk from surface runoff, rivers, seas, reservoirs at specific location
- Explore towns flood risk - all maps including historical flood maps
- IET London seriously unprepared for climate hazards like flooding

## Flooding Actions

### The Department for Ignoring Climate Chaos



Find resources to recreate this simple but attention grabbing action by XR Malvern, including placards, desk signs, and press release.





# Our Childrens Future / Pram Rebellion

Low risk, high impact visual action that can be done at local group level or by individual rebels.



## What?

Paint a pram or buggy white (or another colour), put a printed message in it, lock it and leave it in a town, or where there is high footfall. If it isn't removed by the authorities, retrieve it at a later time/day.

Designed to pique the general public's inquisitive mind.

Please [join the telegram chat for the Pram Rebellion - Children's Futures](#), for any updates,

support, tips and a place you can ask questions. There may also be the opportunity for 'borrowing' ready prepared prams\buggies.

## Where?

The buggies seem to be tolerated if left in a place for 2 or maybe 3 days, then you could always find another location to move your artwork to. Experience has shown they tend to be removed pretty quickly if situated in a shopping centre (private land), so try somewhere on public land.

Some buggies got media attention when they were locked in places children go - play areas\schools. These are just suggestions - you can place your artwork wherever you like.

## Why?

This is a hard hitting action, designed to touch people's hearts and engage their emotions. Children are already dying from pollution & the Climate Emergency. More children will die if we continue this current trajectory. We, XR, have a moral duty to TELL THE TRUTH. We criticise the government and the media for not telling the truth. We will not be liked for it and we may hurt some people by telling it. This is a difficult truth to tell. It still needs to be told.

## Issues

We have fully considered valuable feedback from Action Circle, XR Families, XR Southampton, M&M, Arts teams & other individuals, including from Rebels who have personally experienced child bereavement. We have changed elements of this action as a result of acknowledging that people who have experienced child bereavement may have their trauma triggered by the sight of a mysterious pram. We are truly sorry to trigger anyone's pain. By carrying out this action, we are trying to avoid other families suffering the same tragic experience.

## How to...

Find a pram, buggy or even car seat. Cheapest method, find an abandoned one (XR Woking found 3), or freecycle. Charity shops or eBay for those with slightly deeper pockets. Prams look best but are more expensive than buggies. You may get the Pram back after the action, but assume you won't. Get rid of any accessories or straps that don't need to be kept, less to paint.

We would suggest not adding any soft toys to the pram\buggy.

## Painting

We believe painting your pram\buggy a white colour may look the most impactful, as it looks quite mysterious. But you are autonomous, so you can paint it any colour you like. Bright, shocking pink is also a good choice.

Important note: Perfection is the enemy of done. Yeah you could rub it all down with wet and dry paper to provide a good key for the primer. Yeah you could use masking tape to mask off each individual component. Or you could just get the job done.

Can of aerosol white plastic primer on the plastic bits, can of (usually light grey) aerosol etch primer on the metal parts. When dry, spray them again if not white with any white aerosol paint (I had some old appliance gloss white, and also some leftover white primer). Feel free to go over the edges. Worry not about drips and runs. It's not an art competition. Cloth parts you paint with a brush - I used some matt vinyl emulsion I had left over, and also some outdoor white primer/undercoat. These will last long enough.

## Messaging

This action can be used for many different messages, ideally where there is a link to children's health and the climate and ecological emergency, eg fossil fuel or incinerator pollution.

You may find this [Daily Mail \(sorry!\) article](#) linking children's health with pollution helpful:

This is an ideal action to put pressure on MPs to 'Back the Climate & Ecological Emergency Bill'. Let's make it really easy for members of the public to email their MP, by using a QR code they can scan which has a pre prepared email all ready for them to send. It's surprisingly straight forward to do - honest! You can choose to use either of the following texts, or you can adapt it/make your own, to be more specific to your location. You can choose whether to put the XR logo on, or not.

### Message Option 1

MORE THAN 90% OF THE WORLD'S CHILDREN BREATHE TOXIC AIR EVERY DAY (i)

ASK YOUR MP XXXXXXXXXXXX TO SUPPORT THE CLIMATE AND ECOLOGICAL EMERGENCY BILL SCAN CODE ON SMART PHONE TO SEND THEM AN E MAIL (put QR code here) OR USE:

XXXXXXXXXX.MP@PARLIAMENT.UK (find your local MP's email address at

[www.theyworkforyou.com](http://www.theyworkforyou.com)

#OurChildrensFuture

#PramRebellion

#CEEBill

#AirPollution

XR LOGO - you can use a sticker.

If you have been affected by this installation, please contact [www.childbereavementuk.org](http://www.childbereavementuk.org)

(i) WORLD HEALTH ORGANISATION REPORT 2018

### Message Option 2



'THE CLIMATE AND ECOLOGICAL EMERGENCY (CEE)

WHAT'S REALLY AT STAKE HERE?

SCAN THE QR CODE TO EMAIL YOUR MP TO BACK THE CEE BILL.

2050 UK NET ZERO IS TOO LATE!

#PramRebellion

#CEEBill

#OurChildrensFuture

#AirPollution XR LOGO - you can use a sticker

If you have been affected by this installation, please contact [www.childbereavementuk.org](http://www.childbereavementuk.org)

## Printing your message

Use a hardy surface, like old hardboard, to make the surface for the messaging. Won't last forever outdoors, but easy to cut and drill. You could use any scrap plywood, mdf, plastic or even cardboard (although this won't last as long outdoors). Paint it. Black looks best for prams, white best for buggies and car seats. Write your message onto the board with black permanent marker, or a white paint pen, or a fine paintbrush or spray stencil. Stickers can provide XR logo. I printed the QR code and secured it under some clear reinforced tape (recommend a test first to ensure it works fine). You could also laminate it and glue or tape it on. I then sprayed some matt varnish over the lettering to give it some rain protection.



Fix the messaging board into the pram or buggy by drilling some holes and attaching with white or clear cable ties. Or you can print on a piece of A4 paper, laminate it & glue it or staple it to the pram. You can get an e mail ready QR code here (it's surprisingly easy!):

<https://www.qr-code-generator.com/solutions/email-qr-code/>

You can find your MP's contact details here

<https://www.writetothem.com/>



You need a bike lock to secure the pram in the target location. I'm using one of these (cheap, but can be easily cut with bolt cutters). You could also use a chain and padlock, or a D lock.



I have also attached a "public artwork" laminated disclaimer, which I will add a date to and photograph once the pram is sited. My reasoning is it makes it clear that my intention was not dumping rubbish, in the unlikely event of being identified and a potential flytipping prosecution.



## Social Media

Post pictures of your prams in their locations on social media channels. Include your messaging in the text, along with any relevant hash tags to your messaging (eg #CEEBill). Share other groups and rebels posts and help amplify their messages.

## Legal

Technically, as someone would have to be paid to cut the lock and remove the pram, it could be Criminal Damage. Or possibly some sort of Obstruction Of Highway, depending on location. The authorities would obviously need to identify the perpetrator (CCTV footage of it being removed from vehicle, for example).

Here is the full legal briefing on Criminal Damage:

<https://informedissent.info/criminal-damage-theft>

Here is the full legal briefing on Obstruction Of The Highway

<https://informedissent.info/obstruction-of-the-highway>

There is a risk. The risk is low, it is up to you to be fully informed and decide whether or not you want to take that risk by doing this action.

## Action Location

It's recommended to place it somewhere which has high footfall - near shops, supermarkets, town centres, etc. We'd also recommend siting them near a light source, so passers by can read them



after dark - they also look really mysterious in the dark, partially lit by street lights\lit buildings, etc.

## After the action

If your pram is still there the following week, lucky you. Simply re-site at a different location. Or walk around with it on an action. Add some solar fairy lights. Take it for a walk to Parliament. The only limit is your imagination.

# Banking, Finance and Divestment

Resources collated from work by XR, Tipping Point and other organisations to help you access the information you need to plan your actions and choose your targets.

## Getting organisations to move away from fossil banks

Focus on campaigning for organisations to switch their banking from the worst banks.

### **Bank Better Campaign Handbook** (by Tipping Point)

This excellent handbook gives the comprehensive info you need to run an effective campaign against an organisation who still use problematic banks.

[Full Colour version](#) / [Text only version](#)

### **Tailored support**

For XR Local Groups can be accessed by by contacting [bankbetter@tippingpointuk.org](mailto:bankbetter@tippingpointuk.org)

This support consists of:

- campaign planning
- researching the current banking of the target organisation
- suggestions of what banks they could move to
- connecting them up with similar orgs that are also considering bank switching
- training for LGs in how to run presentations about banks and how to negotiate with decision-makers
- campaign planning (actions/petitions etc)

### **WhatsApp community**

For people interested in getting organisations to switch banks - with sub-group chats for specific types of campaigns, e.g. Bank & Local Government, Banks & Universities, etc.

The link to the umbrella community is here.

## **Tipping Point's How To Bankrupt A Fossil Bank**

Recording of this training delivered in January 2024, in collaboration with Switch It Green:

- [Access the webinar video here](#)
- Passcode: Jte9Zr\$1

## **Report on Barclays**

[Details of what's wrong with the new Barclays energy policy](#) (why not to trust them when they say they're not funding fossil fuels any more!)

# Climate and Nature Bill

**XRUK is supporting Zero Hour's digital campaign** to lobby MPs to attend the Second Reading of the Climate & Nature Bill.

## What is the Climate & Nature (CAN) Bill?

The CAN Bill is a private members' bill, originally proposed by Caroline Lucas MP. It sets out a comprehensive and joined-up set of policies to address the climate and environmental crises.

Most private members' bills fail, but the best chance of success is when they are introduced through the ballot process, where MPs who are successful in the ballot can decide which bill to bring, as it guarantees that the bill will be given time to be debated properly in the House of Commons. This is now the case for the CAN Bill as Roz Savage MP has been successful in the ballot and agreed to bring the CAN Bill.

The First Reading is a formality and has already occurred. The crucial next stage is the Second reading on 24th January 2025. A minimum of 102 MPs must attend the reading in-person and vote in support of the bill in order for it to proceed to the next stages. Although over 180 MPs have declared their support for the bill, 24th January is a Friday when many MPs would normally be back in their constituencies, so supporting MPs will need to make a conscious decision to stay in London for the vote.

There are still many hurdles beyond the Second Reading, but provided that these can be successfully overcome it may be possible for the bill to achieve Royal Assent by Oct/Nov 2025 .

The stages involved in this [process are explained here](#).

## Why is XRUK supporting Zero Hour's campaign?

XR has supported [Zero Hour's campaign](#) for the Climate & Nature Bill (originally called the Climate & Ecology Bill) since its inception, and some of the key people in Zero Hour were previously in XR.

A central element of the CAN Bill is a citizens' assembly, to help decide how the provisions of the Act (once passed into legislation) should be implemented.

Although not the same as the Third Demand, passage of the CAN Bill into law would be a massive step forward, and pave the way for a true citizens' assembly on climate and ecological justice.



Irrespective of the citizens' assembly, the bill offers a route to getting comprehensive, joined-up, science-based legislation in place to address the climate and ecological emergencies.

## Take Action - Email to your MP!

Zero Hour have been campaigning to get the Climate & Nature Bill adopted and then passed into law by the UK Government. [More detail](#) about this campaign below.

The next step is to ask MPs to support the Bill, if they haven't done so, and to attend a crucial debate in Parliament on 25th January 2025.

Zero Hour have produced several template letters, and a web page to select the correct one for your MP:

- a "Thank You" email for an MP supporting the Bill, and committed to attending the debate
- a "Please attend" email for an MP supporting, but not yet attending
- a "Please support and attend" email for an MP silent on the issue so far
- an email to get support from local councillors, for an MP known to be hostile to the Bill

### Step by step guide

To access the correct email template for your MP - use the Zero Hour's website:

- **Search by postcode** - (note this doesn't currently work on all internet browsers)
- **Search by constituency** - the constituencies are clickable links that take you to the next step

You'll find lots of information on these pages about your MP, some instructions, some example text to edit, a form to enter your details - emails to MPs are never anonymous, and finally a button to take you to the next step.

It is much easier to do all this from a laptop instead of a phone.

**Almost 18000 emails have already been sent by the campaign!**

## Take Action - Phone your MP

Calling your MP's office is a fantastic way to get a direct response on their attendance at the second reading in parliament on 24 January 2025, to vote in support of the CAN Bill.

You can join Zero Hour team for an online event to CALL YOUR MP, where they will **guide you through the process of calling your MP**.

- Join the online calling event on **Thursday 28th Nov at 9am**.
- View the suggested script on page 4 of the **Digital Week Action Pack**.

## Take Action - Social Media

Ask your MP to pledge publicly on social media and amplify the action Use Zero Hours' **Digital Week Action Pack** to:

- Find posts tailored to your specific MP
- Share existing posts to amplify the action
- Download digital assets to create your own posts