



The Big Lunch: Sharing Stories

Go All In and jump into someone else's story at your Big Lunch

Top tips for your setting

In the National Year of Reading, the Eden Project is bringing its flagship community campaign, The Big Lunch, together with The Big Help Out for a weekend of friendship, food, fun, stories and action on **5-8 June**. It's one big do, and everyone's invited to do something positive locally!

Some will share food and fun, some will come together to get things done, and everyone can connect through stories. What will you do? Here are some ideas to help you Go All In for connection with your community.

1. Plan a do to look forward to!

Take a minute to sign up for free resources including invitations, posters, ideas and tips to help you plan a do for the Empathy Day Festival. You could celebrate food, culture and connection by inviting your community to come together for a Big Lunch. It's a great way to spark conversation and share stories. What will you bring to the table?

Visit: thebigdo.com



2. Turn your space into a story-sharing hub

Invite everyone to share a favourite book, recipe or personal story to create a welcoming, inclusive atmosphere and initiate conversation. Use EmpathyLab's curated booklist which celebrates our diverse communities.

3. Try a 'jump into someone else's story' activity

Use Empathy Challenge activities, or be inspired by the big do resource pack, for simple ways to spark empathy and connection. Holding a Big Lunch? Invite your community to decorate big do bunting and use conversation starters to spark connection. You'll find tons of ideas to try in both resource packs.



4. Create a community story wall

Invite contributions of stories, drawings or reflections to build a shared display. Set a date and invite your community to a Big Lunch to reveal the display. Contributing to a shared project is a catalyst for connection.



5. Arrange a Big Help Out activity

Identify simple ways your community can come together and lend a helping hand — whether that's a small volunteering task, a creative kindness activity or supporting a local cause. Keep it flexible, inclusive and easy for people to join in. Spread the word about your activity on the big do map: www.thebigdo.com

