

TAPPING

POTENTIAL

of COMMUNITY ENGAGEMENT

PLAYBOOK

A 5-PART INTRODUCTION TO
THE FIELD OF COMMUNITY ENGAGEMENT



nexus
COMMUNITY PARTNERS

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ARTWORK &
LAYOUT BY

unless
otherwise
credited

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OSTERGAARD
NEXUS COMMS MANAGER



When the global pandemic put our in-person gatherings on hold, we, like many others, had to figure out how to transform our work. This included translating our radical hospitality and interactive activities into the virtual realm on Zoom.

We miss many things from in-person gatherings — small talk at tables, breaking bread, playing music, giggling in side conversations — and the tactile details — colorful table cloths, fidgets, coloring sheets, markers on the table for doodling.

ENTER THIS PLAYBOOK

This playbook is a creative outlet and workbook for deep guided reflection and practice using all 5 senses to embody community engagement practices & principles.

WHO

This guide was made for participants in **Tapping The Potential of Community Engagement** because it loosely aligns with the flow of the series.

AND this tool can be used by anyone looking for a playful workbook to dive into community engagement practices and principles.

LEARN MORE



Exploration through:

BODY MOVEMENT PRACTICES

COLORING SHEETS

REFLECTION QUESTIONS

MAZES + ACTIVITIES

DOODLE + NOTE AREAS

WHAT

QR CODES to PLAYLISTS, VIDEOS, DANCE, REJOURCES

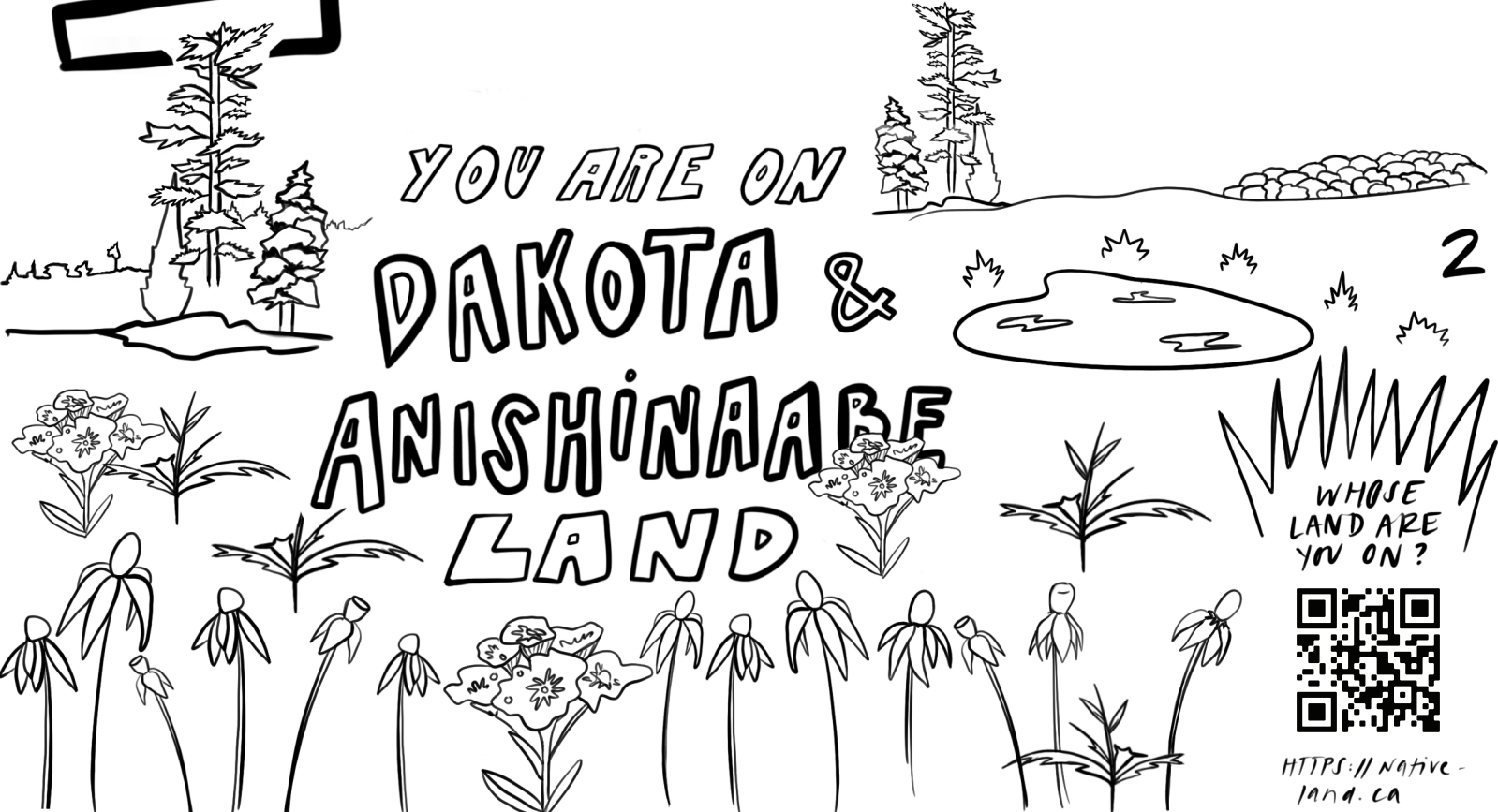
LAND ACKNOWLEDGMENT

We want to start by acknowledging those who came before us, and the original stewards of the land on which we stand. Here in the Twin Cities, we live and work on the ancestral and occupied territory of the Dakota and Anishinaabe people – past, present, & future.

At Nexvs, we believe that community engagement is central to ushering out the rigged rules, attitudes, and practices that concentrate wealth and power in fewer and whiter hands, and ushering in ways of working, living, and making decisions together that nourish us for this generation and generations to come.

By offering this acknowledgment, we commit to disrupt the ongoing violence of colonization and genocide, and we affirm and celebrate the existence, rights, and sovereignty of Native Nations in Minnesota and beyond.

YOU ARE ON
DAKOTA &
ANISHINAABE
LAND



2
WHOSE
LAND ARE
YOU ON?



[HTTPS://native-land.ca](https://native-land.ca)

LEARN

ACKNOWLEDGMENT

We acknowledge the labor of enslaved Africans and their descendants whose forced and exploited labor built our culture, drove our economic growth, and built our infrastructure across time in the United States. Today, we are indebted to their labor and the labor of the many Black and Brown people that continue to work in the shadows underneath exploitative capitalism and white supremacy, often without appreciation or recognition, appreciation, or reparation.

By offering this acknowledgment, we at Nexus commit to disrupting the continued violence of the legacy of slavery, cultural genocide, white supremacy and anti-Blackness, by working to create spaces of transformation and healing through community engagement, leadership development, and community wealth building.

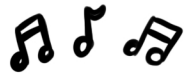


DON'T YOU
FEEL IT TOO?

A Social Justice

SHARED BY: NONKULULEKO SHONGWE

STRETCH

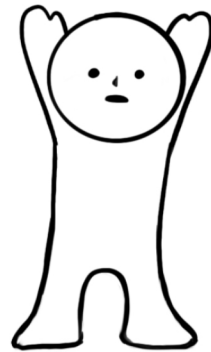
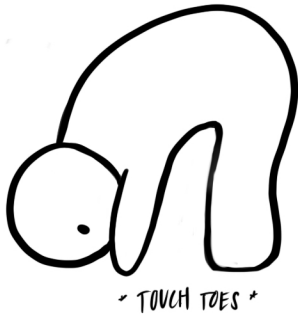


grounding
music

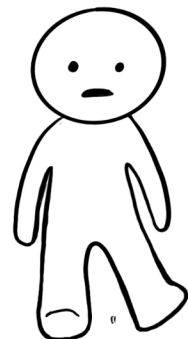
① Reach down to get
power from the
GRASSROOTS



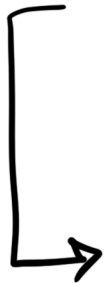
② Reach up to the SKY
to the ancestors for
INSPIRATION



③ Shake off dominant Western
culture expectations of
individualism, productivity,
and perfectionism



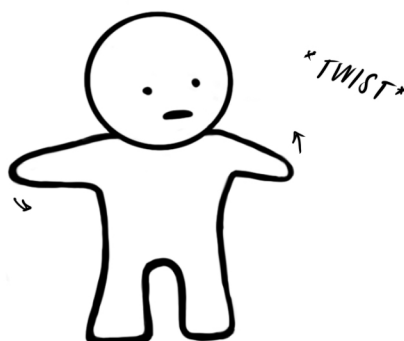
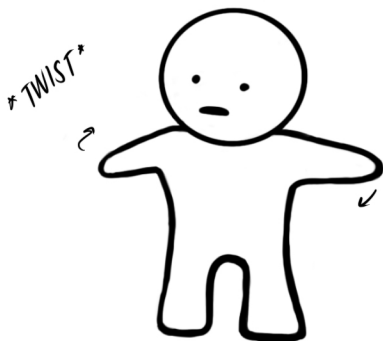
REPEAT w/
OTHER HAND
THEN OTHER
FOOT



④ Move with the
WINDS OF CHANGE



⑤ Shine your
SUPERPOWERS
into the world



WHO ARE WE?

The Nexus Community Engagement Institute (NCEI) advances and strengthens the field of community engagement through 3 bodies of work:

Growing the field of community engagement through training and coaching

Gathering people and cohorts to learn deeply from one another, and:

Harvesting tools and resources to support community engagement.



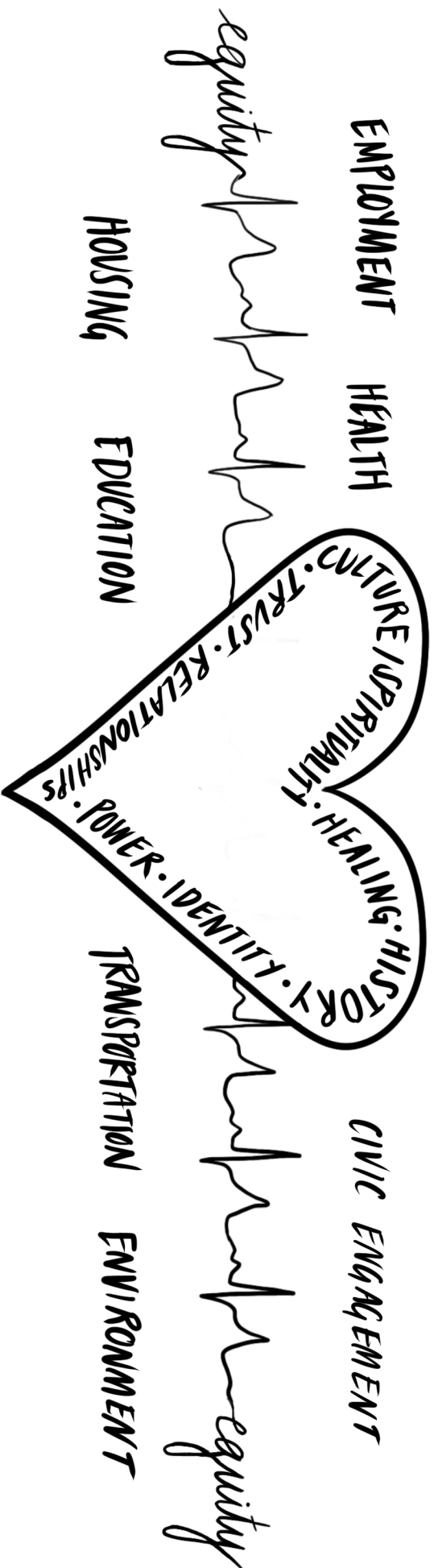
REFLECTION ?'S

What does community mean to you?

How fertile or toxic is the soil in your community?

What seeds are you planting for the future?

THE HEART WORK IS THE HARD WORK



REFLECTION P'S

What do the words in the inner heart mean to you?

What communities do you belong to?

IMPACT MODEL



POWER

Community engagement is necessary, reciprocal, & transformative. Can you find the path to transformational Relationships?

Draw a STICK FIGURE of yourself

SERVICE
FOR another

one way info sharing
OUTREACH
TO another

ENGAGEMENT
Reciprocal, sustained, transformational relationships over TIME.



HEALING

through Community Engagement

I AM POEM

I am...

2-3 ADJECTIVES OR NOUNS
THAT DESCRIBE YOU

I come from...

A PLACE, FEELING, A PEOPLE ETC.

My people are...

ADJECTIVES, NOUNS, PLACES, ETC.

I am proud of...

AN ACCOMPLISHMENT OR PART
OF YOUR IDENTITY

I feel awesome when...

I am from...

ANOTHER PLACE, FEELING, PPL, ETC.

I am...



RESMAA MENAKEM ON
DEEP ROOTED TRAUMA, RACISM
HEALING PRACTICES - MORE

"When we can heal ourselves,
we also heal our ancestors, our
grandmothers, our grandfathers, and
our children. When we heal ourselves,
we heal mother earth." - RITA PITKA
BLUMENSTEIN,
of 13 Indigenous grandmothers
council. 8



Rita
Pitka
Blumenstein

Graphic
from Harvest of
Survival Deck



"WE ARE
A HARVEST
OF SURVIVORS.

BUT THEN,
THAT'S WHAT
WE'VE ALWAYS BEEN."

octavia e. butler

PARABLE OF THE SOWER

WHO DO YOU NEED TO KNOW
AND REMEMBER TO GET THROUGH
THIS TIME RIGHT NOW?

NOTES TO SELF

DIVORCING WHITE SUPREMACY CULTURE

PERFECTIONISM

antidote:

DEFENSIVENESS

antidote:

SENSE of
URGENCY

antidote:

POWER HOARDING

antidote:

Scan the QR code for
more characteristics
and antidotes!

RIGHT TO COMFORT

antidote:

REFLECTION ?'S

Which values do you notice you ascribe to?

What feelings does that invoke in you?

What are your antidotes?

TEMA OKUN'S
(DIVORCING)
white supremacy
culture





“ LET US
COUNTER FEAR
WITH RADICAL LOVE
AND GENEROSITY

HEALING OUR WOMBS
WITH FIERCE CARE FOR OURSELVES
GOING BEYOND BINARIES,
BIRTHING THE REVOLUTION

WE FOLLOW THE SUN LIKE
SUNFLOWERS CARRYING
OUR ANCESTORS WISDOM ”

adrienne maree brown

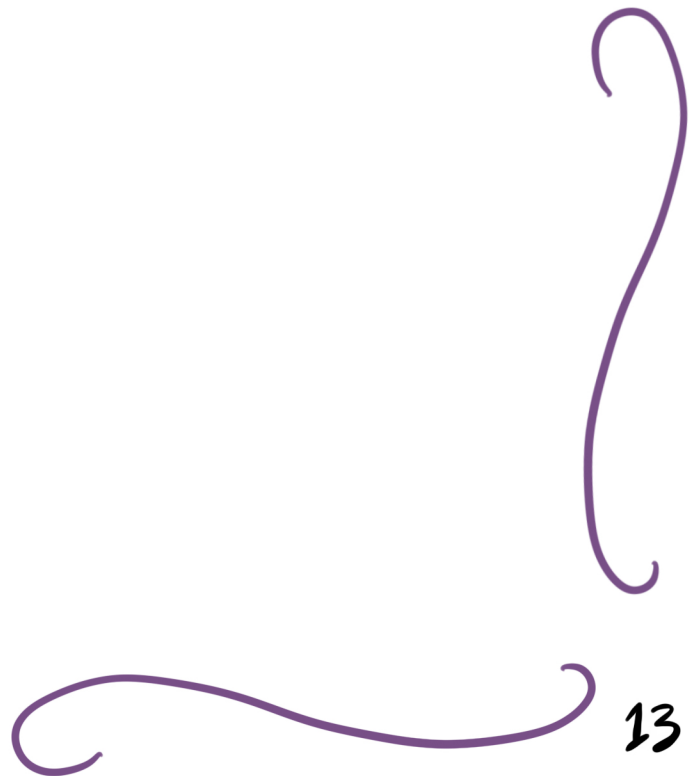
WHAT IS ONE WAY YOU WILL
NOURISH YOURSELF THIS WEEK?

NOTES

and thoughts and doodling space



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