



Fools Paradise (lost?)

a love letter to our wild



**Film Screening
Discussion & Activity Guide**



About the Film

Fools' Paradise (lost?) is a love letter to our wild – our own inner wild, and the outer wild.

How do we heal ourselves through reconnection to the natural world? Immersed in experiences recounted by writers, filmmakers, artists, environmentalists, adventurers, therapists, and political activists, this film delves into topics such as personal action, sustainable business and life practices, nature therapies and how we need and use nature to regenerate ourselves. Alongside this exploration, we address the reality that we must heal what is left of our planet. In a time when climate change and environmental degradation pose dire consequences for both humanity and the planet, we hope that by revealing pathways for healing through our reconnection to the natural world, we will learn to care for it – and if the earth benefits, we will all benefit.

What can different cultures and histories offer us as lessons for our future? What are some of our most prominent thinkers and creators doing to make change within themselves and beyond? How can we tap into those lessons and experiences both as individuals and communities? What came before, what is happening now, and what can be done in the future?



How to Use This Guide

The Fools' Paradise (lost?) Discussion and Activity Guide aims to support various audiences in successful and engaging screenings that stimulate conversation and reflection around humanity's relationship to the natural world, including care, responsibility, listening, connection, and reciprocity.

A pre-screening meditation supports audiences in slowing down and grounding before viewing. Post-screening activities guide audiences through discussion questions and brief exercises that invite listening, noticing, and reflecting on presence, personal responsibility, and conscientious action. Further resources offer a list of organizations and tools working to advance the fields of environmental stewardship, health, access, and climate action, where participants can learn more and inspire next steps.



People You'll Meet in the Film



The Pilgrim **Dr. John Francis**

Environmental activist, educator, and writer

Often called the “Planetwalker,” Dr. John Francis began walking for the environment after witnessing an oil spill in San Francisco Bay. He gave up fossil fuel-based transportation and chose to live in silence for 17 years, centering listening and kindness as practices of care.



The Storyteller / Steward **Alexandra Lexton**

Filmmaker and farmer

Alexandra Lexton is the director of *Fools' Paradise (lost?)* and the steward of an apple farm. Her story traces a turn toward land as a source of nurturing and asks what it means to tend our environment as it tends to us.



The Explorer / Witness **Jody MacDonald**

Adventurer and photographer

Jody MacDonald is an expedition photographer whose work takes her into remote landscapes. She reflects on awe, risk, humility, and how being small in vast places can change what matters.

People You'll Meet in the Film

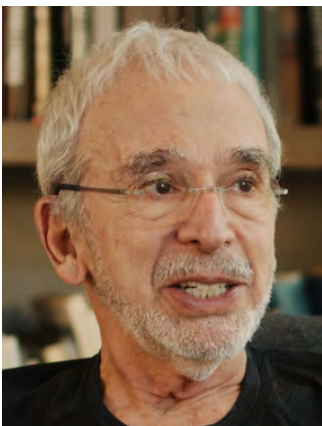


The Scientist / Translator

Florence Williams

Journalist and author

Florence Williams is a science writer and author of many books and publications, including *The Nature Fix*. She translates research on stress, the nervous system, and mental health into everyday language.



The Activist / Alarm Bell

Peter Joseph, MD

Emergency room physician and climate advocate

Dr. Peter Joseph is a retired ER physician and a leader with Citizens' Climate Lobby. He speaks about climate change as a public health emergency and the need for political and economic change.



The Ancestor / Knowledge Keeper

Lyla June, PhD

Indigenous scholar, musician, and community organizer

Lyla June draws on Indigenous teachings and lived experience to speak about reciprocity, stewardship, and humanity's role as caretaker rather than extractor.

People You'll Meet in the Film



The Healers and Guides

Mark Coleman

Mindfulness teacher and author

Mark Coleman teaches meditation in outdoor settings. His work focuses on awareness, embodiment, and the experience of belonging to the living world.



The Healers and Guides

Lauren Kahn, LMFT

Ecotherapist

Lauren Kahn is a licensed therapist who practices ecotherapy, working outdoors to support nervous system regulation and embodied awareness.



The Healers and Guides

LaTreice V. Branson

Wellness educator and community organizer

LaTreice Branson is the founder of Radical Adventures in Wellness (the RAW method). Her work centers access, safety, and belonging in outdoor spaces.

Sample Screening Agenda

One possible flow for a screening event:

This sample agenda offers one way a Fools' Paradise (lost?) screening might unfold. Facilitators are encouraged to adapt timing, sequence, and components to fit their audience, setting, and goals. Not every element needs to be used.

Arrival & Welcome (10–15 minutes)

- Doors open / participants arrive
- Informal settling into the space
- Brief welcome from the host
- Optional framing: why this film, why this gathering, why now

Note: For more informal or community-based screenings, the welcome can be brief and conversational. For institutional or educational settings, this may include acknowledgments or context-setting.

Pre-Screening Grounding (1–5 minutes)

- Invite participants to silence phones and arrive in their bodies
- Play one short pre-recorded meditation or grounding prompt

Note: This step can be skipped, shortened, or moved to after the screening depending on audience comfort and time. For some groups, a simple pause or breath is sufficient.

Film Screening (Full length or selected clips)

- Screen Fools' Paradise (lost?) in full, or show selected excerpts based on time and goals

Note: Shorter events may choose clips paired with focused discussion. Longer events may benefit from screening the full film to preserve its pacing and emotional arc.

Sample Screening Agenda

Pause & Transition (2–5 minutes)

- Brief pause after the credits
- Invite participants to notice what they're feeling or holding before speaking

Note: Silence is intentional here and does not need to be filled.

Post-Screening Discussion (20–40 minutes)

- Use a small selection of discussion questions from this guide
- Facilitate as a full group, or break into pairs or small groups with brief share-backs

Note: For larger audiences, small-group conversations often allow for deeper participation. For smaller groups, a single facilitated conversation may feel more natural.

Short Activity or Reflection (10–15 minutes)

- Choose one post-screening activity (Object Noticing, Awe Inventory, Relationship Mapping, or Setting Intentions)

Note: Activities can be placed earlier or later in the event depending on energy. Some facilitators may choose to replace discussion with an activity, or to end with an activity rather than dialogue.

Closing & Next Steps (5–10 minutes)

- Invite final reflections or a closing question
- Share resources or upcoming opportunities for learning or engagement
- Thank participants and contributors

Note: Closing does not need to resolve or summarize. Leaving with an open question or intention can be a more productive takeaway.



Opening Meditation

These pre-recorded guided meditations give audience members the opportunity to drop into presence (the here and now) and experience the sensations of meditation. It is an essential method for grounding our focus and bodies before turning our attention to this immersive film. Please feel free to play any of these three recordings depending on the time you have available. Also, please turn off (or throw away!) your phone.

"Grounding" – 3 min 15 sec

A brief meditation to bring viewers into presence.

[Watch here.](#)

"Impermanence" – 6 min

A meditation to help viewers reflect on the impermanence of our sensations and emotions.

[Watch here.](#)

"Senses" – 11 min

A meditation to reconnect viewers with the power and beauty of our senses.

[Watch here.](#)

Post-Screening Discussion Questions

Use any of the following to guide conversation.

- What is your relationship to nature, and did you recognize yourself in this film in any way?
- With such a focus on the natural landscape across this film, what image or moment stayed with you after the credits rolled, and why?
- Where did the film invite you to slow down? Where did it introduce urgency?
- The film suggests nature is not just a place, but a relationship. What does that idea open up for you? Does it change how you think about nature? What can it teach the world?
- What does “listening” mean here—listening to land, to the body, to others? How do you practice listening in your everyday life?
- When in the film did beauty feel like a call to responsibility rather than a vacation or escape?
- In what ways did you fall in love with the wild while watching this film?
- Reflecting on the phrase by Robin Wall Kimmerer, “Knowing that you love the earth changes you, activates you to defend and protect and celebrate. But when you feel that the earth loves you in return, that feeling transforms the relationship from a one-way street into a sacred bond.” – how does this quote inspire you?
- Where did the film challenge the idea that “humans are the problem” and replace it with something more specific?
- Which ways of “knowing” felt most resonant to you that were presented in the film: science, spirituality, activism, art, ancestral knowledge, or a mix of these?

Character-Focused Discussion Questions

Choose a few that fit your group, break a larger group into smaller groups to discuss an assigned character, or, if time permits, pose them all.



Dr. John Francis — environmental activist, educator, and writer

(walking, silence, devotion)

What became possible for John when he stopped speaking?

What might a “small vow” look like in your own life, something both realistic and sustainable?

Alexandra Lexton — filmmaker and farmer

(land, refuge, responsibility)

How does tending land promote psychological grounding?

When does land function as refuge, and does it need something in return?

Jody MacDonald — adventurer and photographer

(awe, risk, humility)

How does awe shift what feels important in your life?

What does humility look like as an ethical stance, not just a feeling?

What inspires you to get out of your comfort zone?

Florence Williams — journalist and author

(science, nervous systems)

What keeps your nervous system “plugged in” or “on”? What eases that feeling of activation?

Post-Screening Discussion Questions

Florence Williams Continued

Does scientific research change how you relate to what you already know intuitively?

Mark Coleman — mindfulness teacher and wilderness guide (awareness, belonging)

How does being outdoors change awareness?
What does it mean to feel like you are part of a landscape?

Peter Joseph, MD — emergency room physician and climate advocate (urgency, systems)

How does the film balance personal responsibility and systemic change?
What does urgency look like without panic?

Lyla June, PhD — Indigenous scholar, musician, and community organizer (reciprocity, purpose)

What gets in the way of remembering humanity's role as steward?
How does the concept "we are nature" challenge dominant systems?

Lauren Kahn, LMFT — ecotherapist (safety, healing)

How does being outdoors change what healing feels like?
Do you feel a sense of safety, or of discomfort, when you are in nature? How does this affect your experience in the natural world?

LaTreice V. Branson — wellness educator and community organizer (access, belonging)

What would it take for more people to feel safe and welcome outdoors?
How do history and exclusion shape who gets to access and heal through nature?

Optional: Systems and Political Questions

For groups interested in policy or collective action:

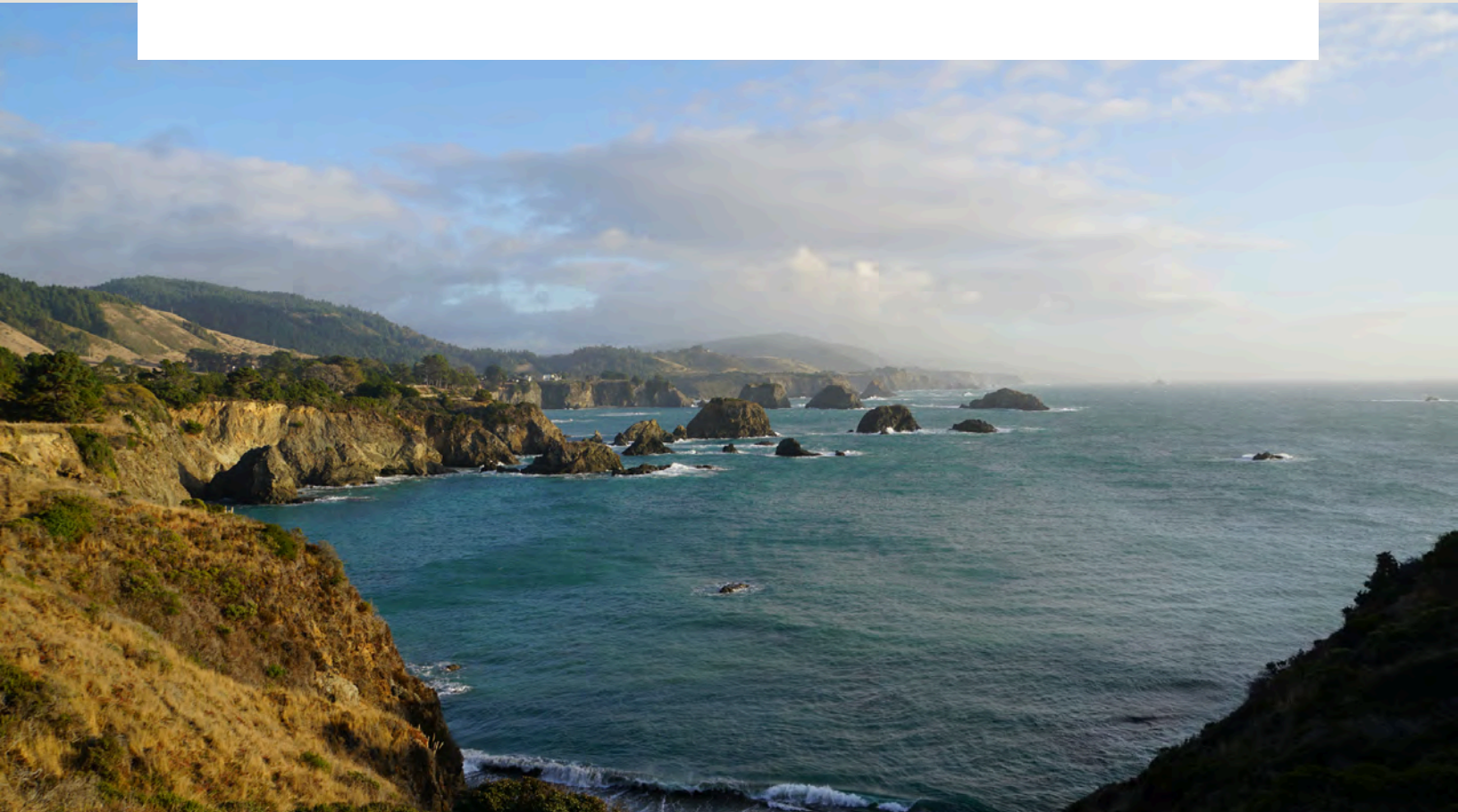
What kinds of systems reward disconnection, and what kinds of systems might support care and reciprocity instead?

Where do individual choices matter, and where do they fall short without structural change?

How should environmental policy address inequities in access to land, clean air, and safety?

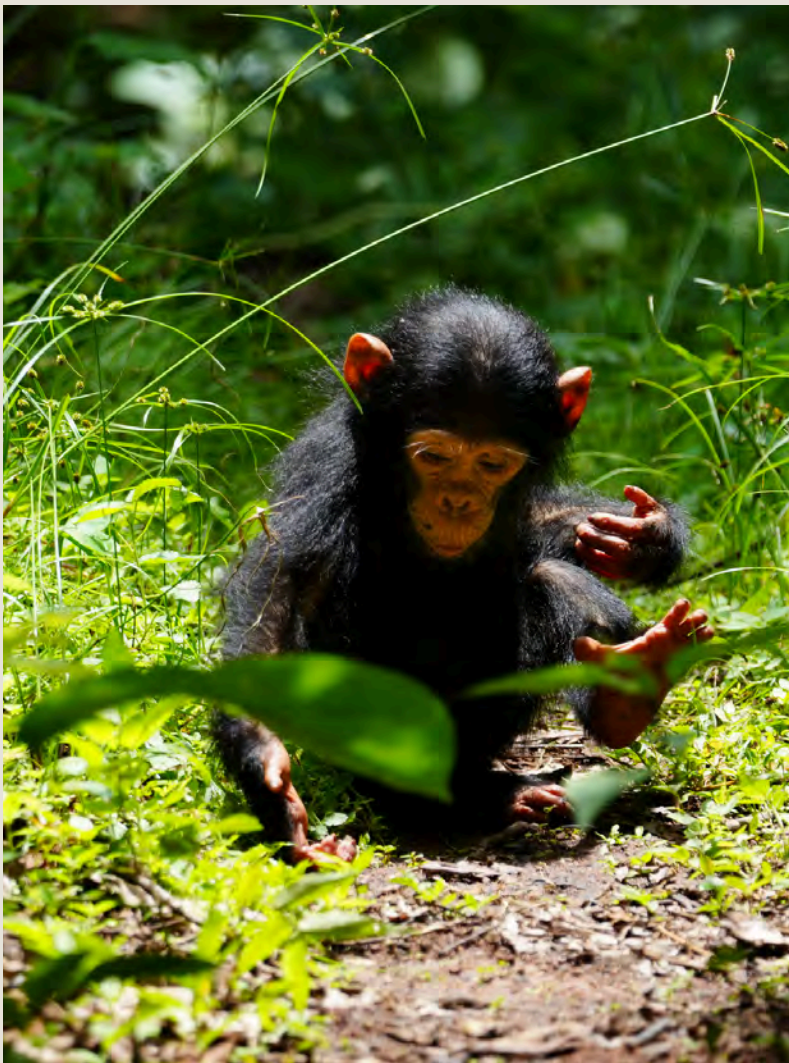
What would change if environmental harm were fully priced into the economy?

How do political systems decide which kinds of knowledge (science, spirituality, activism, art, ancestral knowledge) have validity?



Post-Screening Activities

Each of these mini-exercises give participants the opportunity to drop into the themes of the film through the lens of noticing, presence, and connection to personal experience. Each exercise should offer a chance for sharing at the end.



OBJECT NOTICING (5–7 MINUTES)

Choose a small object. Notice its texture, weight, temperature, scent.

Reflection: What changed when you slowed down and focused your attention?

NO-EFFORT AWARENESS (5–8 MINUTES)

Spend one minute doing nothing in particular. **Reflection:** What did you notice?

AWE INVENTORY (7–10 MINUTES)

Write: Where are three places you've felt awe? **Pair-share:** What conditions made that possible? What does awe mean to you?

RELATIONSHIP MAPPING (10–12 MINUTES)

Name a relationship to something beyond the human sphere, such as the land, environment, or animals. **Write** three ways you receive, one way you could reciprocate.

SETTING INTENTIONS (10–15 MINUTES)

Write one small, doable vow for the coming week.

Resources

Books & Podcasts



THE NATURE FIX —
Florence Williams



THE THREE DAY EFFECT —
Florence Williams



AWAKE IN THE WILD —
MARK COLEMAN



**A FIELD GUIDE TO NATURE
MEDITATION** —
Mark Coleman



**PLANETWALKER:
21 YEARS OF WALKING,
17 YEARS OF SILENCE** —
Dr. John Francis



THE RAGGED EDGE OF SILENCE —
Dr. John Francis



BRAIDING SWEETGRASS —
Robin Wall Kimmerer



A SAND COUNTY ALMANAC —
Aldo Leopold



ALL WE CAN SAVE —
edited by Ayana Elizabeth Johnson
& Katharine Wilkinson

Organizations & Tools

[Leave No Trace](http://www.Int.org)

www.Int.org

[iNaturalist](http://www.inaturalist.org)

www.inaturalist.org

[Citizens' Climate Lobby](http://www.citizensclimatelobby.org)

www.citizensclimatelobby.org

[National Association
for Interpretation](http://www.nai-us.org)

www.nai-us.org

[Save the Redwoods League](http://www.savetheredwoods.org)

www.savetheredwoods.org

[Save the Bees](http://www.thebeeconservancy.org)

www.thebeeconservancy.org

[Coral Reef Alliance](http://www.coralrestoration.org)

www.coralrestoration.org

[National Park Foundation](http://www.nationalparks.org)

www.nationalparks.org

[1% for the Planet](http://www.onepercentfortheplanet.org)

www.onepercentfortheplanet.org



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