

# Discussion guide

*Show the film. Then go outside.*

Keep the conversation simple. The film is only the start.  
Talk for a few minutes, then step outside together and look up.

## DISCUSS

- 01 How many stars could you see?
- 02 When was the first time you saw a real dark sky?
- 03 What do we lose when the stars disappear?
- 04 Did the film make darkness feel different to you?
- 05 What could you change at home, at school, or in your community?

## PHONES DOWN. TRY THIS.



Turn some lights off.



Wait twenty minutes.



Look up.



Take someone with you.



Use red light if you need a torch.



## Tell me what you found

If you take the film outside, I'd love to hear what you saw,  
how many stars you counted, or what changed.

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