



Call2Nature

“Disconnected” Activity: *Nature Immersion Adventure*

PROJECT REFERENCE NUMBER:
2022-1-IT03-KA220-YOU-000085032



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Competence Area	4 Act for sustainability		
Topic	Reconnect with the nature		
Transversal competence(s)	☐ OBSERVATION OF NATURE	☐ EMPATHY & RESPECT ☐ SUSTAINABLE DEVELOPMENT GOALS	☐ SENSE OF INITIATIVE
Name of the activity	Nature Immersion Adventure		
Learning Outcomes	- Develop observation skills by connecting with the natural environment. - Foster empathy and respect for nature and the importance of its preservation. - Gain awareness of the Sustainable Development Goals related to environmental conservation. - Cultivate a sense of initiative by engaging in nature-based activities and taking responsibility for the environment.		
Duration	Half-day (4-5 hours)		



Recommended group size	4-6 participants per group
Method(s) Used	• Experiential Learning • Dialogue and Discussion • Peer-to-Peer Learning
Step By Step Description	Step 1: Introduction (30 minutes) - Facilitate a group discussion about the importance of connecting with nature and the benefits it provides to individuals and the environment. - Discuss the Sustainable Development Goals related to environmental conservation and the role of youth in achieving them. - Emphasize the purpose of the activity as an opportunity for participants to immerse themselves in nature without the use of mobile phones or the internet. Step 2: Nature Exploration (2-3 hours) - Guide the group to a nearby natural area, such as a park, forest, or nature reserve. - Instruct participants to observe and interact with the natural environment without the use of digital devices. - Encourage them to use their senses to explore and appreciate the sights, sounds, smells, and textures of nature. - Provide prompts and questions to stimulate observation, such as identifying different plant species, animal tracks, or natural phenomena.



	Step 3: Reflection and Discussion (1 hour) - Gather the group in a designated area and facilitate a reflective discussion about their nature immersion experience. - Allow participants to share their observations, emotions, and newfound connections with nature. - Guide a conversation about the importance of preserving and protecting the natural environment. Step 4: Nature-Based Activity (1 hour) - Engage participants in a nature-based activity that encourages interaction and creativity, such as creating nature-inspired art, building natural sculptures, or engaging in a guided nature walk with a focus on specific elements (e.g., birds, trees, or flowers). - Encourage collaboration and peer-to-peer learning during the activity.
Required Materials	- Notebooks or sketchpads for participants to document their observations and reflections. - Writing materials (pens, pencils) for note-taking and drawing. - Nature-inspired art supplies (if applicable to the chosen nature-based activity).
Learning Setting	• An outdoor natural area, such as a park, forest, or nature reserve, that provides opportunities for exploration and observation.

	• Access to a gathering area or designated spot for reflective discussions and the nature-based activity.
Activity Evaluation/ Reflection	- Assess the success of the activity based on participants' engagement, depth of observation, and active participation. - Encourage participants to reflect on their personal connection with nature and how the experience influenced their perceptions and attitudes toward environmental conservation. - Facilitate a group discussion to explore ways in which participants can integrate nature connections into their daily lives and advocate for environmental stewardship.
Useful Resources (not mandatory)	TED Talk - The importance of connecting Youth with Nature by Nate Wilbourne TED Talk - Repairing emotional isolation by reawakening deep nature connection Jon Young TEDxGrandPark

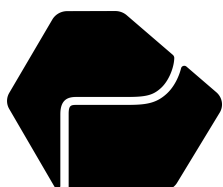




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