

Title	" Urban Farming Exploration and Planting Party "		
Methodology	Hands-on experiential learning		
Where	A community garden, rooftop garden, or any suitable urban farming location		
Duration of Activity (in minutes)	60 minutes	Learning Outcomes	<ul style="list-style-type: none"><li>● Gain an understanding of what urban farming is.</li><li>● Learn hands-on planting techniques, including how to prepare soil, plant seeds or seedlings, and care for growing plants</li><li>● Develop awareness of environmental issues and the role of urban farming in promoting biodiversity.</li><li>● Feel empowered to take action towards sustainable living by growing their own food, supporting local food systems, and promoting environmental stewardship in their communities.</li></ul>
Number of participants	15-20 participants		
Introduction	Urban Farming Exploration and Planting Party" is an interactive and educational activity where participants explore urban farming concepts, engage in hands-on planting activities, and learn about sustainable gardening practices. Through guided discussions and practical experience, participants gain knowledge about urban farming, develop gardening skills, and foster environmental awareness while contributing to a healthier and more sustainable community.		
Resources, equipment or materials needed for the lesson	<ul style="list-style-type: none"><li>● Planting supplies: Seeds or seedlings, potting soil, pots or containers, watering cans.</li><li>● Educational materials: Posters or handouts about urban farming, sustainable gardening practices, and plant care.</li><li>● Gardening tools: Trowels, gardening gloves, and any other necessary tools for planting and gardening.</li></ul>		
Methodology	This activity will engage participants through hands-on planting activities, guided discussions, and educational sessions to introduce them to urban farming practices and foster environmental awareness.		
Procedure / Instruction for the activity			
1. Introduction (5 minutes): <ul style="list-style-type: none"><li>● Gather all participants and give a brief introduction to urban farming, explaining its importance in cities and its benefits for the environment and community.</li><li>● Discuss the goals of the activity and the plants they will be planting.</li></ul>			

**2. Exploration and Discussion (10 minutes):**

- Take a guided tour of the urban farming location, highlighting different aspects such as raised beds, composting areas, and irrigation systems.
- Encourage participants to ask questions and engage in discussions about what they observe.

**3. Hands-on Planting (30 minutes):**

- Divide participants into small groups and assign each group a planting station.
- Provide instructions on how to plant the selected seeds or seedlings in pots or containers.
- Assist participants as needed, demonstrating proper planting techniques and emphasizing the importance of caring for the plants.

**4. Educational Session (10 minutes):**

- Gather all participants for a short educational session.
- Use posters or handouts to discuss topics such as the benefits of urban farming, sustainable gardening practices, and tips for growing food in small spaces.
- Encourage participants to share their thoughts and experiences from the planting activity.

**5. Reflection and Closing (5 minutes):**

- Gather participants in a circle for a brief reflection session.
- Ask each participant to share one thing they learned or enjoyed about the activity.
- Thank everyone for their participation and emphasize the importance of continuing to explore and engage in urban farming practices.

**Conclusion:**

Summarize key points discussed during the workshop, emphasize the significance of individual actions in promoting sustainability, and thank participants for their engagement.

**Reflection and self-evaluation for participants**

Participants will be encouraged to self-evaluate their understanding of composting and recycling concepts and reflect on how they can implement these practices in their daily lives. A reflection sheet will be provided for participants to note their key takeaways and action plans for embracing more sustainable habits.