<table>
<tr><td>Title</td><td colspan="3">" Urban Farming Exploration and Planting Party "</td></tr>
<tr><td>Methodology</td><td colspan="3">Hands-on experiential learning</td></tr>
<tr><td>Where</td><td colspan="3">A community garden, rooftop garden, or any suitable urban farming location</td></tr>
<tr><td>Duration of Activity (in minutes)</td><td>60 minutes</td><td>Learning Outcomes</td><td>Gain an understanding of what urban farming is.
Learn hands-on planting techniques, including how to prepare soil, plant seeds or seedlings, and care for growing plants
Develop awareness of environmental issues and the role of urban farming in promoting biodiversity.
Feel empowered to take action towards sustainable living by growing their own food, supporting local food systems, and promoting environmental stewardship in their communities.</td></tr>
<tr><td>Number of participants</td><td colspan="3">15-20 participants</td></tr>
<tr><td>Introduction</td><td colspan="3">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.</td></tr>
<tr><td>Resources, equipment or materials needed for the lesson</td><td colspan="3">Planting supplies: Seeds or seedlings, potting soil, pots or containers, watering cans.
Educational materials: Posters or handouts about urban farming, sustainable gardening practices, and plant care.
Gardening tools: Trowels, gardening gloves, and any other necessary tools for planting and gardening.</td></tr>
<tr><td>Methodology</td><td colspan="3">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.</td></tr>
<tr><td colspan="4">Procedure / Instruction for the activity</td></tr>
<tr><td colspan="4">Introduction (5 minutes):
Gather all participants and give a brief introduction to urban farming, explaining its importance in cities and its benefits for the environment and community.
Discuss the goals of the activity and the plants they will be planting.</td></tr>
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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.