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| Title                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | "Exploring Natural Solutions: Caring for Our Environment"                                                                                                                                                                                                                                                                                                                                                                                  |                   |                                                                                                                                                                                                                                                                                                                                             |
| Methodology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Interactive Workshop                                                                                                                                                                                                                                                                                                                                                                                                                       |                   |                                                                                                                                                                                                                                                                                                                                             |
| Where                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | In green areas (parks, nature centers)                                                                                                                                                                                                                                                                                                                                                                                                     |                   |                                                                                                                                                                                                                                                                                                                                             |
| Duration of the activity (in minutes)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 90 minutes                                                                                                                                                                                                                                                                                                                                                                                                                                 | Learning Outcomes | <ul style="list-style-type: none"><li>● Increased environmental awareness.</li><li>● Knowledge about natural solutions.</li><li>● Development of practical skills.</li><li>● Critical and creative thinking.</li><li>● Commitment to environmental action.</li><li>● Empowerment and motivation to contribute to positive change.</li></ul> |
| Number of participants                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 15-20 participants                                                                                                                                                                                                                                                                                                                                                                                                                         |                   |                                                                                                                                                                                                                                                                                                                                             |
| Introduction                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Promote environmental awareness and positive action among students by learning about nature-based solutions and how they can apply them in their environment. This workshop will not only educate young people about nature-based solutions, but also empower them to take concrete steps to take care of their environment and promote a more sustainable future.                                                                         |                   |                                                                                                                                                                                                                                                                                                                                             |
| Resources, equipment, or materials needed for the lesson                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <ul style="list-style-type: none"><li>● List of common environmental problems.</li><li>● Plants or small trees for reforestation activity.</li><li>● Gardening tools (shovel, watering can, etc.).</li><li>● Poster boards and markers for group presentations.</li></ul>                                                                                                                                                                  |                   |                                                                                                                                                                                                                                                                                                                                             |
| Methodology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | The workshop begins with an introduction on the importance of nature and environmental challenges. Youth are then divided into groups to explore natural solutions to common environmental problems. Each group presents their ideas. Afterwards, a practical reforestation activity is carried out. Finally, a discussion and reflection on what has been learned is facilitated, followed by a commitment to action by the young people. |                   |                                                                                                                                                                                                                                                                                                                                             |
| Procedure/Instruction for the Activity                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                            |                   |                                                                                                                                                                                                                                                                                                                                             |
| <div>1. <b>Welcome and check-in with participants</b> (5 minutes)</div> <div>2. <b>Introduction</b> (10 minutes):<br/><br/>Start the workshop with a short presentation on the importance of nature and the environmental challenges we face. It highlights the idea that nature itself can provide solutions to many of these problems.</div> <div>3. <b>Exploring Natural Solutions</b> (15 minutes):<br/><br/>Divide participants into small groups and provide each group with a list of common environmental problems (e.g., water pollution, deforestation, biodiversity loss). Then, ask them to discuss and propose possible nature-based solutions to each problem.</div> |                                                                                                                                                                                                                                                                                                                                                                                                                                            |                   |                                                                                                                                                                                                                                                                                                                                             |

#### 4. **Group presentations** (15 minutes)

- Allow each group to share their ideas and solutions with the rest of the participants. Encourage young people to be creative and think outside the box.

#### 5. **Practical activity:** Reforestation in the natural area (30 minutes):

- Do a hands-on reforestation activity. Provide each participant with a small plant or tree and ask them to plant it in a designated area.

#### 6. **Discussion and reflection** (10 minutes):

- At the end of the workshop, gather participants and encourage a discussion about what they have learned and experienced.
- Ask them to reflect on how they can apply these natural solutions in their daily lives and in their community.

#### 7. **Engagement & Follow-Up** (5 minutes):

- End the workshop by asking participants to commit to taking a specific action to help the environment in the coming days. Ask them to share their commitments with their groups and set up a plan to track their actions.

#### **Conclusion:**

The conclusion of the workshop highlights the importance of nature-based solutions in addressing environmental challenges. Young people have gained practical knowledge, developed skills and are motivated to contribute to positive change in their environment. The need to act collectively and responsibly to protect and preserve our environment for future generations is emphasized.

#### **Reflection and self-evaluation of the participants**

- **Knowledge acquired:** Participants will reflect on what they learned during the workshop, identifying which natural concepts and solutions they found most meaningful or interesting.
- **Practical experience:** The practical experience of participating in the reforestation activity will be evaluated, considering the challenges faced, the skills acquired, and the perceived impact of their contribution to the environment.
- **Personal Commitment:** Participants will reflect on their personal commitment to protecting the environment, considering how they plan to apply what they have learned in their daily lives and what specific actions they can take to contribute to positive change.
- **Collaboration and Teamwork:** The effectiveness of collaboration and teamwork will be evaluated during the workshop, considering how they communicate and collaborate with each other to generate ideas and complete the hands-on activity.
- **Emotional impact:** Participants could reflect on any emotional impacts they have experienced during the workshop, such as an increased sense of connection to nature or increased motivation to take environmental action.

This reflection and self-evaluation will allow participants to consolidate their learning, identify areas for growth and plan future actions to contribute to caring for the environment.