

Activity 3.1 Environmental Changes

Learning Goal: Participants are able to identify elements that influence themselves, their surroundings and their community

Format: Dream journey

Materials / Context: Papers, markers, pens, relaxing atmosphere

Estimated Time: 45 mins

Level: 1

Description: The facilitator creates a relaxing atmosphere where participants can sit down, be present and feel comfortable.

The activity is divided into two parts. In the first part, the facilitator asks the participants to close their eyes and think about their daily life, when they wake up and leave their home to go to work, school or just go for coffee with friends. The facilitator asks them to think about their favorite everyday routine.

The participants, while “dreaming”, should try to look around and feel their surroundings when they walk, drive, or cycle towards their destination. Facilitator asks them to open their eyes and draw their experience without speaking, trying to be as detailed as possible and to pay attention to the elements of their natural environment. (20 mins)

In the second part, each participant should give his or her picture to the person on the right to include or delete one element, not necessarily a natural element. After their drawing has been given back to them, each participant shares how his or her life would look like after this change. Which element has been altered and how do they feel? (25 mins)

Things that are considered to be human made in reality are using elements of the natural environment. These elements are processed through knowledge, skills and technology into seemingly human made products (eg. houses, computers, boxes, etc). This is an important observation that could help participants think about the level of natural resources that is actually being used, exploited and affected by humans to satisfy their needs. Furthermore, this is also a good point to make in order to question the **level of substitutability** between natural resources and human made products.

The way we are “managing our planet” affects the **ecosystems** that are also affecting us. If the carrying capacities of the ecosystem are exceeded and if we cannot adjust to the changes we are experiencing, then we are in trouble.