

Activity 5.3 Inner Sustainability & Nature

Goal: Participants are questioning their own actions and their impact on nature

Materials/Context: List of statements, natural space to sit

Estimated Time: 45 mins

Level: 1

Description: The facilitator welcomes participants to gather close to a natural spot where they will be able to actually feel the nature (eg. stand with naked feet on the grass). They all stay there for a few minutes, relaxing and trying to feel the energy and their surroundings.

Then, participants gather around a tree trying to make a circle. Participants should be far enough from the tree. The facilitator reads short and easy to understand statements to the participants. Those who agree with the statements make a step forward towards the tree, otherwise they do not move. The idea is to include statements that make the participants move one step forward if they agree until they reach the tree. Those who manage to reach the tree, simply, hug the tree!

Suggested statements:

- I am involved in activities to keep the environment clean
- I recycle at home
- Humans should not cause pain to animals
- I participate in protests or campaigns for raising awareness on environmental issues
- I get informed about impacts of industrial farming on the environment

- I prefer to use public transports/my bicycle instead of my car/taxi
- I would like to spend more time surrounded by nature
- Being close to nature inspires me

For the closing of the activity, participants are asked to share their feelings, emotions and thoughts about the results at the previous part. Here are a few questions that might help the facilitator guide the reflection:

- How did you feel during the activity?
- How did you feel when someone was moving forward and you were not?
- Did any of the statements make you feel uncomfortable or confused?
- If you did not respond positively to the statement that “humans should cause pain on animals” why do you think you consume products?

The activity was developed by Vivanco Parada (Spain, Argentina) and Maritza Betsabet Medina Ramos (Peru), participants of the STEP Training Course in Spain. It is an adjusted version of the “Take a Step Forward” activity that is included in the COMPASS: MANUAL FOR HUMAN RIGHTS EDUCATION WITH YOUNG PEOPLE of the Council of Europe. Edited by Amerissa Giannouli