
Embodying sustainability values: Promoting nature

1. Description of the competence

Video link:

[Importance of nature](#)

Recommended resources:

[Presentation of the competence model](#)

Description:

Promoting Nature focuses on fostering a connection with and protection of the natural world. This competence emphasizes understanding the value of biodiversity, natural ecosystems, and their psychological, social, and physical benefits. It aims to nurture a sense of stewardship, encouraging youth to take both individual and collective action to protect nature. (read more).

2. Workshop components

Duration: 90 min

Digital tools suggested:

- Canva: For creating engaging visual content.
- Mentimeter: For interactive polls and feedback.
- Quizizz: For fun and gamified quizzes.

Competencies exercised:

Individual initiative, Systems thinking, Promoting nature.

3. Workshop overview

Annotation:

An indoor/outdoor and classroom-integrated activity to promote youth connection with nature through sensory immersion, observation, reflection, and digital storytelling.

Objectives:

- Foster internalization of nature experiences through emotional and cognitive engagement.
- Raise awareness of biodiversity and environmental care.
- Encourage personal responsibility in protecting nature.

4. Detailed session structure

Evocation (15-20 minutes):

Tools:

Mentimeter

Activities:

- Questions to ask the group (icebreaker): My Favorite Nature Memory
- Instructions: Create a Mentimeter Word Cloud with the question, "What's your favorite nature memory?" Share the link with participants and give them 5-10 minutes to submit their answers (one or two words or a short phrase). Once responses are in, display the word cloud, highlighting memorable themes or words for discussion.
- Short video: Importance of Nature (5 mins)
- Discussion Follows

Resources:

Video [tutorial on how to use canva](#)

Video [tutorial on how to use Mentimeter](#)

Understanding (30 minutes):

Tools:

Canva

Activities:

- Nature Impact Mapping
- In small groups, create a digital poster answering: *How do our daily habits (eating, shopping, commuting, etc.) affect nature? What small action can we take to reduce negative impact and reconnect?*
- Include one photo or drawing that represents “Nature to Protect”

Resources:

Canva: [Poster tutorial on Canva](#)

Reflection (20 minutes):

Tools:

None

Activities:

- Presenting results, summarising, questions and discussion, closure/next steps. *What surprised you during the activity? How did you feel or what did you think after learning the impact of your actions on nature? After this session what will you change in your daily life? Name one realistic weekly commitment to reconnect with nature.*
- Examples: I will walk in nature every Sunday without my phone, I'll join a clean-up in my neighborhood or I will create a photo journal of urban plants I find interesting
- Grounding in Nature – Homework: Youth participants are guided through a short sensory mindfulness outdoor exercise (smelling, touching, seeing, listening to nature). *What did you notice in nature?*
- They then photograph something in nature that draws their attention (flower, bark pattern, insect, etc.)

Resources:

None

5. Resources used and additional info

Links: Suggested Reading: [GreenComp Framework](#)

Toolkit: [Digital Tools Guidebook](#)