
Embodying sustainability values: Valuing Sustainability

1. Description of the competence

Recommended resources:

[Presentation of the competence model](#)

[GreenComp: The European sustainability competence framework](#)

Description:

The “valuing sustainability” competence encourages learners to reflect critically on their own values and how these relate to sustainability. It promotes awareness that values are shaped by individuals and time, and therefore may differ across people and contexts. Rather than prescribing what to value, it supports the exploration of personal beliefs and perspectives in light of sustainability as a common goal. Learners are empowered to articulate their values, understand how these influence their decisions and actions, and evaluate how well they align with the principles of sustainability.

2. Workshop components

Duration: 75-90 min

Digital tools suggested:

- Mentimeter: For interactive polls and icebreakers
- Padlet: For collaborative brainstorming and scenario building. Also useful for ice breakers or energizers
- Canva: For creating visual representations

Competencies exercised:

Valuing sustainability, Critical thinking, individual initiative, collective action, systems thinking

3. Workshop overview

Annotation:

This workshop invites learners to explore their personal values, compare them with others, and reflect on how they influence their choices, behaviors, and commitment to sustainability.

Objectives:

- To reflect on personal values and sustainability
- To understand how values can vary and change across people and cultures
- To critically evaluate how actions align with sustainable values
- To foster empathy and ethical decision-making

4. Detailed session structure

Evocation (15-20 minutes):

Tools:

Mentimeter

Activities:

- Questions to ask the group (icebreaker): “What is one value that is most important to you in life?” (honesty, compassion, freedom, fairness, respect for nature etc.).
- Instructions: Create a Mentimeter Word Cloud with the question, “What is one value that is most important to you in life?” Share the link with participants and give them 5-10 minutes to submit their answers. Once responses are in, display the word cloud, highlighting memorable themes or words.
- Discussion Follows: Each learner comments their value with the group, explaining why it is important to them and if they think their values are sustainable.

Resources:

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

Understanding (30 minutes):

Tools:

Padlet (can also be done without)

Activities:

- In small groups (3 or 4), learners discuss and write brief answers to the following:
- What is sustainability for you ? What is a value?
- What value would you like to prioritize?
- Did you learn something surprising from others' values?
- Can personal values (comfort, freedom, etc.) sometimes conflict with sustainability?
- How do values influence everyday choices (shopping, travel, food, etc.)?
- Creative Twist: Each group picks at the end a metaphor or image to represent how values guide our actions ("Values are like the roots of a tree").
- Instruction (for the facilitator): Create a Padlet board with sections like "What is sustainability?", "What is a value?", "Values in everyday life", and "Our group metaphor". After their small group discussions, ask learners to post short answers in each section. They should also add a metaphor or image (e.g. "Values are like the roots of a tree") to illustrate how values guide actions. Display the Padlet during the debrief to highlight common themes or differences across groups.
- Quick debrief discussion

Resources:

Padlet : [How to use Padlet in the classroom](#)

Reflection (30 minutes):

Tools:

Canva

Activities:

- Poster Design: Learners will use Canva to create a "My Values, My Impact" poster that includes:
 - One value they hold strongly
 - One action they take to support that value
 - One change they can make to better align their actions with sustainability
- Once the posters are completed, each participant presents theirs to the group, followed by a discussion. The facilitator can guide the conversation by asking: *"What new insights have you gained today about your values and their connection to a more sustainable world?"*

Resources:

[Poster template on Canva](#)

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

5.Resources used and additional info

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

Toolkit: [Digital Tools Guidebook](#)