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EARTH GAMES4 EYOUTH

Knowledge on the Topic



WORKBOOK

Dear Earthian,

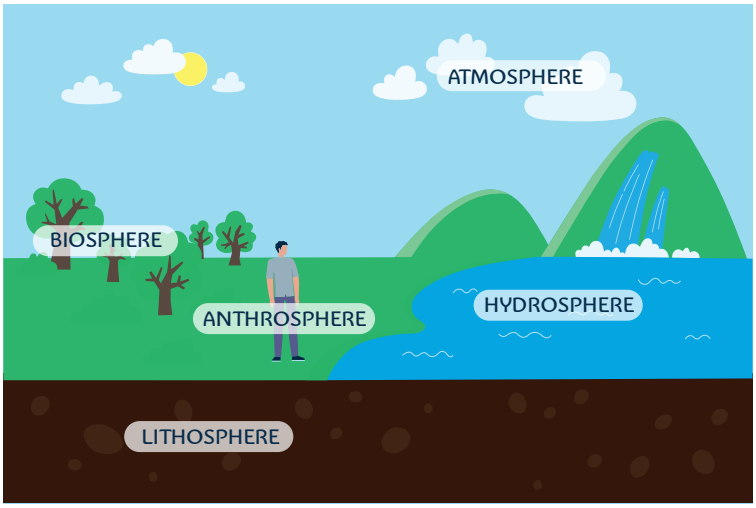
Welcome to the FIRST MODULE: Knowledge on the topic. In this section, you explore our planet's vital topics and will dive into key environmental concepts that shape our world. Each topic is a step towards understanding and taking action for a better world. Dive in, reflect, and get ready to make a difference!

Section 1

1.1 Environmental concept and environmental science overview.

The concept of the environment encompasses the relationship between natural systems and human activities. It includes all living and non-living elements that interact to form the ecosystems in which we live. Key components of the environment include air, water, soil, flora, fauna, human beings, and the physical, chemical, and biological processes that influence them.

Now you see a picture where the key elements of the environment are presented.



Now you will be working in small groups discovering each element! Discuss each element's importance in supporting life on Planet Earth and connection to other elements.

Atmosphere Station: Explain how little air is actually surrounding Earth.
Hydrosphere Station: Discuss the importance of water for life and climate regulation.
Lithosphere Station: Discuss how the lithosphere provides nutrients for plants and is the foundation for human infrastructure.
Biosphere Station: Discuss the variety of life and its interactions with the other elements.
Anthroposphere Station: Discuss human impact on natural systems.

Also as a group discuss the following questions

Sustainability

How can we ensure that our current use of resources does not compromise the ability of future generations to meet their needs?

Ecosystem Services

- How does biodiversity contribute to the resilience of ecosystems and their ability to provide services like clean water and air?

Biodiversity

- How can human activities such as deforestation and urbanization affect biodiversity at different levels (genes, species, and ecosystems)?

Pollution

- What are the major sources of pollution in your local area, and what impact do they have on the environment and human health?

Climate Change

- How do human activities contribute to greenhouse gas emissions and global warming?

1.2 Biodiversity and ecosystems.

Biodiversity plays a crucial role in many aspects of our lives. We appreciate biodiversity for what it provides to humans and for its inherent worth. Biodiversity also holds potential for undiscovered benefits, including new medicines and other unknown services.

To understand how simple actions can contribute to biodiversity, we invite you to play the “Biodiversity Bingo” game.

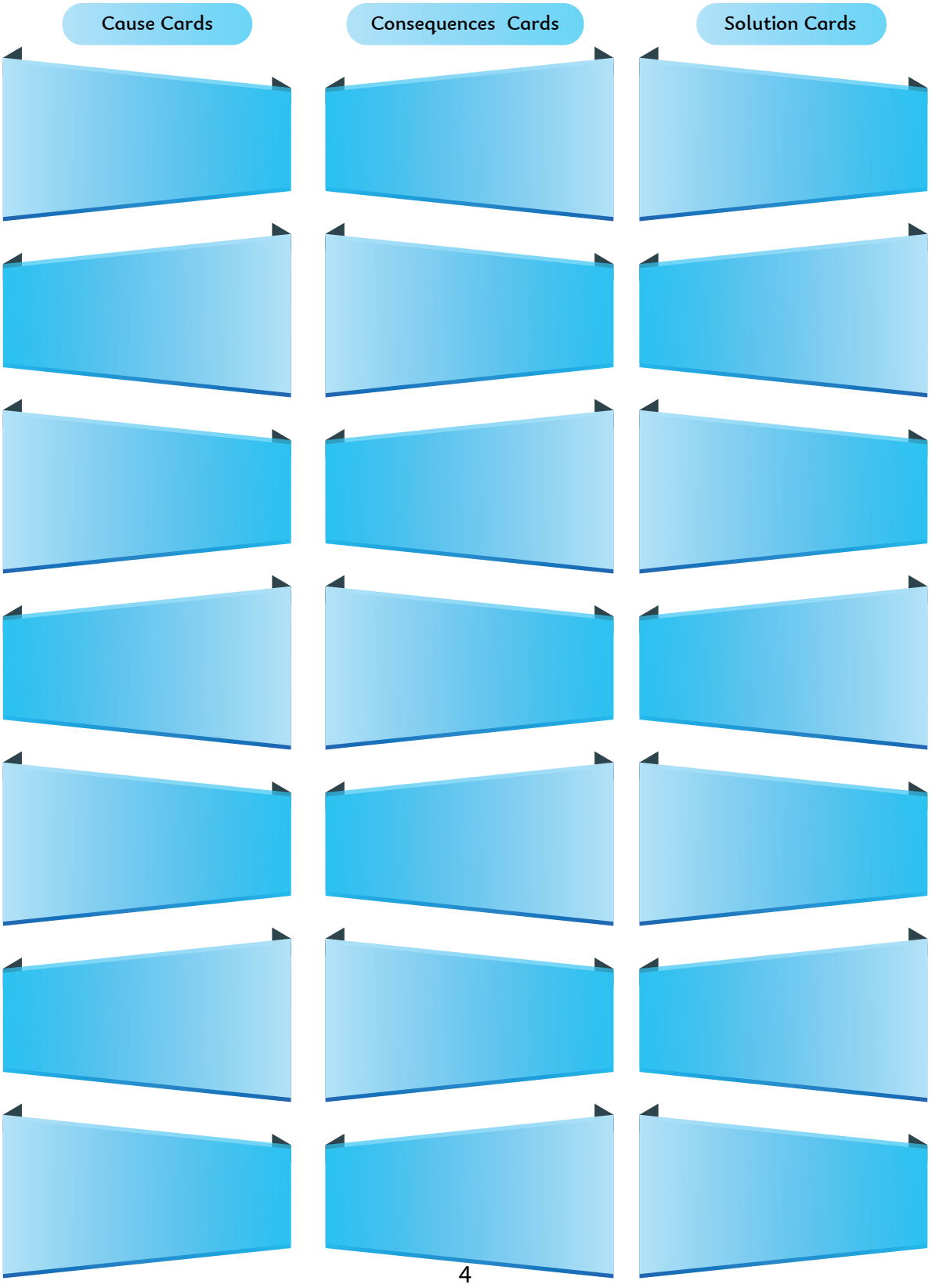
Move around the room and ask your peers if they have recently done any of the actions listed on your Bingo card.
If someone answers "Yes," write their name in the corresponding square on your card.
You can only write a person’s name in two different squares.
Your goal is to fill in all the squares with different names. Once your card is complete, shout "Bingo!" and gather with the group
The facilitator will read out the actions, and the group will confirm if the names match the actions.

Reuse a glass jar for storage	Plant a tree in your yard or community	Shop at a local farmer's market	Turn off lights when leaving a room	Learn about birds in your area
Organize a local event to clean up litter in your neighborhood	Choose to walk or bike instead of driving for short trips	Visit a local nature reserve	Reduce water usage	Read a book about native plants
Buy products with eco-friendly packaging	Volunteer with a local organization that rehabilitates injured or orphaned animals	Join a local garden club	Choose eco-friendly travel options	Swap clothes with friends instead of buying new
Take shorter showers	Start a compost bin at home	Use a reusable water bottle	Use digital notes instead of paper	Avoid products with palm oil
Adopt a plant-based meal once a week	Volunteer with organizations that protect oceans and marine life	Volunteer at a nature reserve	Replace old bulbs with LEDs	Help start a community garden
Find out exactly what can and can’t be recycled in your area	Learn about Endangered Species	Discuss Biodiversity with a Friend or Family Member	Reflect on Your Connection to Nature	Create art using recycled materials

1.3 Climate change and global warming.

Climate change refers to long-term shifts in temperatures and weather patterns. Such shifts can be natural, due to changes in the sun's activity or large volcanic eruptions. But since the 1800s, human activities have been the main driver of climate change. Climate change affects peoples' health, food production, housing, safety and work.

You get a set of cards with different statements. You need to put it into three categories: Causes, Consequences, and Solutions.



Now you'll work with a group to create a visual "Climate Change Impact Map" using a large sheet of paper or a whiteboard.

Draw arrows to show connections between human activities (Causes), their impacts on the environment (Consequences), and possible actions to address these impacts (Solutions). For example, you might draw a line from "Burning Fossil Fuels" (Cause) to "Rising Temperatures" (Consequence), then from "Rising Temperatures" to "Melting Polar Ice" (Consequence), and finally connect it to "Switching to Renewable Energy" (Solution).

Feel free to adjust the cards or add your own ideas to better reflect your understanding of the relationships between causes, consequences, and solutions.

1.4 Ocean literacy.

The concept of Ocean Literacy (OL), defined as "the understanding of the ocean's influence on peoples' lives and their influence on the ocean," initially was focused on providing content knowledge about marine issues. Later it has evolved into a comprehensive approach promoting interdisciplinary and intercultural competencies. This evolution supports ocean conservation, management, and sustainability.

It is very important to familiarize yourself with the seven principles that guide our knowledge about the ocean.
Take some time to answer the reflection questions in your workbook. Think about your own connection to the ocean and how the principles of Ocean Literacy relate to your life.

1. Earth has one big ocean with many features.

When you think of the ocean, what comes to mind first? Describe what the ocean means to you personally.

Reflect on how your local environment might be connected to the ocean. Can you find any links, even if you live far from the sea?

2. The ocean and life in the ocean shape the features of Earth.

Imagine the world without the ocean's influence. How do you think it would look different?

3. The ocean is a major influence on weather and climate.

Consider the concept of climate change. How do you think the ocean is impacted by and also impacts climate change?

4. The ocean is largely unexplored.

If you could be part of an ocean exploration team, what would you hope to discover?

5. The ocean and humans are inextricably interconnected.

In what ways do you rely on the ocean in your daily life? Consider things like food, products, or even the air you breathe.

6. The ocean makes Earth habitable.

How do you think the ocean's health impacts human health and wellbeing?

7. The ocean supports a great diversity of life and ecosystems.

How do human activities threaten ocean biodiversity, and what can we do to protect it?

After reflecting individually, join a small group of 3-4 people. Share your thoughts with your group members and discuss how your perspectives align or differ. As a group, summarize your key insights from the discussion. Prepare to share these insights with the larger group.

Some quotes that can be at the end of this section.

"The sea, once it casts its spell."

Jacques Cousteau

"The ocean stirs the heart, inspires the imagination, and brings eternal joy to the soul."

Robert Wyland

"To me, the sea is a continual miracle; The fishes that swim-the rocks-the motion of the waves-the ships, with men in them, what stranger miracles are there?"

Walt Whitman

"You can never cross the ocean unless you have the courage to lose sight of the shore."

Christopher Columbus

"We are tied to the ocean. And when we go back to the sea, whether it is to sail or to watch – we are going back from whence we came."

John F. Kennedy

"The ocean is a mighty harmonist."

William Wordsworth

"Individually, we are one drop. Together, we are an ocean."

Ryunosuke Satoro

1.5 Waste management and circular economy.

Waste management and the circular economy are interrelated concepts that advocate for sustainable environmental practices.
Waste management aims to minimize environmental risks, waste production, and disposal through recycling, reuse, and proper handling. The circular economy, in contrast, focuses on creating sustainable products, reducing waste, and enhancing efficiency to address environmental, economic, and social challenges.

Reflect on what you threw away yesterday. Categorize each item as:

- household / food scraps, packaging materials, paper towels, broken items e.g plates or glass, etc./
- biological / e.g grass clippings, tree branches, eggshells, spoiled fruits, animal waste e.g manure etc./
- commercial /office paper, plastic wrapping, used cooking oil, wood scraps etc./
- industrial waste/used batteries, toxic chemicals/

If you have items you don't know which category to put, search for answers online.

Once you have list try to for each item, note:

- The type of material (e.g., plastic, paper, organic)
- How it was disposed of (e.g., trash, recycling, compost)
- Whether it could have been reduced, reused, or recycled instead of being discarded.

Form small groups. Choose one product from your waste audit. Imagine you are tasked with redesigning this product to align with circular economy principles. Each group should create a visual presentation or a poster summarizing their ideas and solutions.

1.6 Air pollution.

Air pollution refers to the contamination of both indoor and outdoor environments by chemical, physical, or biological agents that influence and alter the natural composition of the air/atmosphere and can be caused by both human activities and natural phenomena. Both outdoor and indoor air pollution can lead to many diseases, mostly respiratory ones and they significantly contribute to global mortality. Air pollution is also harmful to other living organisms such as animals and crops.

Begin by working individually in your workbook. You will find sections with reflection questions related to various aspects of air pollution. Take your time to thoughtfully answer these questions based on your understanding and observations.

1. Sources of Air Pollution

Identify common sources of air pollution in your area.

How do these sources contribute to air pollution?

What are some strategies to reduce emissions from these sources?

2. Health Impacts

How does air pollution affect human health, including both short-term and long-term effects?

Are there any specific health issues in your community related to air pollution?

What actions can be taken to address these health impacts?

3. Environmental Impact

How does air pollution affect local ecosystems and wildlife?

What are some visible signs of air pollution's impact on the environment in your area?

4. Personal Actions

Reflect on your daily habits: How do they contribute to or reduce air pollution?

What changes can you make in your life to lessen your air pollution footprint?

How can you motivate others to take similar actions?

After completing the reflection questions, form small groups.
Share your answers with your group members and discuss your reflections. Focus on how your perspectives align or differ from those of your peers.
As a group, summarize the key insights from your discussion. Be prepared to share these insights with the larger group.

1.7 Sustainable agriculture and food system.

Sustainable agriculture means growing food in a way that keeps our environment, soil, and water healthy over the long term. This type of farming is about meeting today's food needs without harming the ability of future generations to produce food.

Today, you'll have the chance to explore and imagine a world shaped by sustainable agriculture and responsible food choices.
Start by taking a moment to think about sustainable agriculture and why it matters. Reflect on the questions below and write down your thoughts:

What does sustainable agriculture mean to you personally?

What memories do you have of food and farming from your childhood?

How do your food choices impact the environment now and in the future?

What are some effective ways to reduce food waste in your household?

What specific actions can you take to support sustainable farming in your community?

What types of food would you like to incorporate more into your daily diet?

What kinds of food do you envision your children and grandchildren enjoying decades from now?

If you could change one aspect of our current food system, what would it be and why?

Next, you'll learn about the Dear Tomorrow initiative-a project that helps people connect personally with climate change and share their stories for the future. After discussing this with your group and educator, sit back, relax, and enjoy a short visualization exercise

Once you've completed the visualization, imagine writing a letter to someone in the future-a farmer, a friend, a family member, or even yourself. Describe your hopes and dreams for a future with sustainable agriculture, and consider any personal commitments you'd make to help create that future.

Take your time to reflect, then find a quiet space to write. Use the next section to pour your thoughts onto paper and share why sustainable agriculture is important to you.

1.8 Environmental concept and environmental science overview.

Policies are principles or rules that guide decisions and actions to achieve specific outcomes. They are typically established by governments, organizations, or institutions to ensure consistent and organized responses to particular issues or goals. Policies can be formal, written documents or informal, unwritten guidelines and can cover a wide range of areas, such as environmental protection, public health, education, and business practices. They serve as frameworks within which decisions are made and actions are taken, helping to steer behavior and achieve desired results.

However, policies are not made by politicians only! All of us can contribute to it!

Now let's have a simulation game to see how it should work ideally!

Imagine you need to address air pollution issues in urban areas and create a new EU environmental policy.

You will form 5 groups. Each group will have a specific role. You need to discuss how people in your role would approach the scenario and contribute to policy and principles development. Consider how your role's interests and responsibilities align with or conflict with the policies and develop a brief proposal or action plan based on your role's perspective.

EU policymakers.

As EU policymakers, your role is to draft, negotiate, and implement environmental policies across member states. You focus on creating legislation that balances economic growth, environmental protection, and social equity.

Think about how to create a policy that can help reduce air pollution across cities in Europe. Consider how to balance different needs and ensure the policy is effective for all urban areas.

What types of rules or actions can make a significant impact on reducing air pollution? How can you ensure that cities follow these rules?

Environmental NGOs.

As representatives of environmental NGOs, your role is to advocate for strong environmental protection measures and ensure that policies address critical ecological issues. You focus on raising awareness and influencing policy through public engagement and research.

Focus on how to reduce air pollution and improve air quality. Think about what actions are essential for protecting health and the environment in cities.

What are the major sources of air pollution in urban areas? What measures can be taken to address these sources effectively?

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EARTH GAMES4 YOUTH

Sustainable Practices at Grassroots Level



WORKBOOK

Dear Earthian,

Welcome to the SECOND MODULE: Sustainable Practices at Grassroots Level. In this section, you'll learn how small, everyday actions can spark big changes for a sustainable future. Let's explore how local efforts can protect our planet and how you can make a real difference!

Section 2

2.1 Educational and awareness importance

Sustainable practices at the grassroots level are simple, everyday actions taken by citizens like us to protect and care for the environment. Education and awareness raising to ensure sustainable practices are of crucial importance!

How about you being an educator for your community?
Design an Awareness Campaign about a specific sustainable practice or environmental issue in your community. Below are the topics. You can choose one of them to design the campaign or present your own topic.

Topics could be

- The Impact of Single-Use Plastics
- Water Conservation Tips
- Energy Efficiency at Home
- Sustainable Transportation Options
- Climate Change and Its Local Impacts
- Your topic _____

Just remember while designing to include the following

Target Audience: Who are you trying to reach?

Key Messages: What are the main points you want to communicate?

Methods: How will you spread the message (e.g., social media, community events, school programs)?

Engagement Strategies: How will you involve the community in the campaign?

Evaluation: How will you measure the effectiveness of their campaign?

2.2 Community engagement and action

Community engagement in sustainable practices at the grassroots level involves the active participation of local residents in environmental initiatives. This means everyone, from students to seniors, works together to improve their surroundings and adopt eco-friendly habits.

Today you will have a task to design a community event that addresses an environmental issue relevant to your area.

Below you will find guiding questions ensuring your event is in line with community engagement main principles.

"My Green Initiative"

Choose a topic! Think about specific environmental challenges in your community (e.g., waste management, water conservation, urban green spaces). Is that relevant? Does everyone in your community care for it?

Plan your event activities! Outline the main activities of your event, such as workshops, clean-up drives, or educational campaigns.

Choose a team! Who would you include (from your friends, classmates, etc.) in your team? How could they help you organize the event? (e.g., creating posts on social media, finding sponsors, handling organizational tasks, etc.)

How will you make sure that it's inclusive and everyone in your community (kids, elderly, people with special needs etc.) will have access to this event?

Who will be your partners in this event? (Municipality, schools, NGOs etc)

What learning and teaching elements will your event have?

Think about how you will implement your project. What resources will you need? How will you engage and motivate community members? How will you address potential challenges?

How will you know your event was a success? What will you do to know the weak parts to make it better next time?

2.3 Sustainable Consumption

Sustainable consumption is about using resources in a way that meets our needs without compromising the ability of future generations to meet theirs.
By practicing sustainable consumption, we contribute to a healthier planet and a fairer society.

Below is presented "Sustainable Living Challenge" exercise that will help you to understand key principles of sustainable consumption and practice more responsible use of resources:

Principles

Reduce, Reuse, Recycle

1. Identify three common household items that can be reused or recycled instead of thrown away. Think about how these actions reduce waste.

Resource efficiency

2. How can you reduce water and energy use at home or in the workplace? Share specific actions and their impact.

Support sustainable products

3. List 3 criteria you would use to evaluate whether a product is sustainable. Find an example of a product that meets these criteria

Mindful purchasing

4. Reflect on a recent purchase and consider if it was necessary. How could mindful purchasing have influenced your decision?

Local and seasonal

5. Plan a meal using only local and seasonal ingredients. What are the benefits of choosing local and seasonal products?

Also think about

How can you spread information about sustainable consumption in your community (e.g., school, university, neighborhood, and workplace)?

How can governments encourage sustainable consumption?
As a consumer, what kind of support would you like to have?

2.4 Principles of fair trade and fair practices

Fair Trade is all about ensuring that farmers and workers get a fair price for their products and labor. It means better working conditions, fair wages, and support for sustainable farming practices. When you buy Fair Trade products, you're helping to create a more just and equal world.

Fair trade promotes sustainable farming and ethical production by:

1. Making sure workers receive fair wages and work in safe environments.
2. Building direct relationships between producers and buyers to avoid unnecessary middlemen.
3. Using responsible farming methods that protect the environment.
4. Investing in communities to support social and economic growth.
5. Being open and accountable about how products are made and sold.

Read the examples below. Write down your thoughts or draw. They are aimed to help you reflect upon fair trade in real life scenarios.

1. Imagine two farmers - one working directly with buyers and another using a middleman. Reflect on how each situation impacts their livelihood.

2. Imagine two factory workers—one with decent working conditions and fair wages, and the other without. Reflect on how each situation impacts their livelihood.

3. Imagine two farmers—one using responsible methods to protect the environment and the other using chemical pesticides harming the soil and nearby water resources. Reflect on the pros and cons of each approach.

4. You are a coffee cooperative in a small rural village that has been part of the Fair Trade network for several years. The cooperative has seen increased profits from selling their coffee at fair trade

5. You are a clothing brand that prides itself on being ethical and sustainable. However, your customers are concerned about the lack of information on where exactly their clothes are made and the conditions under which they are produced. How would you solve this transparency and communication gap?

2.5 The role of Non-Formal Education in shaping eco-conscious behavior

Non-formal education plays a crucial role in fostering eco-conscious behavior, complementing formal education by providing flexible, engaging, and practical learning experiences outside traditional classroom settings. This approach is particularly effective in shaping sustainable practices and attitudes, as it encourages active participation and real-world application.

Non-formal education is vital for shaping eco-conscious behavior, providing practical and engaging ways to learn about and act on environmental issues.
Here are some principles of effective non-formal education for sustainability:

1. Inclusivity: Programs should be accessible to all, regardless of age, background, or socio-economic status, ensuring diverse participation and perspectives.
2. Practical engagement: Emphasizing hands-on, experiential learning helps participants connect theoretical knowledge with real-world applications.
3. Community involvement: Engaging the community in projects ensures relevance and fosters a collective sense of responsibility.
4. Continuous learning: Non-formal education should promote lifelong learning and adapt to new environmental challenges and knowledge.
5. Collaboration: Partnerships between schools, local organizations, and governments enhance the reach and impact of non-formal education initiatives.

Now you will work on small groups. Each group will have 1 Non Formal Education method to brainstorm and discuss as well as draft an educational content using that method: You need to take into consideration the key principles of effective non-formal education for sustainability presented in the module.

Topics for the group works are presented below.

Group 1

Design a 1 day **Workshop or a Small training program** for young people aged 14-16 to develop skills on sustainable practices with NFE methods. Make sure NFE key principles are considered.

Group 2

Develop a 1 day agenda for an **Environmental Camp** for young people aged 14-16 with NFE methods. What makes an environmental camp successful, and what should be included in such programs?

Group 3

Design a 1 day **Community event** for young people aged 18-21 to promote sustainable practices with NFE education methods.

Group 4

Design a 1 week **Social media** campaign for young people aged 14-16 to raise awareness on any environmental issue. How can digital tools and social media be used to promote environmental awareness?

While working in groups make sure you follow the key principles of NFE mentioned above.

2.6 Environmental justice, environmental ethics and values

Environmental Justice is all about making sure everyone gets to enjoy a clean and healthy environment. It's like playing fair, ensuring that no one, especially those in vulnerable communities, gets stuck dealing with more pollution, toxic waste, or a lack of green spaces than others.

Environmental Ethics is like our moral guide for how we treat the Earth. It encourages us to think about what's right and wrong when we interact with nature. It's all about making choices that are good not just for us, but for the whole world around us.

Environmental Values are the beliefs that guide how we think about and interact with nature. They shape how we feel and act towards the Earth, helping us figure out what's important and why we should care about protecting it.

Instructions

Set aside 20-30 minutes for this activity. Find a quiet space where you can reflect without interruptions. As you read through the prompts below, take your time to think about your experiences, beliefs, and actions. Write down your thoughts in a journal or on a separate sheet of paper.

Environmental Justice

Think about your own environment: where you live, work, or go to school. Do you feel that you and those around you have access to clean air, water, and green spaces?

Have you ever noticed or experienced environmental injustice, where certain communities are exposed to more pollution or have less access to natural resources? Bring an example

Consider the broader community, city, or country you live in. Do you think all communities have equal access to a clean and healthy environment? Are there groups that are more affected by environmental issues?

What could be done to ensure fairness for all? Write down some ideas or steps you can take to contribute to environmental justice.

Environmental Ethics

How do you see your relationship with the natural world?

Write about how your moral values influence your environmental decisions.

Do you feel a sense of responsibility to leave the Earth in a good state for future generations? Why or why not? How does this responsibility affect your behavior or decision-making?

Think about ways you could show more respect for nature in your everyday life.

Environmental Values

What aspects of the environment do you value most? Is it the beauty of nature, the diversity of life, the clean air and water, or something else?

How have your cultural background, family, and society influenced your environmental values?

Are your actions aligned with your environmental values? For example, if you value biodiversity, do you support efforts to protect endangered species or habitats?

Environmental Commitment Action Plan

Set your "Environmental commitment action plan" with the logic presented below. You can make pairs like "buddies" to check each other's progress in action plans and/or offer support whenever is needed.

Step 1
Review your reflections from the self-reflection activity. What aspects of environmental justice, ethics, and values resonate most with you?

Step 2
Choose one or two specific areas where you feel you can make a meaningful impact (e.g., advocating for environmental justice in your community, adopting more sustainable practices in line with your values).

Step 3
List your actions here
(e.g Educational Awareness: Share what I have learned with friends, family, or colleagues to raise awareness about environmental justice, environmental ethics and values).

Step 4
Create a Timeline: Break down your action steps into manageable tasks with specific timelines.

Step 5
Find like-minded people who can support you.

Step 6
Inspire Others:
How will you share your commitment publicly to inspire others to take action? (E.g. e social media, blogs, or community events to spread awareness and encourage collective action for environmental sustainability).

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EARTH GAMES4 EYOUTH

Human-Nature Connectedness



WORKBOOK

Dear Earthian,

Welcome to the THIRD MODULE. Here, you begin a journey to understand the incredible connection between humans and nature. This educational module is all about discovering the special bond we share with nature, understanding how we are an integral part of it, and learning how we can take action to protect the Earth.

Section 3

3.1 Educational and awareness importance

The biophilia hypothesis is the idea that humans possess an innate tendency to seek connections with nature and other forms of life.The word "biophilia" translates to ‘love of life’ from the Greek words bio (life) and philia (love).

Though at first, the biophilia hypothesis was more aspirational than based on scientific fact, researchers are now finding that there are health benefits to being surrounded by nature.

Though science has come a long way in measuring and proving the link between nature, health, and happiness, most of us intrinsically know that nature makes us feel good. No one needs to tell us!

Another interconnected concept with biophilia is Ecological Identity, which emphasizes the importance of human-nature relationships. Ecological Identity refers to all the different ways people understand themselves in relation to the Earth, as manifested in personality, values, actions, and sense of self.

“Nature Visualization”

Close your eyes and imagine your favorite place in nature. It could be a beach, a forest, a park, or even your backyard. Anything that comes to your mind.
Once you imagine this place with all the possible details, open your eyes and try to draw it. If you don’t want to draw just describe it in words.

3.2 Ecopsychology

"Eco psychology is a big word, but it's really all about how we, as humans, are connected to nature and how being in nature makes us feel happy and healthy".

Let's explore this together!
What are the main principles of Ecopsychology?

1. Ecological Unconscious

There's a part of our mind that always knows we're part of nature, even if we don't always think about it. Remembering this helps us feel happy and balanced.

2. Cosmic Evolution Record

Deep inside, our minds hold memories of how the universe and life on Earth have changed over time. This makes us feel connected to everything around us.

3. Healing Separation

In cities, people might feel far away from nature. Ecopsychology helps us feel close to nature again, like we belong to it.

4. Natural experience in childhood

Kids see magic and life in nature. Ecopsychology helps adults remember and feel this special way of looking at the world by activating our "inner child".

5. Ecological responsibility

As we grow, we learn to care for the Earth and feel it's our job to protect it.

6. Challenging Dominance

Some behaviors, like trying to control nature too much, aren't always good. Ecopsychology helps us appreciate and respect nature instead.

7. Healthy Modern Society

Our cities and technology are important, but Ecopsychology reminds us to also keep nature healthy and balanced with our modern lives.

8. Interconnected wellbeing

What's good for the planet is good for us. When we take care of the Earth, we also take care of ourselves

In this section, you will explore eight dilemmas connected to the principles of ecopsychology. Each dilemma is designed to help you reflect on how different aspects of your relationship with nature influence your psychological well-being. Carefully read the dilemmas provided and write down your thoughts

Dilemma 1:

You've noticed that spending time in nature makes you feel calm and centered, but lately, you've been too busy with school and social media to go outside. Should you disconnect from technology and spend more time in nature, or continue focusing on your current routine?

Dilemma 2:

You've learned that a local park, which is home to some very old trees, is going to be cut down to build a shopping center. You love shopping but also feel a deep connection to the history of the park as almost your whole childhood was spent there. Should you support the development for convenience, or advocate for preserving the park?

Dilemma 3:

You've learned that a local park, which is home to some very old trees, is going to be cut down to build a shopping center. You love shopping but also feel a deep connection to the history of the park as almost your whole childhood was spent there. Should you support the development for convenience, or advocate for preserving the park?

Dilemma 4:

You're helping to design a new playground for your younger siblings. One option is a high-tech play area with lots of gadgets and screens, while the other is a natural play area with trees, sand, and water features. Which one would you choose, and why?

Dilemma 5:

You've been asked to join a school project that involves creating a new product using cheap materials that could harm the environment. On the other hand, you could choose more sustainable materials, but the product would be more expensive and harder to sell. What should you prioritize: profit or the planet?

Dilemma 6:

You notice that your friends often talk about controlling nature and dominating the environment for human benefit. However, you feel that respecting and working with nature is important. Do you challenge your friends' views, even if it might make you unpopular, or do you stay quiet to fit in?

Dilemma 7:

Your school is organizing a project where students are encouraged to create something innovative using the latest technology. However, you believe that focusing on sustainability and eco-friendly designs is more important. Should you follow the trend of using high-tech solutions or promote a simpler, more sustainable approach?

Dilemma 8:

You've started to realize that the fast food you enjoy is not only unhealthy for you but also harmful to the environment due to its packaging and production methods. Should you continue eating fast food for convenience, or make the effort to choose healthier and more eco-friendly options, even if they're less convenient?

3.3 Climate change and its Impact on Human Wellbeing

Climate change affects people in different ways and at different scales. Sadly climate change is also becoming one of the top threats to global health in the 21st century and we have to build resilience to protect our mental health and wellbeing.

Here are some tactics that can help you develop healthy coping skills around climate change.

1. Focus on what you can control

Climate change is a complex issue. While this may feel disheartening, it's also a good reminder to focus on what is within your control rather than what isn't.
Write down few examples of things that are within your control.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

_____

2. Avoid overload

Working on too many climate projects or advocating for too many causes can lead to burn out. Instead, narrow your focus and efforts toward projects and issues that mean the most to you.
Write down some issues you that mean most to you and you would like to focus first

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

_____

3. Practice compassion

Whenever we approach painful situations or emotions, it's important to do so with kindness and compassion for ourselves and others. Beating yourself up about it or worrying that you could be doing more can fuel emotional turmoil, which can make it difficult to move forward.

It can also be helpful to practice validating your feelings with affirmations like:

- It's okay to feel stressed about climate change.
- I can make a difference, and big changes are going to take time.
- I can take a break. This issue is important to me, and so is my mental well-being.
- _____
- _____
- _____
- _____

4. Take a break from climate news

If you start to feel overwhelmed by news updates or events happening around the world, it may be a good time to take a break. If you feel pressured to stay informed, remind yourself that all those news stories, updates and information will be there when you're ready to re-engage.

Write down few examples how you can detox from news on climate change

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

_____

5. Remember that you're not alone

It's easy to get caught up in all the 'bad' news surrounding climate change, but it's also important to remember that there are a lot of people working to solve this issue and positive change can and will happen.

Write few names or organizations you are in contact and who put efforts on climate change fight

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

_____

6. Talk to someone about how you're feeling

Climate anxiety is a very real experience, and it's not something you have to go through alone. If your feelings start to affect your life or ability to cope day-to-day, it can be helpful to talk to someone about it. Reaching out to a friend, family member or mental health provider can help you work through your feelings and practice coping skills.

“My climate Superhero”

Today, we’re also going to create our very own climate superheroes! These superheroes will have special powers and qualities that help protect our planet and keep nature healthy.

While drawing think about

-What superpower does your hero have?
-Do they have any tools, costume?
-What’s the name of the hero?

3.4 Spirituality and Nature connection

Spirituality and the connection to nature have been intertwined throughout human history, forming a fundamental part of many cultures, religions, and individual beliefs. This connection highlights that humans are not separate from the natural world but are an integral part of it. Nature provides essential resources for physical survival and offers profound spiritual insights and a sense of belonging to something greater. The bond between spirituality and nature is a timeless and universal aspect of human experience. Embracing and nurturing this bond can lead to physical, mental, and spiritual well-being, as well as a deeper understanding of the world and oneself.

To better understand the deep connection with nature, understanding how alike we can be to natural phenomena and also to learn to express gratitude to Nature we invite to this reflection journey. Read the questions below and write or draw your thoughts.

Connection

→ Think about a time when you felt deeply connected to nature. What were you doing? How did it make you feel, both physically and emotionally?

→ Are there any natural elements (like mountains, rivers, or trees) that you find especially meaningful or sacred? Why do you think these elements are special to you?

Gratitude

→ What are you most grateful for in nature right now? It could be a specific element (like a tree, river, or flower) or the overall experience of being outside. Describe or draw what makes you feel thankful.

→ Has nature ever inspired you or helped you solve a problem? Reflect on a time when nature sparked creativity or provided clarity.

Similarity

→ If you were an animal, which one would you be and why? Consider the animal's characteristics and how they relate to your own traits or qualities.

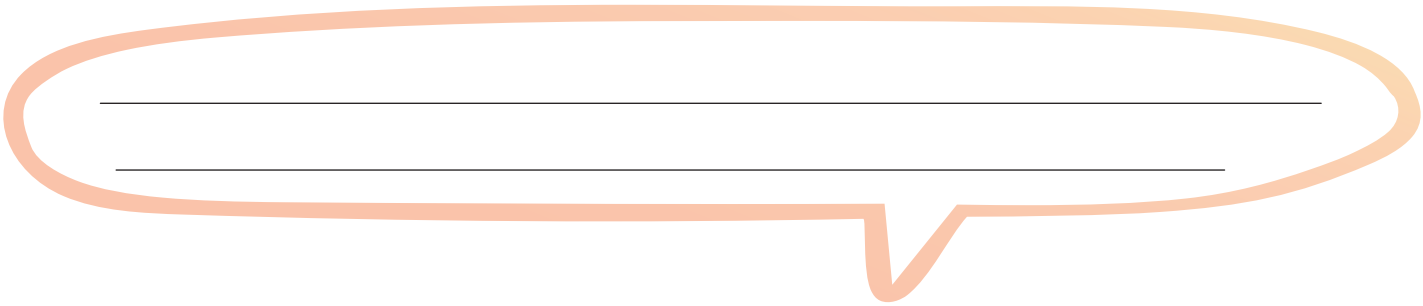
If you were a flower, which one would you be and why? Think about the flower's colors, shape, and symbolism, and how these aspects reflect your personality or values.

If you were a tree, which type would you be and why? Reflect on the tree's size, type of leaves, or habitat, and how these features might represent your own qualities or experiences.

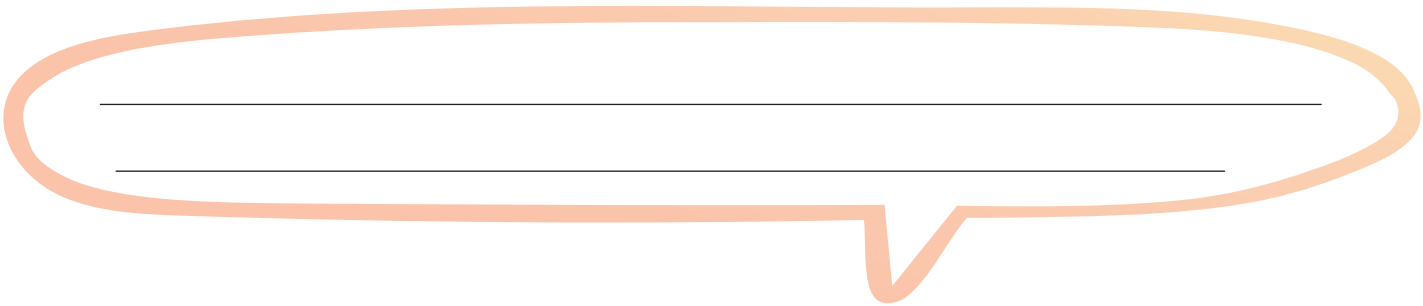
If you were a fruit, which one would you be and why? Reflect on the fruit's flavor, color, and characteristics, and how these might represent your own attributes or preferences.

If you were a natural phenomenon, what would you be and why? Think about different types of natural phenomena such as wind, storms, volcanoes, thunder, lightning, rainbows, earthquakes, or waterfalls. Reflect on the characteristics of these phenomena and how they might symbolize different aspects of your personality, behaviors, or life experiences.

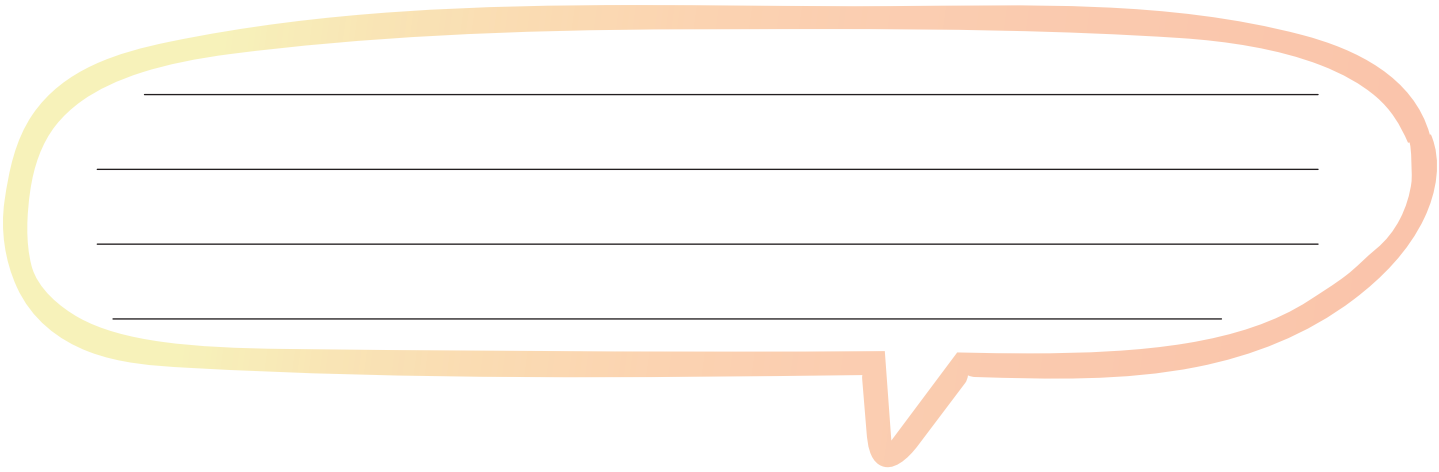
→ If you were a bird, what type of bird would you be and why?Reflect on the characteristics of the bird you choose and how they symbolize different aspects of who you are.



→ If You Were a Natural Sound, which sound you would be and why.



→ If you were _____ (add your ideas here)



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EARTH GAMES4 EYOUTH

Global Perspectives on Enivironmental Issues



WORKBOOK

Dear Earthian,

Welcome to the FOURTH MODULE: Global Perspectives on Environmental Issues. In this section, you'll explore the impact of global partnerships in combating climate change, discover how cultural perspectives shape environmental solutions, and see how advancements like AI contribute to protecting our planet. Let's uncover how these global efforts can inspire local action and empower you to make a meaningful difference in building a sustainable future!

Section 4

4.1 International cooperation for environmental protection.

The European Green Deal's ambitious goals, including achieving climate neutrality by 2050, cannot be realized by Europe acting alone. Global environmental issues require coordinated international efforts, involving both developed and developing countries.

1. Organize yourselves into small groups of 4-5 people.

2. In your workbooks below, you will find a card with details on a specific country or region to focus on (e.g., EU member states, the EECA region, or other countries).
As a group, choose a country, or your facilitator can assign you a card.

3. As a group, discuss the following points related to the environmental challenges your assigned country faces:

- Impact on Local Environment and Community: How does this challenge affect the local ecosystem and the people living there?
- Role of International Cooperation: In what ways could international collaboration help address this challenge?
- Solutions and Best Practices: Identify possible solutions and best practices from other countries or regions that could be implemented in your assigned country.

4. Brainstorm Solutions: While working as a group, brainstorm solutions from at least three main perspectives:

- Technology Solutions
- Policy Changes

Take notes on your discussions and be ready to share your insights with the larger group.

Card 1.

Country: Poland

Environmental Challenge: Air Pollution from Coal-Fired Power Plants

Write down

- Impact on Local Environment.
- Impact on Community.

Discussion topics for the team:

- How can Poland collaborate with other EU countries to transition to renewable energy sources?
- What international policies could incentivize coal reduction while supporting affected communities?
- Are there successful models from other countries (e.g., Germany's energy transition) that Poland could adopt?

Card 2.

Country: Kenya

Environmental Challenge: Deforestation and Habitat Loss

Write down

- Impact on Local Environment
- Impact on Community.

Discussion topics for the team:

- How can Kenya work with neighboring countries to create cross-border conservation areas?
- What role can international NGOs play in supporting reforestation efforts?
- Are there community-driven initiatives from other regions that have successfully addressed deforestation?

Card 3.

Country: India

Environmental Challenge: Water Pollution in Rivers

Write down

- Impact on Local Environment.
- Impact on Community.

Discussion topics for the team:

- How can India engage with countries facing similar challenges to share effective water management practices?
- What international funding opportunities exist for pollution reduction initiatives?
- Are there technological solutions from other regions that could help monitor and clean polluted water?

Card 4.

Country: Brazil

Environmental Challenge: Amazon Rainforest Destruction

Write down

- Impact on Local Environment.
- Impact on Community.

Discussion topics for the team:

- How can Brazil collaborate with other countries to strengthen international agreements against deforestation?
- What best practices from countries like Costa Rica (which has successful reforestation programs) can Brazil implement?
- How can partnerships with the private sector lead to sustainable agriculture practices?

4.2 Cross-cultural understanding of environmental challenges.

Cultural diversity significantly impacts how people perceive and interact with the environment. What may be an effective communication strategy in one culture could be completely ineffective or even counterproductive in another. This is due to varying attitudes, beliefs, norms, and practices related to nature and environmental stewardship. Environmental protection requires not just global cooperation but also culturally sensitive communication strategies that consider linguistic diversity. This approach ensures that environmental messages are understood, accepted, and acted upon by people from all cultural backgrounds, thereby contributing to the successful implementation of the SDGs.

Now take your time and think deeply about the following questions

→ Describe an environmental challenge that your culture faces (e.g., waste management, water scarcity, and deforestation).

→ How does your culture view the relationship between people and the environment? What beliefs or values influence this perspective?

→ What communication methods or messages resonate most with your community when discussing environmental issues?

→ Can you identify any successful local initiatives that have effectively addressed Environmental challenges? What made them successful?

→ Reflect on any cultural practices or traditions in your community that promote environmental stewardship.

→ How do sustainable practices reflect cultural identity and values?

4.3 Technology and Innovation: AI's Role in Tackling Environmental Issues

TIn the face of growing environmental challenges such as climate change, pollution, and resource depletion, technology and innovation are crucial tools for creating sustainable solutions. One of the most promising technologies making a significant impact is Artificial Intelligence (AI). AI's ability to process vast amounts of data, identify patterns, and predict outcomes allows for smarter, more efficient ways to address environmental issues. However, responsible deployment of AI, with considerations for ethical data use and accessibility, is essential to ensure these innovations benefit the environment and humanity at large.

1. **Organize into 5 small groups** of 3-5 people each.

2. **Each group will be assigned** one of the following environmental focus areas related to AI applications:

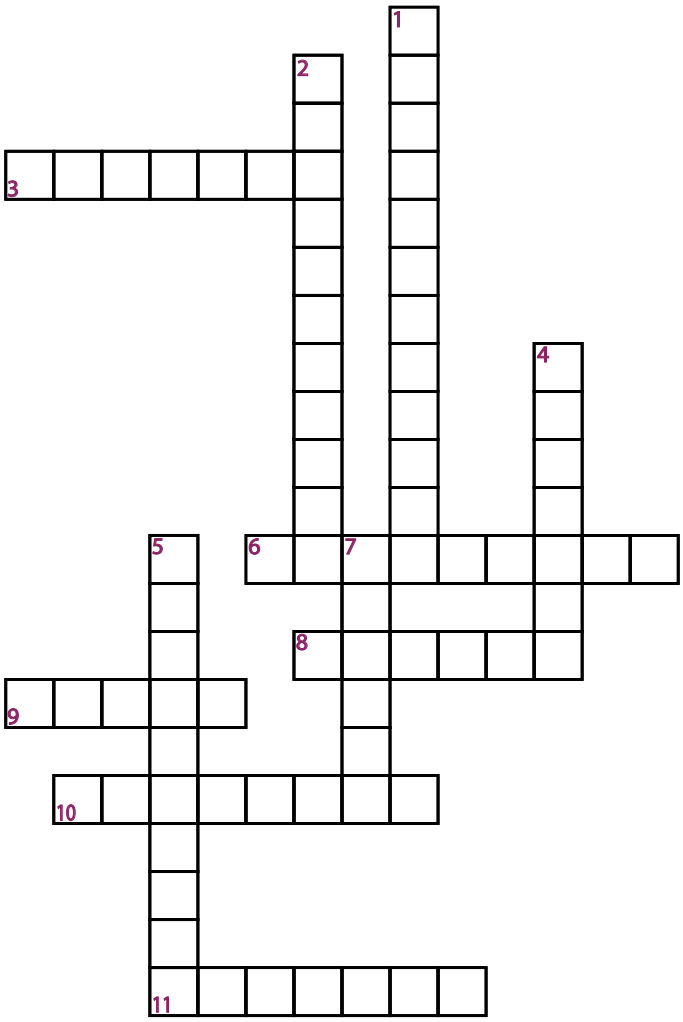
- **Climate Change Mitigation:** Explore how AI can model climate patterns and reduce emissions.
- **Biodiversity and Conservation:** Investigate the use of AI for wildlife monitoring and habitat restoration.
- **Waste Management and Pollution Control:** Analyze how AI can optimize recycling and detect pollution.
- **Sustainable Agriculture:** Examine how AI enhances precision farming and reduces water and chemical usage.
- **Renewable Energy:** Research how AI improves energy grid management and optimizes solar/wind energy use.

You will need to:

- **Research how AI is currently being used in your assigned area to address environmental challenges.**
- **Explore innovative ideas and suggest how AI could be used differently or more effectively to tackle these issues.**
- **Discuss possible challenges and ethical concerns associated with using AI in your area, such as privacy, accessibility, and environmental costs.**

To make group work more engaging, solve the crossword puzzle related to the topic found in your workbooks.
Use this activity to gather ideas for innovative solutions.

"AI and the Environment: A Crossword Challenge"



Across

3. AI can predict this to help prepare for natural disasters

6. The process AI improves to reduce landfill overflow

8. AI-powered tools that help monitor endangered species

9. AI can optimize the use of this resource in sustainable farming

10. AI helps prevent illegal _(Write the missing word in the crossword)_ of animals

11. AI technology used to monitor air and water quality

Down

1. AI tools help preserve this by monitoring species and habitats.

2. The field AI assists by analyzing soil and weather data

4. AI technology helps track and protect endangered _(Write the missing word in the crossword)_ in wildlife conservation

5. A key sector where AI helps optimize energy production

7. AI-driven climate models monitor this harmful element in the atmosphere

After completing your group work, present your findings to the entire group in any format you prefer.