

# CREATIVE EXERCISES

The activities are designed within the framework of Non-Formal Education (NFE), a learner-centered approach that prioritizes "learning by doing." NFE creates a safe, horizontal space where participants can explore their potential without the fear of judgment. Creativity is the heartbeat of this process. It is not just about artistic expression; it is a vital life skill.

### Getting to know each other

1. "If you could have any superpower, what would it be and why?"
2. "Share your favorite childhood memory with others"
3. "If you were stranded on a desert island and could only have three items, what would they be and why?"
4. "Describe your favorite place in nature—whether a park, beach, or mountain—and share why it's special to you."
5. "What natural phenomenon do you find most fascinating, like the Northern Lights, or animal migrations, and why?"
6. "Who is someone you admire greatly, and what qualities do they possess that inspire you?"
7. "What's one eco-friendly practice you follow or would like to start implementing more consistently?"
8. "Do you have a garden, or have you ever tried planting something? Share your experiences."
9. "Share a lesson you've learned from a challenging experience."
10. "Tell us about a tradition from your family or culture that is meaningful to you. What makes it special?"

### The 5 Pathways to Nature

#### Senses

Exploring and experiencing nature through all the senses. "They smell the wildflowers, feel the grass barefoot, taste the rain, see the sky, and hear the blowing wind and the birdsong".

#### Emotions

Noticing and welcoming the emotions that nature inspires. Embrace Nature in times of sorrow by reflecting on and sharing your feelings about nature with others.

#### Beauty

Seeking and appreciating the Beauty of the natural world.

#### Meaning

Celebrating and Sharing Nature's Events and Stories.

#### Compassion

Helping and Caring for Nature.

# 1

## Group Building

These focus on creating trust, mutual care, concentration, and providing energy.

- Name Games.
- Expectations, Hopes, Fears and contributions. -
- Group Agreement.
- Icebreakers and Energizers.
- TeamBuilding Dynamics.

# 2

## Activities

1. **Senses:** \*Exploring the senses individually and drawing the results. 👁️ 🧠 🙌 🗨️ 🖐️  
 \*Creating a sensory experience: Participants are divided in three groups, 1st-Senses of Taste and Smell, 2nd-Sense of Touch and 3rd-Sense of Hearing (it's up to them to use the sense of sight or not). Preparation, rehearsal and performance.  
 \*Tree Hugging Championship. Objective: low impact fun activity to promote nature connection.
2. **Emotions:** \*5 Universal Emotions and their Stations (to create them or to explore them).  
 \*River of Life: Drawing your life in the shape of a river, finding your key moments connected.
3. **Beauty:** \*Take and share photos guessing who did each photos. \*Nature Walk: encouraging them to observe their surroundings mindfully. Ask participants to reflect: How does nature make you feel?  
 How does nature contribute to your mental well-being?
4. **Meaning:** \*Forest of Human Trees. \*Night Walk on the Forest Path. \*Creative Writing. \*The 4 seasons of Nature.
5. **Compassion:** - Cleaning: It can be as simple as having a walk looking for trash and collecting, or it can turn to a competition by groups, or they can make art and recycling with the things they find. \*Risk assessment and providing bags, pickers and gloves.  
 - Planting Trees: \*You should always seek advice from experts and authorities to know where, when, and how to plant trees.

# 3

## Reflection

- Photo Speak
- Focus Group
- The 5 fingers
- Evaluation:
  - 👍 Something Positive.
  - 👉 Something to point out.
  - 👎 Something negative.
  - 👏 Something you engage.
  - 👉 "Pinky" A little detail.
- The 3 "H":
  - 🧠 Head: What have you learned?
  - 🖐️ Hands: What have you done?
  - ❤️ Heart: How do you feel?