

## Tool 3: "Reconnect a Young Person with Nature" Map

**OBJECTIVE:** help youth workers design a short outdoor activity linked to well-being.

**TARGET GROUP:** youth workers, facilitators, educators, trainers.

**DURATION:** 30 to 45 minutes.

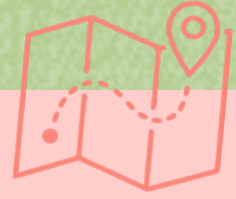
**MATERIALS:** worksheet or board.

**STEPS:** Participants work individually or in small groups. They complete a worksheet with 6 questions:

1. What is the need of the young person or group? Stress, isolation, confidence, cooperation, concentration, other.
2. What outdoor space is available? Park, garden, forest, courtyard, mountain, public square.
3. What simple activity could respond to this need? Walk, observation, cooperative game, guided silence, creation with natural elements.
4. What safety framework is needed? Weather, equipment, allergies, physical limits, emergency contacts.
5. What reflection time should be added after the activity?
6. How can the learning be recognised? Discussion, drawing, key sentence, Youthpass, personal journal.



Each group then presents its idea in 2 minutes. The others give simple feedback: what is clear, what can be adapted, what needs to be secured.



**COMPETENCES DEVELOPED:** pedagogical design, adaptation to needs, safety, inclusion, transfer to professional practice.

**FACILITATION TIP:** encourage simple activities. A good outdoor activity does not need to be spectacular to be useful.

Reconnexion Verte | Erasmus+ KA153 | Association Petite Graine



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