

Tool 1: "Nature, Emotion, Action" Debriefing

OBJECTIVE: help young people turn an outdoor activity into personal learning.

TARGET GROUP: young people aged 13 to 30, adaptable for youth workers.

DURATION: 20 to 35 minutes.

MATERIALS: paper, pens, quiet outdoor space.



STEPS: After a walk, group activity, or time in nature, the facilitator invites each participant to answer three questions individually:

1. What did I feel during the activity?
2. What did this experience teach me about myself, the group, or my relationship with nature?
3. What small action can I take in my daily life or in my group?

Participants then exchange in pairs for 5 minutes. The facilitator then opens a sharing circle. Each person only shares what they want to share.

COMPETENCES DEVELOPED: emotional expression, personal reflection, active listening, experiential learning, well-being.

FACILITATION TIP: do not force sharing. The tool works best when participants can choose between speaking, writing, or simply listening.

