

Empathy Session

Step 1

Aim: Getting to know each other

- *Who are you?*
- *Where's home for you?*
- *How are you involved in ECO CARE?*
- *What is your connection to the card?*

Step 2

Aim: Connecting on a deeper level

- *Discuss as a pair/triplet how you are connected to the card you share*
- *Reimagine this emotion/law/nature through a new word, drawing, etc.*
- *Recreate this connection on the back of your card*

Step 3

Aim: Connecting with the Planet

- *Each pair/triplet shares their connection & place reimagined word on the map*

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Compassion Session

Step 1

Aim: Getting to know each other

- *What is your favourite food and why?*

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Aim: Connecting on a deeper level

- *How does your favourite food connect you to the people around you?*

Step 3

Aim: Connecting with the Planet

- *Find a connection with the Planet and tell us your story*

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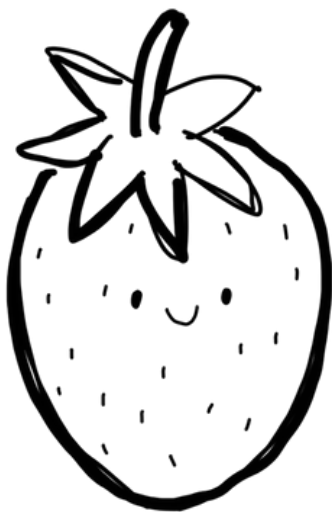
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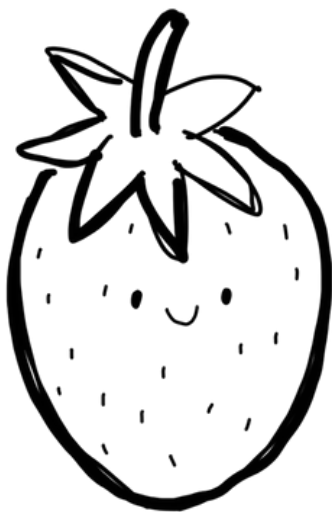
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Care Session

Aim

In groups, co-create a project that shows your commitment to care for the planet. You can choose one of the following steps:

Step 1

How can you commit to take care of yourself?

Step 2

What action can you take to care for others (e.g. children, local community, future generations, authorities)?

Step 3

What action(s) can you implement to care for our planet?

Suggestions

You can use any object for your project (e.g. polaroid picture, paper, message in a bottle, world map)

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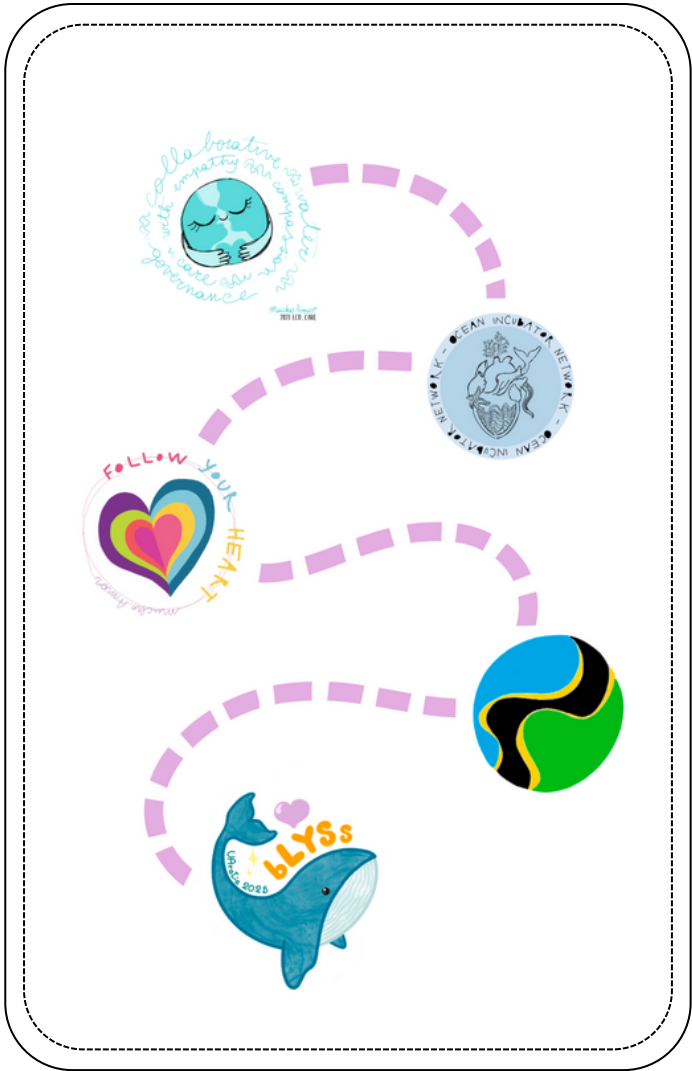
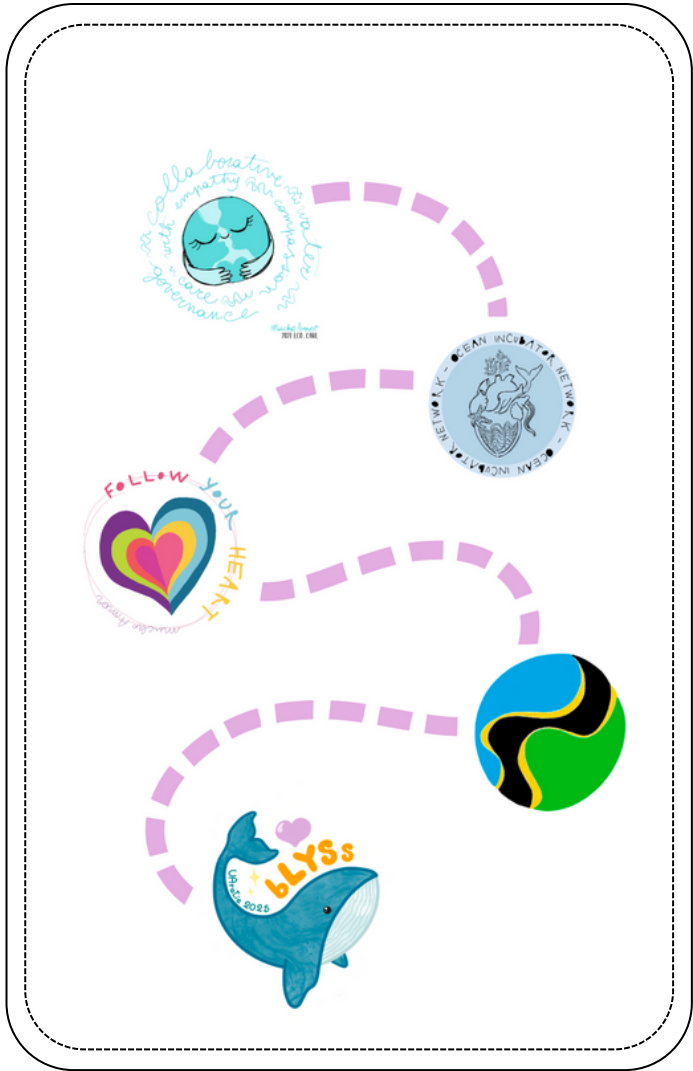
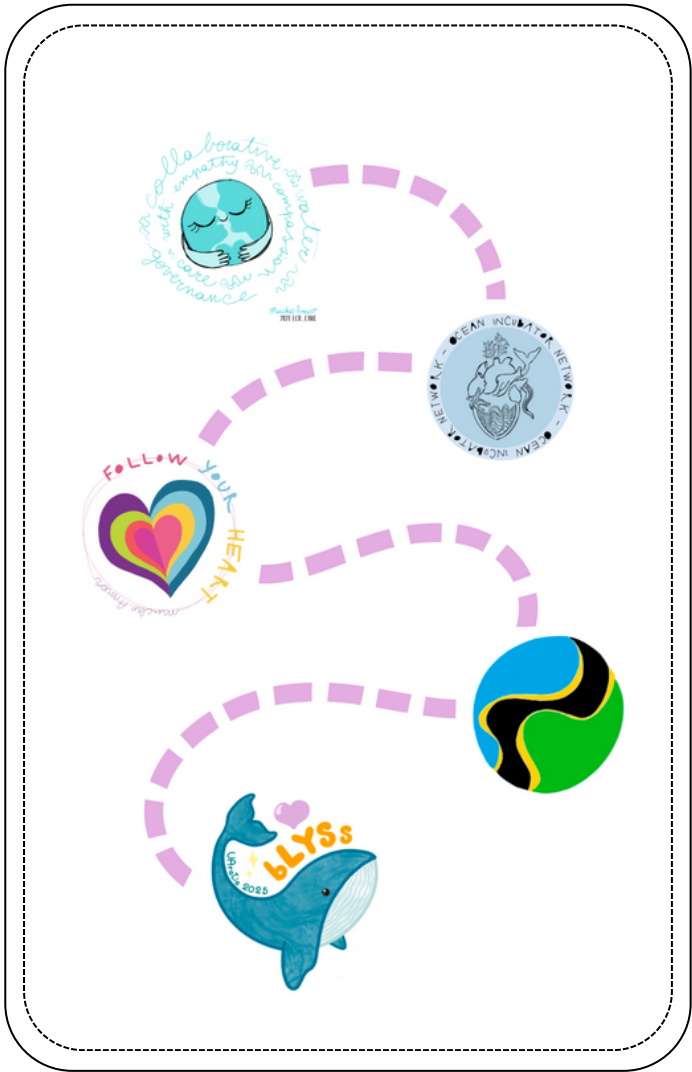
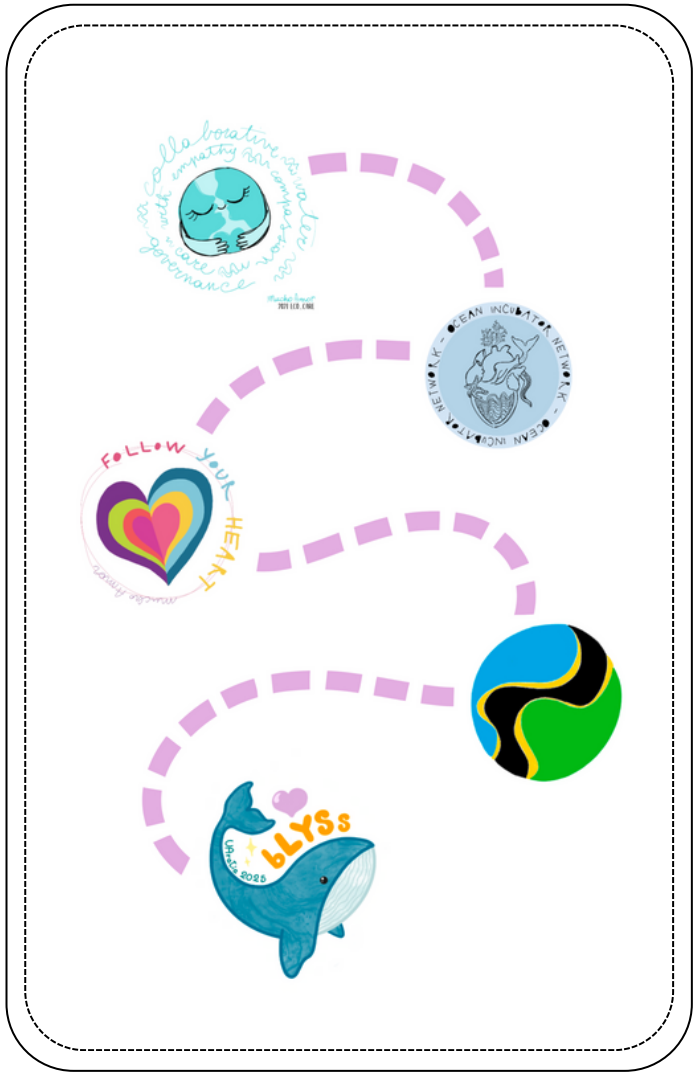
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