



### Activity 3

<b>Name of the activity</b>	<b>Ramified resilience</b>
<b>Topic Covered</b>	Building climate resilience by acknowledging our strengths and positives in life.
<b>Learning Outcomes and Competences that can be acquired</b>	<ul style="list-style-type: none"> <li>● Promote self-awareness</li> <li>● Promote self-love</li> <li>● Promote self-reflection</li> <li>● Promote gratefulness</li> </ul>
<b>Duration</b>	1 hour
<b>Kind of Method</b>	Individual activity
<b>Required Materials</b>	<ul style="list-style-type: none"> <li>● A5 paper</li> <li>● Felt tips – colourful ones are preferable</li> <li>● Instructions: <a href="https://www.canva.com/design/DAF4Qy5oXf0/PdCgke7lhOPFDZiv_1JueA/edit?utm_content=DAF4Qy5oXf0&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAF4Qy5oXf0/PdCgke7lhOPFDZiv_1JueA/edit?utm_content=DAF4Qy5oXf0&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a></li> </ul>
<b>Learning Setting and Activity Description</b>	<ol style="list-style-type: none"> <li>1. In this activity, each participant will draw its “Resilience Tree”. The goal is to recognize the luck we have and to better accept the problem with climate change.</li> <li>2. Each participant will draw a tree were each component represents: <ul style="list-style-type: none"> <li>● Trunk – the individual values, strengths, skills and abilities</li> <li>● Ground – they represent your current life: where you life, the daily routine, your work and activities</li> <li>● Roots – things that make you strong : cultural heritage, family, friends, places, practices and beliefs</li> <li>● Branches – Hopes, dreams and wishes</li> <li>● Leaves – important people in your life</li> <li>● Flowers – Gifts you bring to others</li> </ul> </li> </ol>





	<ul style="list-style-type: none"><li>• Fruits – gifts you have been given.</li></ul> <p>3. After completing the tree, each participant should reflect and share their findings and feelings towards the activity.</p>
<b>Activity Evaluation/ Reflection</b>	<p>Self-reflection on the quantity of tools that each has (every word written is a tool!) and if writing it down was helpful. The participant can be asked:</p> <ul style="list-style-type: none"><li>• Do you feel grateful for everything that you have written?</li><li>• Do you feel more capable and better supported after this exercise?</li></ul>
<b>Materials needed</b>	N/A

