



Activity 2

Name of the activity	Live your sustainable life
Topic Covered	Sustainable way of living
Learning Outcomes and Competences that can be acquired	<ul style="list-style-type: none"> • Learning how to promote sustainable lifestyle • Learning how to build a digital identity
Duration	2 hours
Kind of Method	<ul style="list-style-type: none"> • Non-formal education • Team activity
Required Materials	<ul style="list-style-type: none"> • Scenarios: https://www.canva.com/design/DAF65QbS7ec/J6Drz1INmslbR6_XY3kA2w/edit?utm_content=DAF65QbS7ec&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton • pens/markers, flipchart papers • Laptop & ppt (provided)
Learning Setting and Activity Description	<ol style="list-style-type: none"> 1. The facilitator starts by dividing the participants in groups. Each group will have 1 scenario that addresses the promotion of a sustainable lifestyle and will have 1 hour to develop/create a structure regarding the ways and steps to follow in order to craft the best digital identity in an infographic. 2. The results will then be presented to the group. 3. The facilitator continues the presentation of the importance of online tools and platforms (ppt provided).





<p>Activity Evaluation/ Reflection</p>	<p>Sustainable Living Vision Board</p> <p>Objectives:</p> <ul style="list-style-type: none">• To help participants visualise and articulate their vision for a sustainable digital identity and lifestyle.• To identify key elements and goals. <p>Materials needed:</p> <ul style="list-style-type: none">• Magazines, newspapers, or printed images related to sustainability and digital engagement (optional)• Scissors• Glue or adhesive• Poster boards or large sheets of paper• Markers, coloured pencils, or crayons• Prompts or questions related to sustainable digital identity (provided). <p>Instructions (for the trainer):</p> <ol style="list-style-type: none">1. Introduce the activity: explain that participants will create a vision board that represents their ideal sustainable digital identity and lifestyle.2. Distribute Materials: provide participants with the necessary materials, including magazines or printed images related to sustainability and poster boards.3. Set prompts/questions: present a series of prompts or questions related to sustainable digital identity and lifestyle. Participants will reflect on these questions while creating their vision boards.4. Create vision boards: participants should cut out images, words, and phrases from magazines or printed materials that resonate with their vision of a sustainable digital identity. They can also draw or write on the poster boards.5. Assemble Vision Boards: Encourage participants to arrange the cutouts, drawings, and writings on their poster boards to create a visual representation of their sustainable living vision.
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	<ol style="list-style-type: none">6. Reflect & Share: After completing their vision boards, participants should take a moment to reflect on the elements they included and how they relate to their sustainable digital identity.7. Discussion (optional): If participants are comfortable, invite them to share their vision boards with the group. Encourage a discussion about the common themes and unique approaches represented.8. Action Planning: Ask participants to identify at least one actionable step they can take to start aligning their digital identity with their sustainable living vision.9. Conclusion: Conclude the activity by emphasising the power of visualisation in shaping intentions and goals. Encourage participants to keep their vision boards as a reminder of their commitment to sustainability.
Materials needed	<ul style="list-style-type: none">● Presentation● Templates/materials with scenarios● magazines/pictures from internet

