



Activity 3

Name of the activity	Ramified resilience
Topic Covered	Building climate resilience by acknowledging or strengths and positives in life.
Learning Outcomes and Competences that can be acquired	• Promote self-awareness • Promote self-love • Promote self-reflection • Promote gratefulness
Duration	1 hour
Kind of Method	Individual activity
Required Materials	• A5 paper • Felt tips – colorful ones are preferable • Instructions: https://www.canva.com/design/DAF4Qy5oXf0/PdCgke7lhOPFDZiv_1JueA/edit?utm_content=DAF4Qy5oXf0&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton
Learning Setting and Activity Description	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. 2. Each participant will draw a tree where each component represents: • Trunk – the individual values, strengths, skills and abilities • Ground – they represent your current life: where you live, the daily routine, your work and activities





	• Roots – things that make you strong : cultural heritage, family, friends, places, practices and beliefs • Branches – Hopes, dreams and wishes • Leaves – important people in your life • Flowers – Gifts you bring to others • Fruits – gifts you have been given. 3. After completing the tree, each participant should reflect and share their findings and feelings towards the activity.
Activity Evaluation/ Reflection	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: • Do you feel grateful for everything that you have written? • Do you feel more capable and better supported after this exercise?
Materials needed	N/A

