



# Solution By Inclusion

## An Educator's Manual to 7 Solutions By Inclusion

### *Second Solution - Using Outdoor Activities and Training in Nature*

Developed by NLP Aalborg/ Center for Unges Livsmestring in co-creation with students, parents and educators from GEM16+ (Malta), IAL FVG (Italy), Tradium (Denmark) and project partners under the Erasmus+ co-funded Solution By Inclusion Project, 2020-2023

This is part of Solution By Inclusion developed Methods & Tools to be tested at GEM16+, IAL FVG and Tradium as part of Intellectual Output 02, WP. 4

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## Foreword

This Educator's Manual contains methods and tools based on the project results generated from the Erasmus+ project, Solution By Inclusion (WP. 4).

Project partners NLP Aalborg/ CFUL (responsible for Work Package 4. in the project) have been making an extensive screening before analyzing and selecting existing methods and tools from the EU system; from Erasmus+ VET projects (KA202) to Erasmus+ School projects (KA201) and EUs European Centre for the Development of Vocational Training (CEDEFOP). Furthermore, we have integrated the existing methods and tools developed or put in use by the partnering organisations in Solution By Inclusion.

Giving the nature of the methods stemming from diverse projects and backgrounds the methods and tools will be adapted to fit the Solution By Inclusion project description. Therefore, the methods and tools put forward in this project have been reshaped into new innovative solutions of inclusion to be implemented at upper secondary educational level VETs/ SCLs in Europe. The solutions to be implemented were fitted into new innovative forms and shapes in co-creation with Peer Advisory Boards of VET and SCL (Second Chance Learning) students, educators/ staff and parents at Tradium (Denmark), GEM16+ (Malta) and IAL FVG (Italy).

# Chapter 1 - Solution 2 - Using outdoor activities and training in nature

## 7 Solutions By Inclusion: *Social inclusion and Lifecoping methods and tools developed for students, parents and educators at VETs/ SCLs.*

### Purpose

The purpose of using outdoor activities and training in nature is to increase the mental well being that leads to social inclusion and to provide new innovative tools that will strengthen the students competencies and one of the key skills - social skills (interpersonal and social competencies). On a social and personal level the students will gain competencies as teambuilding and communication as well as strengthen their competencies of working in a group (see objectives of competencies and social learning/inclusion).

### Content

Solution 2 – using outdoor activities and training in nature

### Part takers and/or User Group(s):

- Students 16-20 years at VETs/ SCL
- Educators/other staff

**Place:** Outdoor

**Time:** 2 x 60 minutes (or longer)

**Potential Applications:** Any subject

**Preparations:** Preparations (between educators/ staff/ + educators/ students).

## Chapter 2 - Using outdoor activities and training in nature

### Welcome Ritual

Start by playing a song (suggestion “Count on Me” by Bruno Mars - [Bruno Mars - Count on Me \(Official Lyric Video\)](#) - that fit the competencies like team building, co-working, co-creating). The overall use of music at the beginning is to create a framework and mark that this is something quite different to the formal, well-known learning context at school. Moreover, the music generates a feeling and ambience of inclusion and positive vibe in the classroom and in the body and mind of each student. And music is a great tool for immediately touching us deep inside without any filters or having to process it first.

### Sharing good experiences

The participants (students and educators) share a recent good experience. It functions as an icebreaker and “cohesion booster” in the classroom (and even works virtually). To make an analogy, it seems to work like getting “likes” on social media. It makes you glad and positive. It is personal, touching, recognizable and low key. You can identify with the other students and educator in the class because of their stories and experiences. You may see them in a different light – as “a whole person” – doing “normal” things like walking and meeting up with a friend. It gets emotional in a good way, further the participants empathy and creates the perfect setting for the next part.

### Introducing Today’s Topic

Introduced the topic “Using outdoor activities and nature” and what the students will be working on – it can be one of the suggestions: Team building outdoors, hiking, biking, sport in nature.

Suggestion: Team building outdoor

Other suggestions: Other activities that requires more preparation are hiking, biking and sports activities in nature.

### Talk about Today’s Topic

Let the students talk about how they can work with using outdoor activities and nature:

- *What will it bring to the students?*
- *Previous experiences with real assignments?*

### Work on Topic (Peer Learning)

Suggestion: Team building outdoor - This is a simple team building outdoor activity to start moving the classroom activities outdoor: The teacher divide the group into smaller subgroups, and give each of these an egg, plastic, paper, paperboard, ropes, bubble wrap, insulating tape. The subgroups will have to agree on the best way to protect the egg and they will have time to protect the egg with the materials that the teacher has given them. After the established time, all eggs will be thrown from the

same height. The team that achieves that its egg does not break or, better yet, resist the fall, will win.

Not only will win the team that does not break its egg, but also the one that knows how to work in a group and is more efficient.

<http://erasmussantaarelia.es/egg-drop-competition-outdoor-teambuilding-game/>

**Other suggestions:** Other activities that requires more preparation are hiking, biking and sports activities in nature.

### Just for fun

An important part of the Rituals is to have fun. You can play song like “Happy” by Pharrell Williams [Pharrell Williams - Happy \(Video\)](#) - but it could also be e.g. to dance or play with balloons.

### Summary and End of Lesson

The ending rituals is “Curl and throw” where the students individually had to answer one or more of the following questions:

- What do you find important working with a real assignment?
- How was your experience of working with a real assignment?
- What is the difference between working with “real assignments” and a “normal class subject”?

The students write the answers down on a piece of paper, then toss the paper and throw it at the teacher. This is a thing that you will not normally do at school, but the idea is to keep an informal atmosphere, and something contrasting the more formal part of school. Also, the Curl and Throw part is created to deliver anonymous answers, when thrown at random. One of students will read one (or more) of the answers in front of class. Yet again, this can make each student reflect and become aware of one self and classmates and gain knowledge to strengthen mental health, wellbeing and inclusion.



