

Examples of educational activities

- **Solution for the new water tank in the garden.** Brainstorming. Write down all the ideas on how to implement the tank: Helpful questions will help to suggest:
 - What material to use?
 - Will the rainwater be captured?
 - Methods of refilling the tank?
 - Where to place it? Who do we need to implement it?
 - How much time and money will be needed?
 - Who will help implement it?
 - You can use the classic writing on a flipchart or write individual ideas on post-it notes (called sticky notes) in small groups or individually.
 - After brainstorming, ideas should be grouped into headings, priorities should be selected and the implementation process should be determined - writing down the partial steps (e.g. finding out prices for materials) and who is responsible for the whole implementation.
- **We compost, we don't rot.** Exercise. Prepare a pile of items and decide individually or as a group what belongs and what does not belong in the compost. It is good to use materials directly from the garden as well as a variety of household waste. For example, you can make it more difficult by adding things that people have different opinions about, such as: citrus, nuts, old bread, pits, cardboard, pet litter, ...
 - As a check-list, you can use the info-sign at the composter in the garden or print out the list of main points (see the **composter info-sign**).



What belongs in a composter, Source:

<https://helpmecompost.com/compost/materials/what-can-you-compost/>

- **Seed play with children.** Role play. We are a small seed in the ground (we crouch down), the rain falls on us, we slowly grow into a plant (we gradually lift ourselves off the ground), the sun shines, we reach out to it, we flower, the fruit ripens on us, it gets colder, our leaves fall off, we dry up and sink into the ground again (squat down near the ground). We can use the transitions of the different stages in the form of questions: what does a seed need to germinate? What does it need to grow into a plant (water, sun, air, nutrients)? What happens when there is not enough water? What happens when winter comes?
 - With this game we want to show children that seeds, like seedlings, need light, warmth, water, soil with nutrients and space to grow according to the final size of their fruit.
- **What can be cooked from the bounty of the garden.** Group work. Divide the group into smaller groups of 3-4 people. Let everyone go through the garden and identify what could be harvested and cooked together from the common beds or in a combination of local and already purchased ingredients. If the

garden doesn't have a kitchen, that's fine. You don't need a kitchen to make lemonade or salad, just a table, a cutting board, a knife, a bowl, a jug and a place with running water or a supply of drinking water, e.g. in a jerry can. You can also cook on a fire/in a kettle, and grilled vegetables are also very good.

- In this way, participants can learn how to process crops that are unfamiliar to them, take advantage of diversity, and connect to seasonality and localness. The joint tasting of prepared dishes brings people together around a common table and at the end opens up a space for discussion not only about cooking experiences, but especially about quality food.¹
- **We are establishing a composter and composting.** Workshop with discussion. We will prepare a place to set up a new composter, the materials to make it and invite participants to get involved in building it. While working or after building it, it is possible to reflect together on the importance and benefits of composting. The composter can be accompanied by a handmade information sign about what belongs in the composter. This can be followed up with questions such as:
 - Why does it make sense for everyone to sort bio-waste?
 - What organic waste do you produce at home, at work, at school or in your garden?
 - What can you do to make sure that organic waste goes where it belongs - back into the soil. How can you do this?
 - A similar procedure can be used to build a composting toilet in the garden.
 - You can use the prepared summaries in other materials: **the Composter Info-sign, What are the benefits of composting.**
- **Finger test before watering².** Exercise. Stick your finger into the dirt near the base of the plant, if the soil is dry, that's when you water. If you feel moisture then your plants are doing just fine and you can put the watering can away. The Finger Test Steps:
 - Stick your finger in the soil, usually up to the second knuckle
 - Determine if there is soil moisture or not

¹ Příručka pro učitele - uzavřený cyklus jídla do škol, *Kokoza*, 2021, p. 23

² Whitney L. The Right Way To Water Your Plants [online], 2010, Retrieved from: <https://www.naturehills.com/blog/post/the-right-way-to-water-plants>

- Water if dry, skip if wet