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Luksia, Nummela
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HEAD, HEART & HANDS



What & why



Motivation & values



Action

HEAD



- **Knowing facts**
- **How decision-making works?**
- **How can I influence or engage with decision-making locally, nationally, globally?**
- **How people are already working to combat climate change or to promote social justice and human rights?**

HEART



- **Values:** what matters to me?
- **Emotions:** may awaken us to see how things really are and drive towards action
- Feeling anxious, overwhelmed or guilty are **normal reactions** to the wicked global problems of today; necessary emotional work to be able to think critically & differently about our world

HANDS



- **Action:** creates hope and also knowledge (learning by doing)
- **Individual** choices related to consumption, food, energy, transport
- **Societal choices and community level actions** (municipalities, schools, hobbies, workplaces, families)
- Pressure for bigger change towards those in **decisionmaking** positions



ENERGY, TRANSPORT, FOOD, SPEAKING UP



ACT NOW



<https://www.un.org/en/actnow>



FIND YOUR OWN WAY TO ACT AS A GLOBAL CITIZEN

- Talk to your own family or peers
- Find other like-minded people willing to work together
- Many environmental or human rights NGOs and activists exist already!
 - > Follow them on social media
 - > Donate or volunteer your time

Speak up!

- Participate in demonstrations or share your thoughts to decisionmakers in other ways, e.g. sending an email or meeting them in election events to ask questions
- Gather names for citizen initiatives
- Appeal to decisionmakers in your school, your neighbourhood or other social community (e.g. hobby, workplace)
- Make your views known through "artivism": write a song, make a painting...



Your expectations?

Take 3 minutes to write down what kind of expectations you have for the next three days.

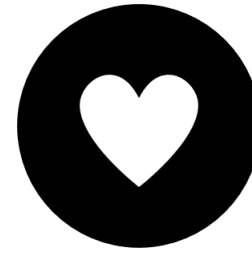
- Head (content, knowledge)
- Heart (emotions, values)
- Hands (how we work as a group)?

Then share your expectations with the person next to you.



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LET'S START WITH THE HEART!



1. Write down 10 most important values to you
2. Erase 5 less important of them
3. Erase 2 more

Which 3 values are left?

- Compare with the person next to you
- How has your life / choices been guided by these values? Give examples.
- What do you need to stop/start doing in order to live closer to your values?

- | | | |
|-------------|------------|----------------------|
| Courage | Compassion | Caring |
| Justice | Friendship | Honesty |
| | Freedom | Curiosity |
| Imagination | | Equality |
| | | Humour |
| Wisdom | Success | Pleasure |
| Cooperation | | Security |
| | | Tradition |
| Respect | Power | Protection of nature |

PRE-TASK: SHIRTS IN YOUR CLOSET



Investigate your own clothes closet:

- How many pieces of different shirts do you have?
- Which ones do you wear a lot and for a long time? Why?
- How many of the shirts do not use that much? Why?
- Why is it important to consider how long you use certain garment, or in what kind of circumstances it has been produced?
- Share your thoughts on these questions in groups of 4
- 10 minutes!



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ENTANGLEMENT WALK



30 minutes, everyone to do individually in the nature using their imagination.

1. PRESENT: Connecting to nature in 2022.

Explore your environment like a playful, 2-year old toddler. Try to connect with everything living and non-living and listen to what kind of stories they might be telling. Pause to touch or smell moss on a rock, for example. Use all your senses!

2. PAST: Have an imaginary discussion with your ancestor from 100 years ago, in 1922.

What stories or guidance would they have for you? What was life back then? How did your ancestor see the future? What would you tell them of today and your life?

3. FUTURE: Walk with your descendant 100 years from now, in 2122.

Listen to your descendant's advice on how we could improve their well-being. What should we do, say, think – or stop doing, saying or thinking? How is the world like in 2122?

WE HAVE A DREAM...



30 minutes in groups of 4 people:

1. Go back to your values and the Sustainable Development Goals (SDGs).
2. Think of issues that are meaningful to you and have an impact on the world right now.
-> 3 minutes each individually, use post its
3. Share your thoughts with the group and select one issue together.
-> Which SDGs is it related to, if any? Why is this issue important?
4. Formulate the issue into an objective: “We have a dream...”
5. What possible actions could be taken on the local level to make that dream come true? Can you challenge someone, other students or teachers in your school to do something about it? What obstacles stand in its way?
6. Write “We have a dream...” followed by your issue and possible actions on a cardboard (you can also use laptop or mobile for making a poster).



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