



EDUCATING ADULTS 55+

ON ENVIRONMENTAL PROTECTION AND CLIMATE CHANGE

**HANDBOOK
FOR TRAINERS**



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This Handbook has been developed as part of the project **B-GLOCAL – Learning resources on climate change to empower adult learners from local and global approaches**, No: 2023-2-ES01-KA210-ADU-000179142.

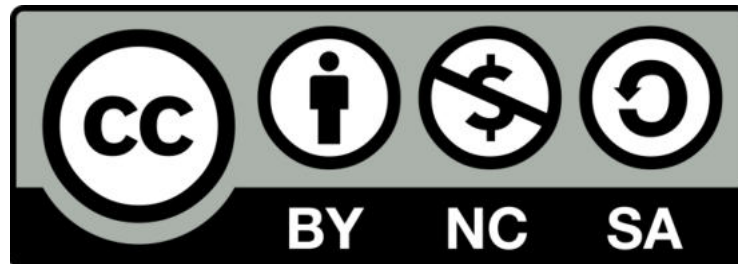
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2023 Special Eurobarometer on Climate Change shows that:



- **Climate change is a serious issue for 77% of EU citizens.**
- According to citizens, responsibility for climate action lies with governments (56%) and businesses (53%), and **only 35% feel personally responsible.**
- **Older adults are the least active** compared to younger groups.
- **Lower education and incomes** reduce climate awareness and agency.
- Yet, households account for **approximately 72% of global greenhouse gas emissions** through consumption of goods and services (UNEP, 2020).
- **Climate change disproportionately impacts older people**, especially those with chronic illnesses and from vulnerable groups.
- **As currently 1 in 5 Europeans is 55+, and by 2050 they will be 1 in 4,** their engagement in climate action is vital.



Why B-Glocal?

- Climate change impacts are increasingly evident and call for **action at every level**.
- **Raising awareness is crucial**, especially among large cohorts like adults 55+, who remain less engaged and more vulnerable due to **limited knowledge and participation**.
- Media and public discourse tend to focus on global challenges, making them distant. Empowering **local communities** to spark grassroots initiatives helps mobilize individuals on climate action, and appreciating even the smallest personal contribution.
- An **“age-proofed” approach** is key to reducing vulnerabilities and unlocking the potential of older generations in climate action. This approach emphasizes **easily accessible, participatory**, hands-on methods such as experiential learning, fostering **greener lifestyles** tailored to adult learners, and integrates **motivational strategies** like gamification and challenge-based learning, all aligned with adult education best practices.



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The B-Glocal project aims to develop **educational resources** to raise **awareness** and empower vulnerable **adults over 55** in the field of **climate change fight** and environment protection.

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Target Groups

- **Adults aged 55+** from vulnerable settings (low income, low qualification, etc.), who are less aware and less active in climate-neutral activities.
- **Trainers, educators, and organizations** working in adult education; as well as local, regional, and EU stakeholders promoting environmental initiatives.





Results

- Adult trainers gain **ready-to-use training resources**, to **catalyze climate action** and **environmental awareness** among senior citizens.
- Seniors over 55 are **empowered as agents of change** and act as role models, influencing both peers and younger generations by promoting green habits.



Key topics addressed by the project



- Impact of climate change at local and global levels

- Climate policies and measures

- Engaging resources on climate for adults

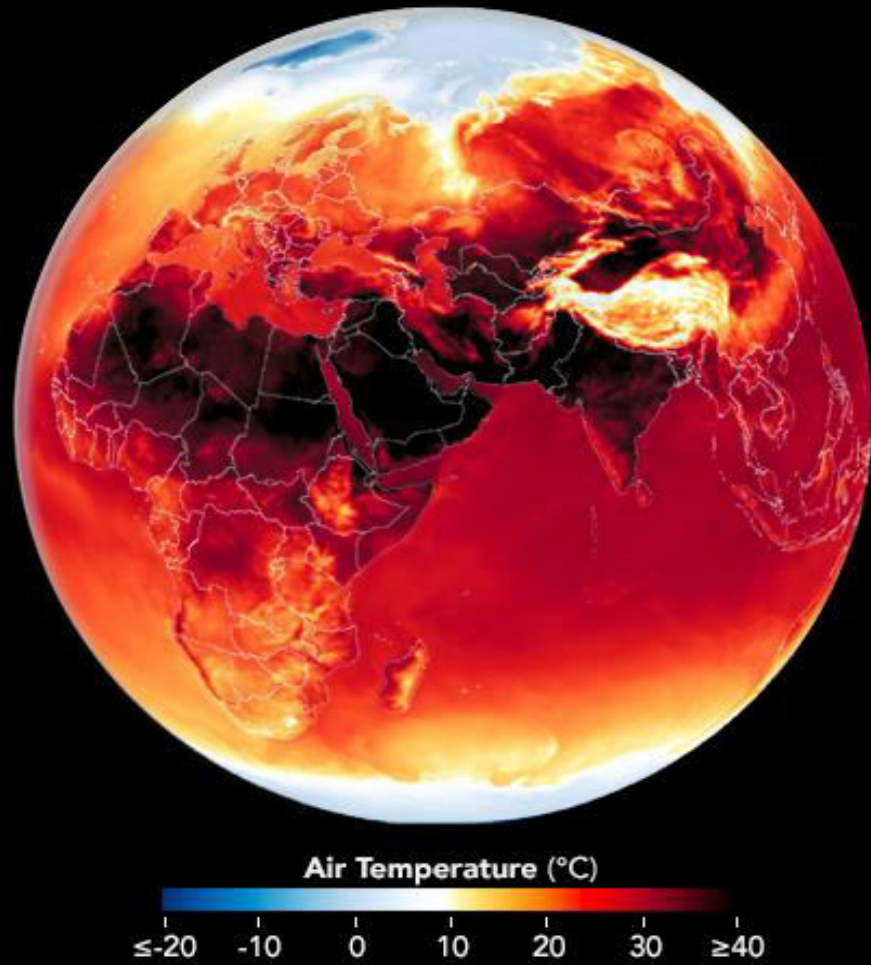
- Sustainable lifestyle and behavioral change

- Mobilizing adults as climate agents

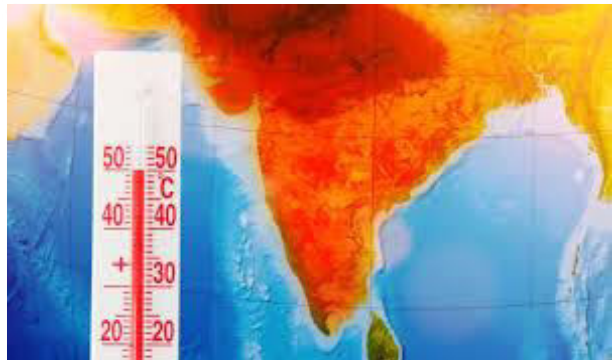
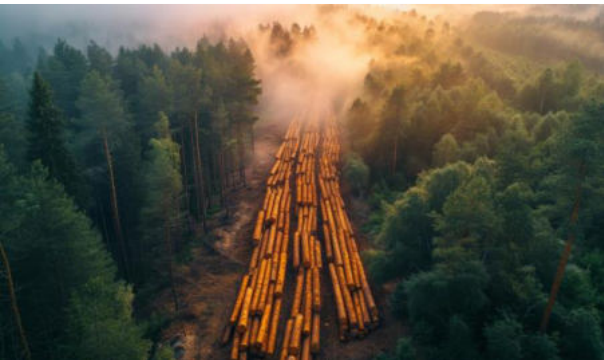


How to explain Climate Change to seniors?

- Climate change means **long-term shifts** in temperatures and weather patterns.
- These changes can be natural, but today they are **mostly caused by people**.
- Burning **fossil fuels, cutting forests, and pollution** heat up the Earth.
- The planet is **warming faster** than ever before. This leads to **extreme weather** – heat, storms, floods, and droughts.
- Climate change **affects nature, people's health, and the economy**.



Climate Challenges Are Real



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WE NEED TO ACT NOW!

Key Terms Simply Explained



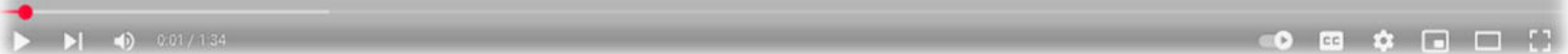
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- **Carbon Footprint:** The amount of CO₂ we each produce through our lifestyle choices.
- **Green Transition:** Moving from polluting practices to eco-friendly habits and technologies.
- **Sustainability:** Living in a way that meets our needs without harming future generations.
- **Circular Economy:** Economy model that aims to eliminate waste and keep resources in use for as long as possible through recycling, reusing, and regenerating materials.



Climate Change

<https://www.youtube.com/watch?v=-n4A0BssFd0>





Global Agreements & Local Actions

- **Who should fix climate change?** Governments, businesses and citizens — everyone has a role!
- [The Paris Agreement](#) is a global treaty where countries committed to limit global warming to well below 2°C, ideally 1.5°C, by reducing greenhouse gas emissions and enhancing climate resilience.
- [The Green Deal](#) is the European Union's strategy to achieve climate neutrality by 2050 by promoting sustainable growth, reducing emissions, and protecting natural resources.
- [Sustainable Development Goals \(SDGs\)](#) of the United Nations include actions for climate and the environment.
- [GreenComp](#) is a EU framework to build green skills in everyday life.
- **Local actions matter:** Small steps like saving water or joining clean-up drives support global goals. Here is where the **B-Glocal** project steps in.



The Project Addresses 5 SDGs:

- **SDG 4 (Quality Education):**

Facilitates access to and participation in lifelong learning for adults 55+, especially from vulnerable groups.

- **SDG 13 (Climate Action):**

Empowers adults to adopt climate-neutral habits and take local action against climate change.

- **SDG 11 (Sustainable Cities and Communities):**

Encourages grassroots initiatives and local engagement.

- **SDG 12 (Responsible Consumption and Production):**

Supports individual agency, sustainable consumption, waste reduction, and energy-saving practices.

- **SDG 17 (Partnerships for the Goals):**

Fosters cross-country collaboration between Spain, Greece, and Bulgaria on climate education and action.

SUSTAINABLE DEVELOPMENT GOALS



B-GLOCAL steps on the EU framework to build green skills in everyday life



GreenComp





B-GLOCAL Training Outcomes

- **Understand the climate change impact** on both local and global contexts, and how individual actions contribute to broader solutions.
- **Learn about major climate policies** and their personal relevance.
- **Develop critical thinking** to identify reliable environmental information and counter misinformation.
- **Feel empowered** to take climate action and inspire others in their community.
- **Recognize personal responsibility** and take initiative in sustainable lifestyle changes.
- **Adopt practical, climate-friendly habits** in daily life across areas like waste, food, and energy.
- Connect with peers and engage in **community-based climate actions.**



B-Glocal pedagogic approach combines andragogy (adult learning theory), experiential learning, and gamified methods to create engaging, practical, and inclusive educational materials tailored to the needs of vulnerable adults over 55.

- Digitally enabled resources
- Easily accessible in 4 languages
- Self-paced and autonomous
- “Snackable” content
- Based on andragogy principles
- Participatory, hands-on learning
- Variety of engaging games
- Habit-oriented challenges
- Relevant, daily-life topics
- Combination of hybrid activities

Learning Approach



Benefits of a Hybrid Approach in Climate Education for Adults

- Combines face-to-face learning with digital tools for flexibility.
- Respects **different learning styles** and digital comfort levels.
- Encourages **peer learning**.
- Allows progress at **own pace**.
- Boosts engagement through **interactive and visual content**.
- Blends real-life activities with **digital simulations and games**.





9 Micro-Lessons for Building Knowledge On Climate

- **Short, interactive learning content** with engaging insights
- **Practical examples** to deepen adults' understanding of environmental challenges and solutions.
- **Simple tips and steps** learners can take towards a greener & sustainable future.



Understanding the climate change, locally and globally



Greener Europe: How EU Policies Impact Your Life



Taking Local Action: How You Can Help Protect the Climate



Farm to fork – Which are your eating habits?



Food Waste and Composting: A Guide to Sustainability



Waste Reduction and Recycling



Water Conservation: A Vital Step for Our Future











































Become a green traveller



Simple steps to save energy



40 Practical Challenges, Supporting Eco Habits

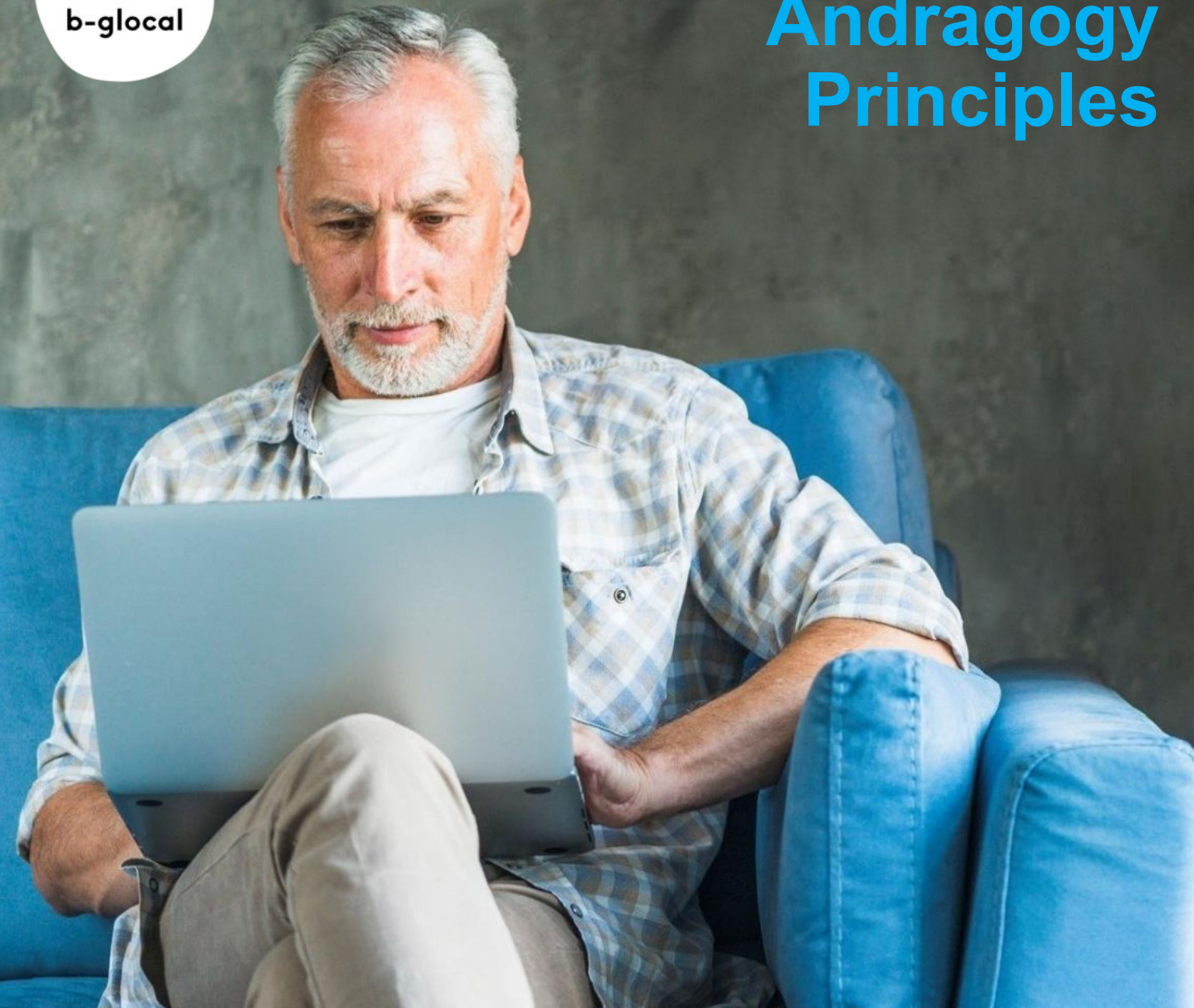
 1. Eco Quiz ★	 2. Recycling Race ★★	 3. Energy Efficiency Puzzle ★	 4. Carbon Footprint Calculator ★★	 5. Positive Handprint ★	 6. Sustainable Shopping ★	 7. Renewable Energy Match ★	 8. Climate Crossword ★★★	 9. Eco-Friendly Garden Quest ★★	 10. Green Transport Quest ★★
 11. Taking Shorter Showers ★	 12. Energy-Efficient Light ★	 13. Plant A Tree ★	 14. Meatless Mondays ★★	 15. Composting Organic Waste ★	 16. Home Energy Audit ★★	 17. Goodbye To Single-Use Plastic ★★	 18. Upcycling Challenge ★★	 19. Green Volunteers ★	 20. Advocate For Climate Action ★
 21. Sustainable Fashion ★★	 22. Green Cleaning Quest ★★	 23. Local Goods ★	 24. Single-Use Plastics ★★★	 25. EU Policy Match-Up ★★★★	 26. Local Activities on Climate Change ★★	 27. Counteract Fake News ★★	 28. Waste Degrade Time ★	 29. Waste Impact ★	 30. Water Saving Practices ★★
 31. Farm-To-Fork Journey ★★★	 32. Sustainable Diet Day ★	 33. Compost and Reduce Food Waste ★★	 34. Energy Efficiency Innovation ★★★	 35. Efficient Home Discovery ★★	 36. Master Xeriscaping ★★	 37. Act Against Climate Change ★★	 38. Pack Your Bag For A Sustainable Journey ★★	 39. The 6 Rs of Sustainability ★★	 40. Water Reduction Week ★★



**B-GLOCAL
Pedagogical
Approach**



Andragogy Principles



- Treat seniors as **responsible, self-directed learners**.
- Involve them in **planning and evaluating** their learning journey.
- Acknowledge and use their **life experiences as learning assets**.
- Focus on solving **real-life problems**, not abstract theory.
- Ensure the topic is **immediately useful and relevant** to their lives.
- Motivate through **internal rewards** like curiosity, satisfaction, and purpose.
- Clearly **explain why** a topic is important before starting.

- Use **challenges and playfulness** to make learning more engaging.
- Introduce **simulations or role-plays** to bring content to life.
- Promote **collaboration and friendly competition** among learners.
- Provide **instant feedback** to keep motivation high.
- Make learning feel **fun and rewarding**, not like school.
- Design **game elements** that are relevant and purposeful.
- Use games to build social connection and **reduce learning anxiety**.

Game-Based Learning Principles



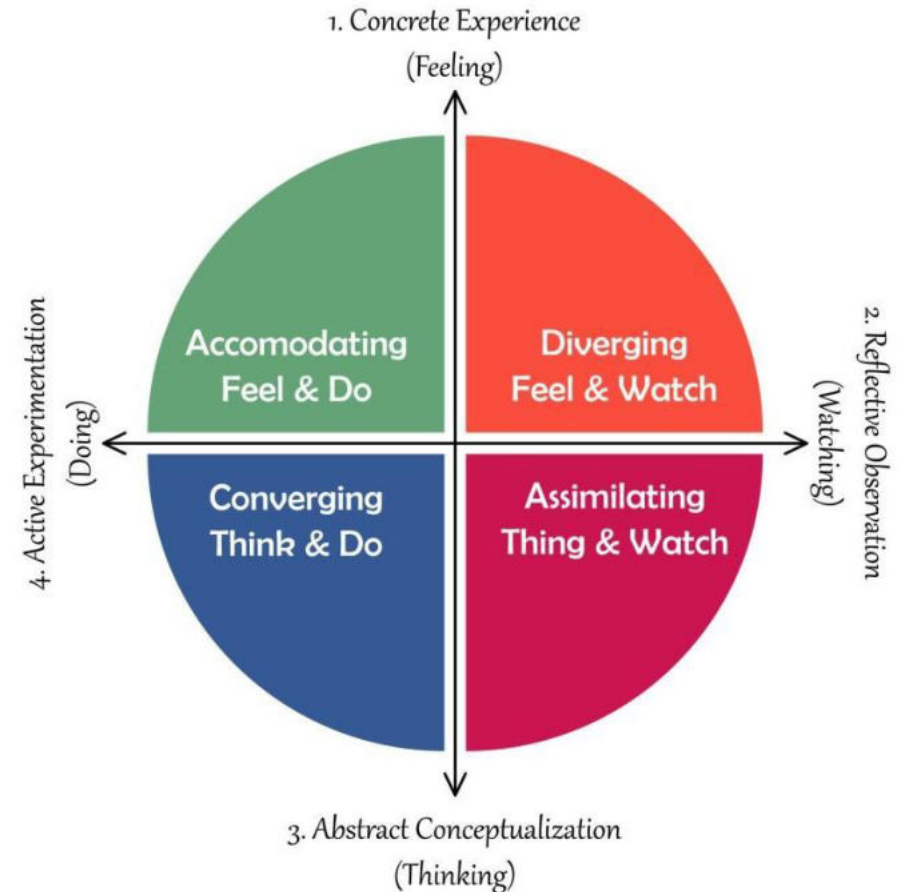
Designing Impactful Sessions – Experiential Learning Cycle



Kolb's Learning Cycle

Learning is most effective when learners are actively involved in the full cycle: **doing, reflecting, understanding, and applying.**

1. Start with a **real experience** or hands-on task (e.g., waste sorting).
2. Facilitate **reflection**:
“What worked? What was surprising?”
3. Guide discussion to develop insights and **understanding**.
4. Help **apply** these insights to new situations (home, family, community).



Triggering Transformation – Beyond Knowledge



- True change happens **when beliefs are challenged** and learners reflect deeply on their values and assumptions.
- Create **safe spaces** to explore uncomfortable truths (e.g., eco-anxiety, denial).
- Use **role play, storytelling, and “What if…” questions** to build empathy.
- Invite **perspective shifts** (“What would you tell your grandchildren about climate change?”)
- Focus on lasting **mindset shifts**, not just facts.
- Compare **before and after** beliefs (“What did this training change for you?”)



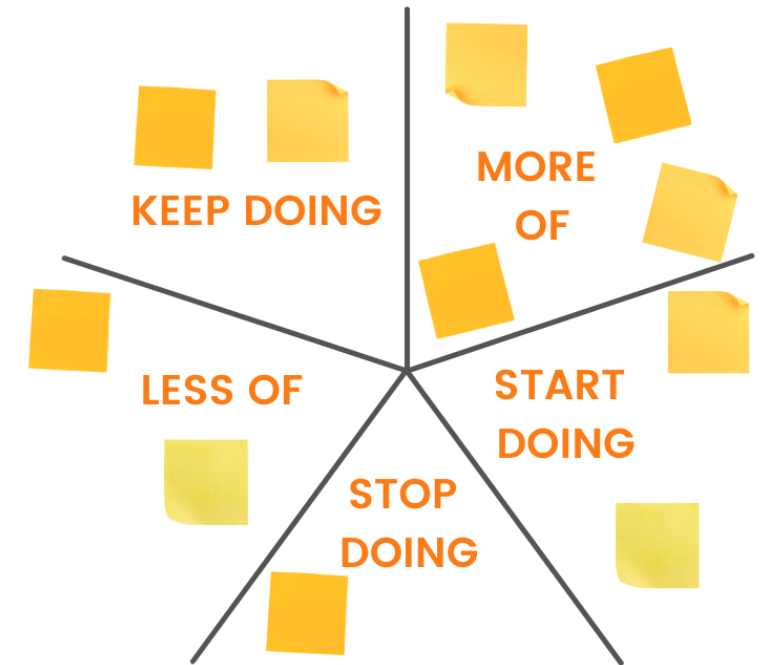


Climate Anxiety

- **Climate or eco anxiety** is a deep worry about the planet's future due to climate change. It's caused by news about environmental disasters, personal experiences, and concern for future generations.
- Though **most common in young people**, seniors can also feel it—especially those who care about nature or worry about their grandchildren's future.
- People often move **from denial to fear, guilt, and sadness**, before reaching **acceptance and taking action**.
- **Coping strategies** include staying informed, joining local solutions, talking with others, and practicing self-care.
- **Seniors should know about climate anxiety** to better support others, stay engaged, and contribute their wisdom to a more sustainable world.

From Talk to Action – Real-Life Problem Solving

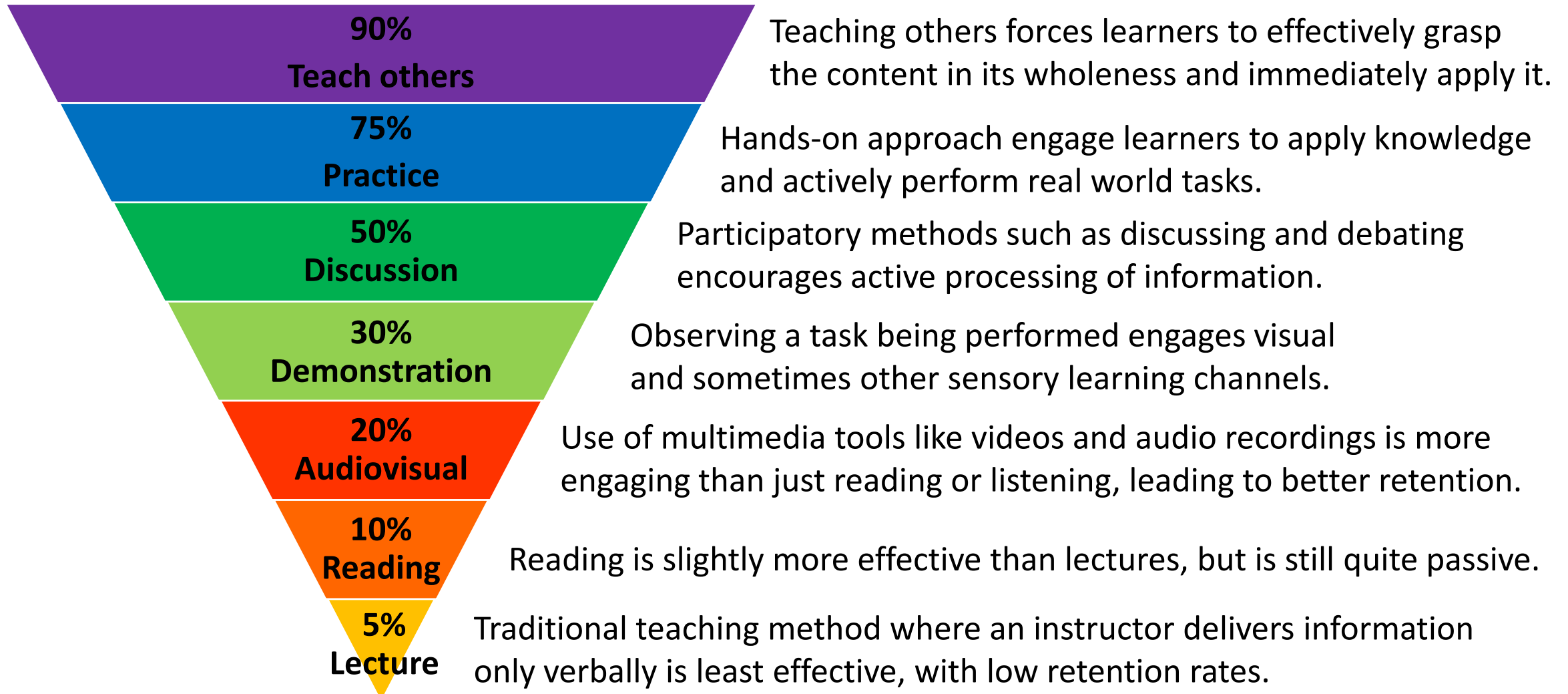
- Adults learn best when solving **actual problems**, not simulations.
- Frame content around **everyday challenges** (e.g. energy bills, food waste).
- Encourage trying out new behaviors and reflecting on the results.
- Share inspiring stories and **community examples**.
- Let learners work in **diverse groups**, building peer learning.
- Use **group challenges** (“How can we get rid of plastic bags? How to reduce water use at home by 10%?”)





The Learning Pyramid

There are plenty of ways to teach, but some are more engaging and effective.



Motivation & Recognition

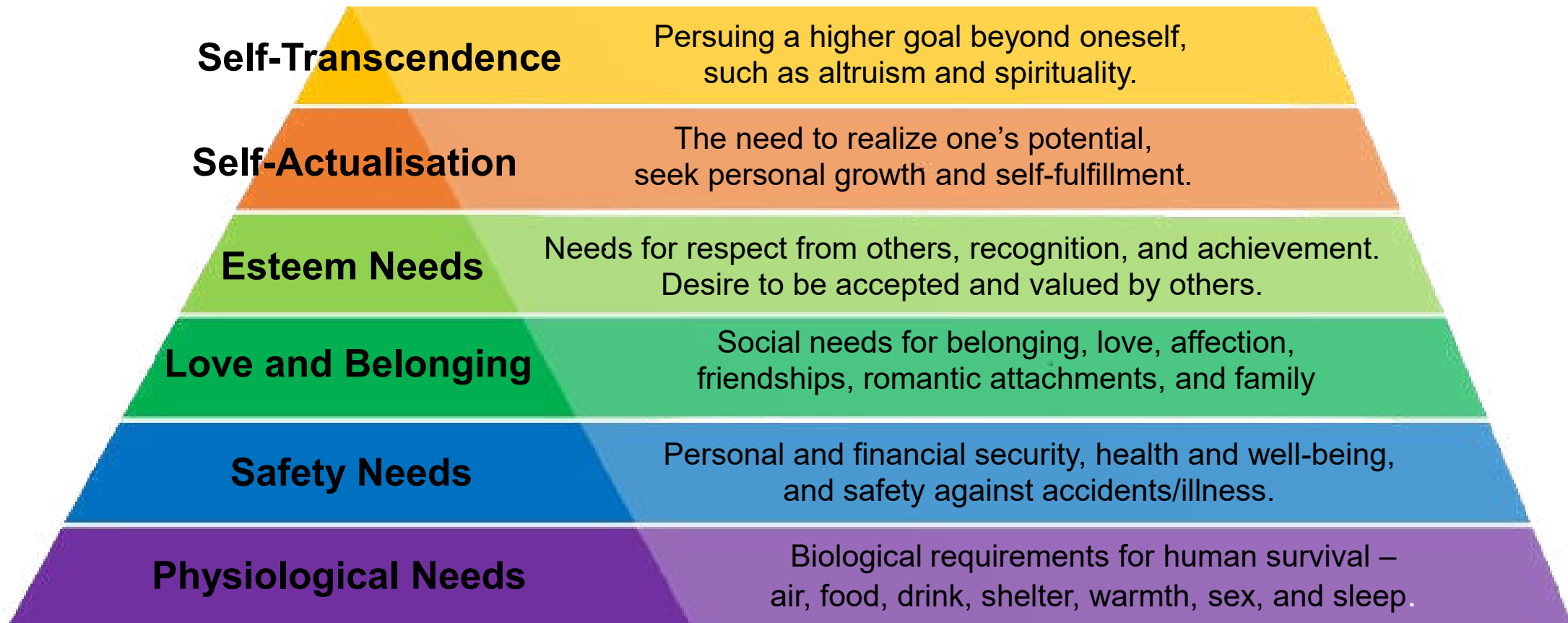


- Adults are driven by **intrinsic motivation** which is individual for each person – desire to learn, achieve, grow or contribute.
- Reinforcement works, but **adults care less about external rewards**, grades, prizes or certificates.
- Instead, motivation should be related to **what is valued**.
- Recognize and **celebrate small wins** (trying reusable bags, reducing food waste).
- Use **clear, consistent feedback**, group applause, or symbolic items (“Green Action Star”). Avoid making rewards the focus — celebrate the learner, not the token.



Maslow's Pyramid of Needs

In his Theory of Human Motivation (1943) Abraham Maslow suggests that people are motivated to fulfill basic needs before moving on to higher needs.



How to use Maslow's Pyramid when designing training for seniors

- Address learners' **basic physical needs** (e.g., health, water, comfort).
- Create a **safe and supportive environment** before introducing new topics.
- Use group work and sharing to **build connection and reduce isolation**.
- Acknowledge and celebrate small actions to **boost learners' confidence**.
- Help learners find **personal meaning and purpose** in climate action.
- Adapt your methods for seniors and vulnerable adults with **flexibility and empathy**.



Addressing Different Needs With Training Activities



Physiological: Seniors may be more physically vulnerable to heat, poor air quality. Connect learning to health and share **practical tips for dealing with challenges**.

Safety: Facilitate **reflection** on climate experiences or local challenges. Discuss local risks and concerns (floods, fires, extreme temperatures) and create a community **emergency plan**.

Belonging: Combat loneliness by fostering connection through climate action. Start a **green community or gardening group**. Encourage **peer learning and support** to inspire each other.

Esteem: Emphasize their role and contribution. Remind seniors their **choices and example** are **impactful**. Propose a **journal** of climate actions and **personal achievements**. Facilitate friendly community challenges like forestation, waste collection, recycling.

Self-actualization: Many seniors are driven by **meaning, purpose and leaving a positive mark**. Climate education can tap into that. Make a **vision board or letter to future generations** (“What legacy do you want to leave for future generations?”)

Make Learning Relevant and Personal for Adults

- Connect climate topics to learners' **daily lives** (local weather changes, energy bills, food choices).
- Use **real-life examples**, personal stories and cases to illustrate climate impacts.
- Show **the impact of small, individual actions** to larger environmental solutions.





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Use Simple, Clear And Accessible Language

- Avoid complex scientific jargon; **simplify key concepts.**
- Use **analogies** and **relatable metaphors** to explain climate mechanisms.
- Provide **summaries** and repeat key points for better retention.

Incorporate Hands-on and Experiential Learning

- Organize **practical activities** (waste audits, energy-saving challenges, or local eco-projects).
- Use **interactive tools** like climate simulations or carbon footprint calculators.
- Encourage **field visits** to recycling centers and renewable energy sites for real-world exposure.





Encourage critical thinking by discussing **media messages** on climate change.

Use **credible scientific sources** to back up claims.

Acknowledge misinformation and provide **fact-based clarifications**.

Address Climate Misconceptions

Foster a Solutions-Oriented Approach

- Focus on **what people can do**, not just on how bad things are.
- Highlight **success stories** of climate action at individual and community levels.
- Encourage **participation** in advocacy, conservation, or sustainable practices.





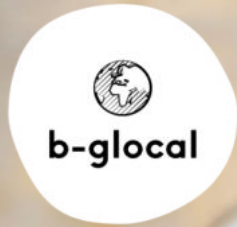
Promote Inter-generational Learning

- Encourage older adults to **share experiences** of environmental changes over time.
- Involve younger learners in **discussions** to foster cross-generational knowledge exchange.
- Use **mentorship and peer learning** to strengthen climate action engagement.

Create a Positive and Inclusive Learning Environment

- Make learning **participatory**— allow open discussions and diverse viewpoints.
- Recognize and value learners' **contributions**, no matter how small.
- Build **community networks** to sustain long-term engagement in climate initiatives.
- Include **reflection activities**, group sharing, and journaling to deepen understanding.
- **Collect regular feedback** to adapt and improve the learning process.





Promote Self-Directed Learning

Help learners **set personal goals** related to learning and climate action.

Share extra resources (articles, apps, podcasts) for independent learning.

Encourage critical reflection and ownership of learning outcomes.

Offer choices of topics and tasks, and **varied training resources**.

Use **success stories** to foster emotional engagement.

Address eco-anxiety by highlighting positive actions and resilience.

Link climate action to **learners' values** - protect family, be an example, leave a legacy.



Inspire Through Storytelling



Learning Styles

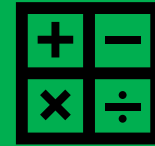
Boost engagement and retention by a mix of methods and approaches.



Visual learners prefer pictures, videos, images, diagrams, charts



Auditory learners prefer listening lectures, podcasts, or music while studying



Logical learners prefer solving problems, analyzing sequences and reasoning



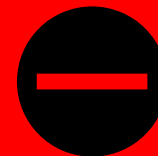
Nature learners prefer reflection and activities in a natural environment



Reading/writing learners prefer taking notes, quizzes, and systemizing information



Kinesthetic learners study best by doing, experiments and practical tasks



Solitary learners prefer to study alone, journaling and individual assignments



Social learners like to study in a group, discuss and interact with peers



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Adapt to Different Learning Styles and Needs

- People learn in different ways.
- Make your training more **inclusive and effective for everyone** by combining **visual** (charts, videos), **auditory** (podcasts, discussions), and **kinesthetic** (hands-on activities) methods.
- Provide **alternative formats** (print, digital, verbal) for accessibility.

Respect Diversity Among Senior Learners

Seniors are **not a homogeneous group**.

Everyone brings their unique needs and some are more **vulnerable**:

- Educational level
- Income and employment status
- Physical and mental health
- Migration background and language
- Ethnicity and cultural traditions
- Level of social support or isolation

Avoid assumptions and treat each individual with **respect**.

Use inclusive language and envisage **activities suitable for all**.



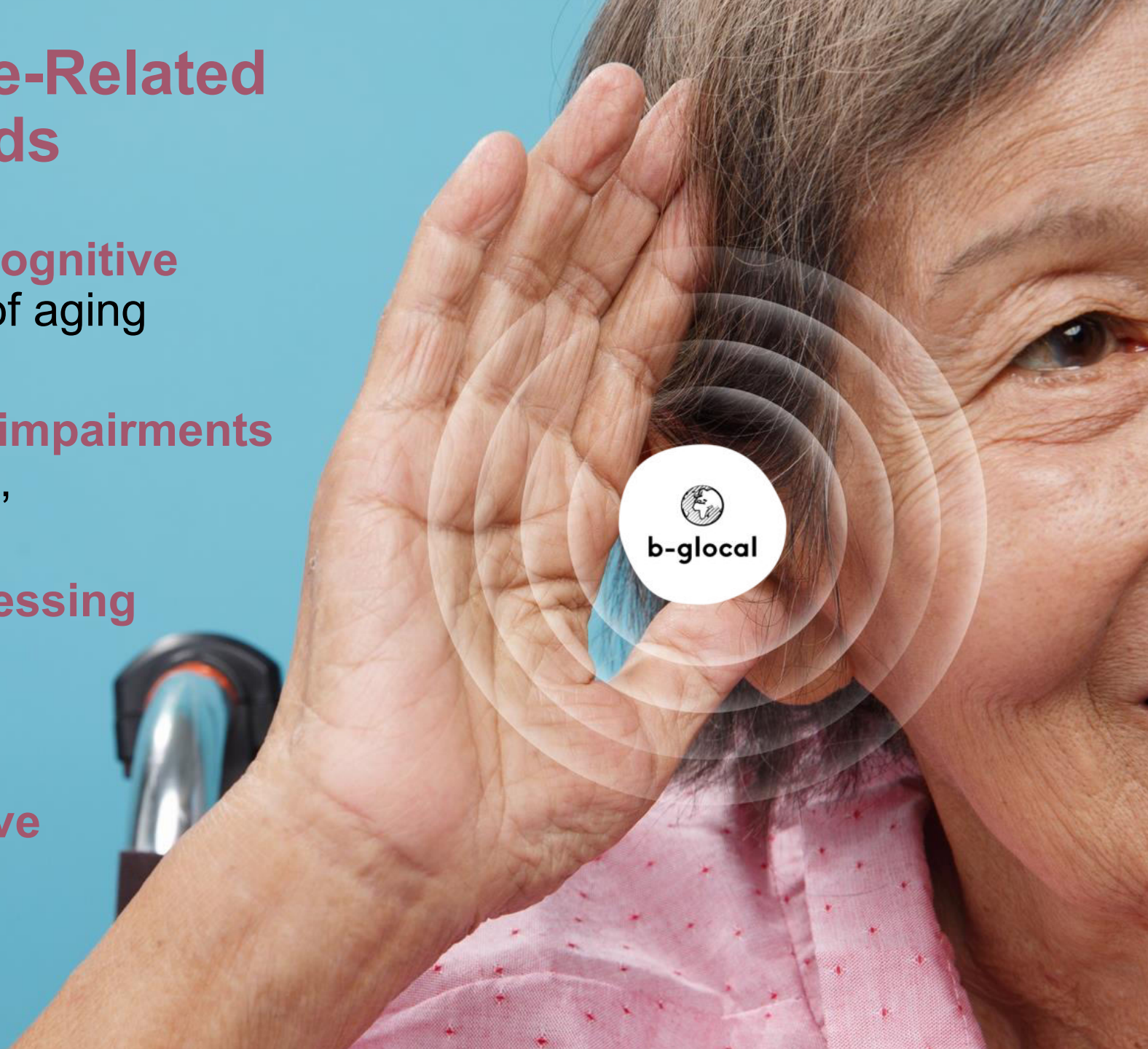
Trainer Tips for Working with Vulnerable Seniors

- **Speak clearly and slowly; use step-by-step explanations and simple examples**—especially for learners with lower education or a migrant background.
- Offer free resources and promote activities that encourage saving money and using resources wisely.
- **Empower unemployed participants** by boosting their self-esteem, recognizing their skills, and giving them a sense of purpose.
- **Ensure physical and sensory accessibility** — envisage breaks, and use visual/audio aids as needed.
- **Foster inclusion and connection** for those facing loneliness—encourage bonding, group work, and active participation.



Adapt Teaching to Age-Related and Accessibility Needs

- Acknowledge **physical and cognitive changes** as natural aspects of aging in your teaching approach.
- Address **vision and hearing impairments** with larger fonts, clear visuals, or amplification tools.
- Adjust for **memory and processing speed** by pacing lessons, repeating key points, and allowing time for review.
- Create **accessible, supportive learning environment** by removing barriers and encouraging full participation.



Be Culturally Responsive

- Adapt examples and language to **diverse cultural contexts**.
- Acknowledge and respect different **environmental attitudes and traditions**.
- Encourage **intercultural exchange** to broaden perspectives.





Implementation Tips for Trainers

- **Use local contexts** (neighborhoods, parks, composting sites, eco farms, etc.) to make learning tangible.
- **Provide simple step-by-step instructions** to ease access for all literacy levels.
- **Facilitate group tasks and projects** to promote mutual support and cooperation.
- **Set clear goals and metrics** to track and celebrate progress (e.g., % waste, energy and water reduction).
- **Encourage ongoing action** by linking learners to local green initiatives.



Organizing B-GLOCAL Workshops





Objectives of B-GLOCAL Workshop

- Recognize how environmental changes affect their daily lives and how local actions contribute to global climate efforts.
- Gain awareness of EU, national, and local climate measures and understand their relevance at a personal level.
- Distinguish facts from misinformation and counter climate change denial by developing analytical thinking and digital literacy skills.
- Apply practical strategies in areas such as waste, food, mobility, water, and energy management to reduce their environmental footprint.
- Gain motivation and self-confidence to participate in climate-related actions and inspire others in their families and communities.
- Understand the impact of individual choices and take initiative in making sustainable lifestyle changes.
- Participate in community-based, gamified, and experiential learning activities that promote collaboration, social connection, and shared climate goals.

Organizing B-Glocal Workshops



- The workshops aim to **empower adults aged 55+** to understand the local impact of climate change and support them in adopting practical and sustainable behaviors.
- **Plan early and thoroughly.** Schedule all key tasks such as selecting dates, booking the venue, preparing materials, and promoting the event in advance to ensure smooth execution.
- **Ensure inclusive participant selection.** Strive for gender balance and prioritize reaching at least 60% of participants from vulnerable backgrounds (e.g., low income, low qualification, health conditions, migrants).
- **Prepare clear and accessible materials.** Use large fonts, visual aids, and plain language to make the content easy to understand for all participants.



Implementing B-Glocal Workshops

- Choose a **suitable venue**, that is comfortable, inclusive, and accessible for older adults, including those with physical or sensory impairments.
- You can use the [agenda](#) and the [guidelines for trainers](#).
- [Collect participant lists](#) and ensure consent is obtained for taking photos. Alternatively take photos only from behind.
- [Gather feedback and insights from participants](#).
- [Summarize outcomes in a report](#). After the workshop, compile key findings and observations in a summary report in English, highlighting participation levels, learning outcomes, and suggestions for improvement.

Session 1: Understanding Climate Change

- Goal: Build awareness and spark reflection
- Warm-up & personal stories connected to nature
- What is climate change – global and local lens
- Group activities: quiz, discussion, footprint challenge

Session 2: Acting in Everyday Life

- Goal: Inspire mindset shift and daily change
- Share small eco-habits already tried
- Food waste, composting, shopping & plastic reduction
- Practice through rotating activity stations

Session 3: From Me to We – Community Impact

- Goal: Empower personal responsibility and local engagement
- Energy & water conservation tips
- Mapping local eco-actions & volunteering ideas
- Sustainable travel & final reflection



**B-GLOCAL
Workshop
Agenda**





Facilitation Tips

- Create a **warm, welcoming start** to set the tone.
- Gently **invite quieter participants to share**, without pressure.
- **Use small group work** to help shy learners feel more comfortable.
- **Acknowledge all contributions** equally to build trust.
- Set clear time limits to avoid one person dominating.
- **Politely redirect** hyperactive speakers to keep discussion focused.
- **Observe body language** for signs of boredom or confusion.
- **Adjust pace or change activity** if energy drops.
- Use **visuals and hands-on tasks** to maintain engagement.
- Encourage **experience sharing and peer discussions** during breaks.
- Ask **open-ended questions** to spark curiosity and dialogue.
- **Allow moments of silence**—some learners need more time to process.
- Close each session with **personal reflection** or small wins to keep motivation high.



Some exercises for the workshop





Personality Acronym

Invite participants to use each letter of their name to describe a key element of their personality.

For example – **MARIA:**

- **M**ethodical
- **A**rtistic
- **R**eliable
- **I**nventive
- **A**dventurous

Raise Your Hand If... Eco Icebreaker

It is an easy, inclusive way to introduce the climate topic gently through self-reflection.

Raise your hand if you:

- Grow any plants or herbs at home.
- Remember your (grand)parents saving water or reusing items.
- Have noticed changes in the weather where you live.
- Have ever repaired something instead of throwing it away.
- Recently preferred walking or taking a public transport instead of driving...





Make a Step Towards Climate Action

Participants line up in a row.

You read aloud statements related to climate action prepared in advance.

Ask adults to make a step forward if they agree with a statement or to stay at their place if they disagree:

- I often check if a product is eco-friendly before buying it.
- I find it hard to understand climate change news.
- I believe small changes can make a big difference.
- I think everyone is responsible for climate....

Discuss how it felt acting or staying.

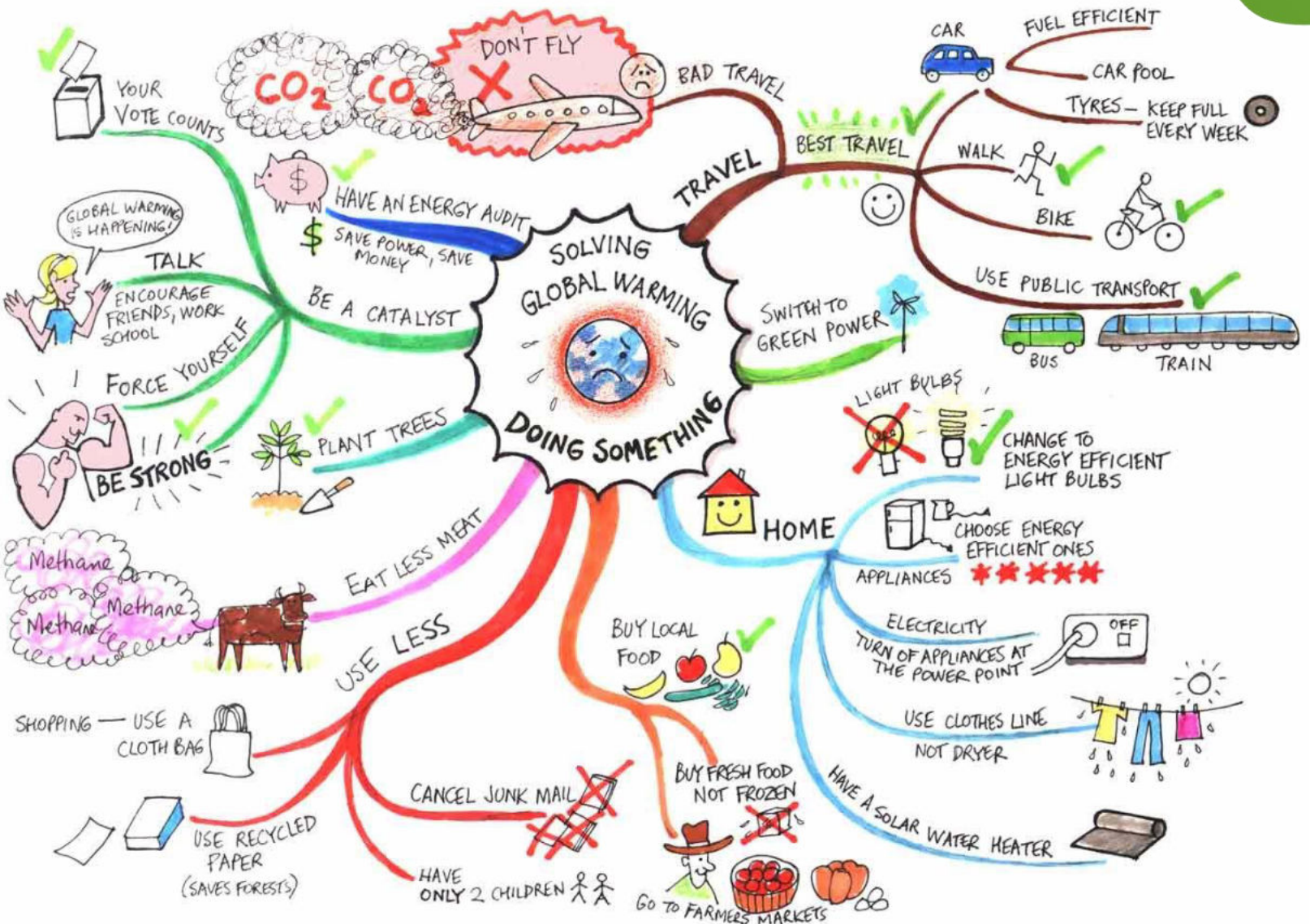
The activity encourages critical thinking, shared perspectives, ownership and empathy.

Mind Mapping

Mind mapping is a visual thinking tool that helps represent the essential elements of a complex topic, and see the big picture.

Use this simple, creative method to explore personal climate actions.

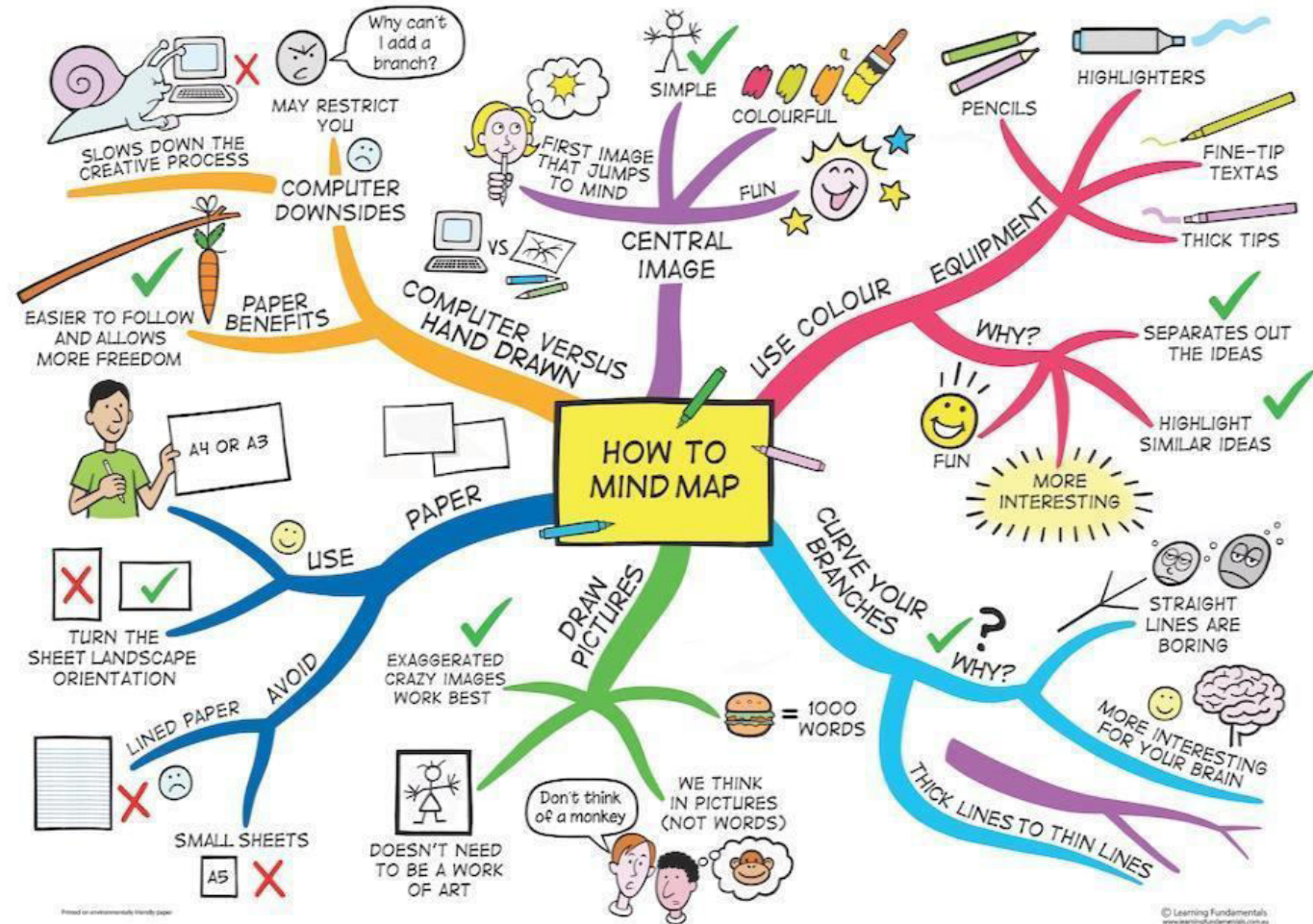
The activity encourages reflection and ownership of ideas in a visual, engaging format.



Create a Mind Map: My Climate Actions



- **No artistic skill needed**—just organize ideas creatively!
- Take a **blank sheet** (in a landscape position).
- Write the **main topic in the center**.
- Add **branches for key areas**: Home, Food, Travel, Shopping...
- Use **short phrases and keywords** to keep it clear.
- Add **sub-branches** with ideas, habits, or examples.
- Add **colors, icons, or simple drawings** to make it engaging.



Brainstorming



- Have you heard of the phrase: “**The best way to have a good idea is to have lots of ideas**”? It belongs to Linus Pauling and describes the essence of **Brainstorming**.
- This is a method that helps generate **many creative ideas** for all types of problems, from which you can choose those that work best for you.
- Brainstorming sessions are **purposefully short and intense**, because the limitation of time makes participants more focused and productive.
- **You need:** sheets of paper or sticky notes, pens for all participants and a stopwatch for the facilitator.



Brainstorming Rules

**BUILD ON
the ideas
of others**



Be VISUAL



**Go for
QUANTITY**



NO judgement



**Stay focused
on the TOPIC**



**ONE
conversation
at a time**



**Encourage
WILD ideas**



Brainstorming Task



List as many uses as possible of
PAPER CLIPS you can think of.



You have 2 minutes.
Ready? Start!



Brainstorming Task



**How many ideas
have you listed?**

- **3-5** - Good!
- **6-9** - Very good!
- **10-15** - Excellent!
- **More than 15** – Fantastic!

**Some of the most popular
uses of a paper clip include:**

- repairing a zipper,
- fixing glasses,
- toothpick,
- cleaner,
- keyholder,
- picklock (master key),
- necklace / bangle,
- resetting a phone,
- stick,
- antenna,
- fishing hook,
- bookmark,
- opening an envelope,
- keeping food packages closed,
- hanging objects,
- linking chains,
- making holes,
- etc.



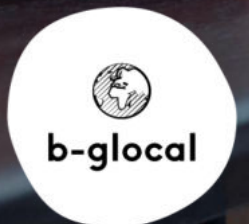
Brainstorm creative reuse and upcycling ideas of various commonplace objects:

- Glass bottle
- Shoe box
- Plastic bag
- Drinking straws
- Newspapers
- Tin cans
- Cups
- Buttons
- Old t-shirt...



Climate Action World Café

- **The World Café** is a rotating **small-group discussion method** that encourages deep, inclusive dialogue on key questions.
- Set up **small tables** (4–6 people) with **paper and markers**. Prepare **coffee and cookies** for a nonformal atmosphere.
- Prepare open-ended **climate questions** (1 per table), like:
How to help the environment by: table 1: **Reducing waste**, table 2: **Sustainability at home**, table 3: **Resource efficiency**, table 4: **Responsible consumption?**
- Allow **15–20 minutes discussion** per round. Then invite participants to **rotate to a new table**.
- Encourage everyone to **write or draw ideas** on the paper.
- A person stay as a **table host and summarizes notes** from the previous rounds for the new participants.
- Group harvest: After all rounds, table hosts **share key insights**..
- Ideal for tapping into **collective wisdom**, encouraging participation, and exchanging perspectives, sharing local knowledge.



Using 6 Thinking Hats To Change Perspectives

[The 6 Thinking Hats](#) is a creative method for problem-solving developed by Edward de Bono in 1986.

Each hat represents a way of thinking. Changing hats helps change the perspective, explore problems and solutions and discover options that could be overlooked.

Each hat asks questions:

WHITE HAT –
THE DETECTIVE



What are the facts?
Present the problem to be solved in a neutral and unbiased way.

GREEN HAT –
THE SPROUT



What are the solutions and alternatives?
List all creative ideas and out-of-the-box solutions.

YELLOW HAT –
THE SUN



What are the positives of each option?
Think of strengths, benefits, and opportunities.

BLACK HAT –
THE JUDGE



What are the problems and risks? What could go wrong?
Consider difficulties, weaknesses, and bottlenecks.

RED HAT –
THE HEART



How do you feel about this? What does your gut feeling say?
Use your instincts, emotions, biases and intuition.

BLUE HAT –
THE DIRECTOR



What have you learned?
Summarize the findings, progress and conclusions.

Example: How to Create A Green Community Campaign?



What are the goals of the campaign?

What benefits can the campaign bring to the community?

What resources are available?

How will we plan, organize, and measure success?



Try it: How to Create A Greener Community?

6 Thinking Hats Problem-Solving Exercise

- **WHITE HAT (FACTS & INFORMATION):** What do we know about our community's energy use, waste habits, green spaces, and climate-related challenges?
- **RED HAT (FEELINGS):** How do we feel about climate change and the state of our environment? Proud, worried, hopeful?
- **BLACK HAT (CAUTION):** What might be the barriers or risks in trying to make the community greener? Are there health, cost, or access concerns?
- **YELLOW HAT (POSITIVITY):** What benefits could climate-friendly changes bring—better health, lower bills, stronger community bonds?
- **GREEN HAT (CREATIVITY):** What simple, creative ideas we could try—like community gardens, repair workshops, or shared composting?
- **BLUE HAT (BIG PICTURE & PROCESS):** How do we organize and move forward with our ideas? What's the first small step we could take together?

Learning Outcomes for Participants

After the B-GLOCAL workshops, seniors will be able to:

- Understand the local and global dimensions of climate change.
- Identify key climate policies and initiatives.
- Critically assess environmental information.
- Adopt climate-neutral habits in everyday life.
- Feel empowered as agents of change.
- Reflect on personal responsibility.
- Engage with peers on climate topics.





b-glocal

Suggested Follow-Up Community Activities





From Awareness to Action: Inspiring Climate Engagement with Seniors

- The B-Glocal workshops are **just the beginning of the journey**. Now that participants have built a foundation of awareness, knowledge, and concern about the climate, it's time to **ignite personal transformation** through a **shift in mindset and everyday habits**.
- Connect climate topics to their personal lives and values. Encourage small, manageable habit changes that feel meaningful in their daily routines. Spark curiosity and creativity by inviting seniors to co-create ideas for greener living. Personal stories and reflections can help deepen their emotional connection to nature and future generations.
- **Keep the momentum** going with hands-on group activities and shared learning experiences. Help learners see themselves as local role models who can lead by example and **amplify their impact within the community**. Support them in taking the next step—engaging neighbors, families, or local clubs in small-scale climate actions. **Celebrate their progress**, and let their impact inspire new circles of change.
- **In the next slides you will find examples of follow-up activities for this.**



Hiking

Organize **eco-friendly hikes** for bird watching, plant observation, and **responsible foraging** of seasonal fruits, herbs, mushrooms or nuts.

These slow-paced, mindful outings **connect learners with nature**, encourage physical activity, and promote respect for local biodiversity and ecosystems.





Guide learners to **map out local eco-friendly spots** (recycling stations, farmers' markets, composting sites, swap shops, parks). This helps them **discover sustainable options** in their area and promotes local engagement.



Eco Mapping



Campaigns

Launch a local **tree planting campaign** or a **clean-up** of parks, riversides, or urban areas. These collective efforts not only improve the environment but also build community spirit and show the power of small, local actions against climate change.

A man with a mustache, wearing a checkered cap and glasses, is seated in a chair. He is holding a red vintage camera with both hands, looking down at it. He is wearing a light blue denim jacket over a white t-shirt. The background is a cluttered room with various items on shelves, including a black hat, a yellow vase with flowers, and a red camera. The overall scene suggests a workshop or a store where old items are being repurposed or sold.

Second Life for Old Staff

Encourage learners to explore **second-hand shops, community swaps, or garage sales** as eco-friendly alternatives to buying new.

Organize a group visit to **a local thrift store** or host a **clothing/item swap** to spark discussions on reducing waste, saving resources, and embracing circular economy habits.



b-glocal



Treasure Hunt

Challenge adult learners with a fun, interactive outdoor **eco-themed treasure hunt**.

Hide **clues or eco-tips** in local parks or neighborhoods, leading participants to discover sustainable practices

This promotes teamwork, physical activity, and **hands-on learning about the local environment**.



Engage learners in planning and running a **local food and clothing donation initiatives**.

Collect surplus, non-perishable, or homegrown food and deliver it to nearby shelters or food banks.

This activity promotes sustainability by **reducing food waste** and strengthens **community solidarity** through meaningful action.

Add a **clothing donation corner** to gather gently used clothes, giving old garments a second life and supporting those in need while reducing textile waste.

Donation Campaign





Composting



Teach seniors the **basics of composting** through simple, hands-on demonstrations using kitchen scraps and garden waste. Encourage them to **start their own family compost bin** or initiate a **community compost corner** with neighbors. Composting not only reduces waste but also creates a sense of contribution and connection to nature's cycles. Encourage seniors to join or establish a **composting community**.

Organize hands-on cooking sessions using local, seasonal, or leftover ingredients to promote low-waste and climate-friendly eating.

Spice things up with a fun **Eco-Chef Battle**, where learners compete in teams to create delicious, sustainable dishes.

It's a flavorful way to link climate action with daily habits!

Cooking



b-glocal

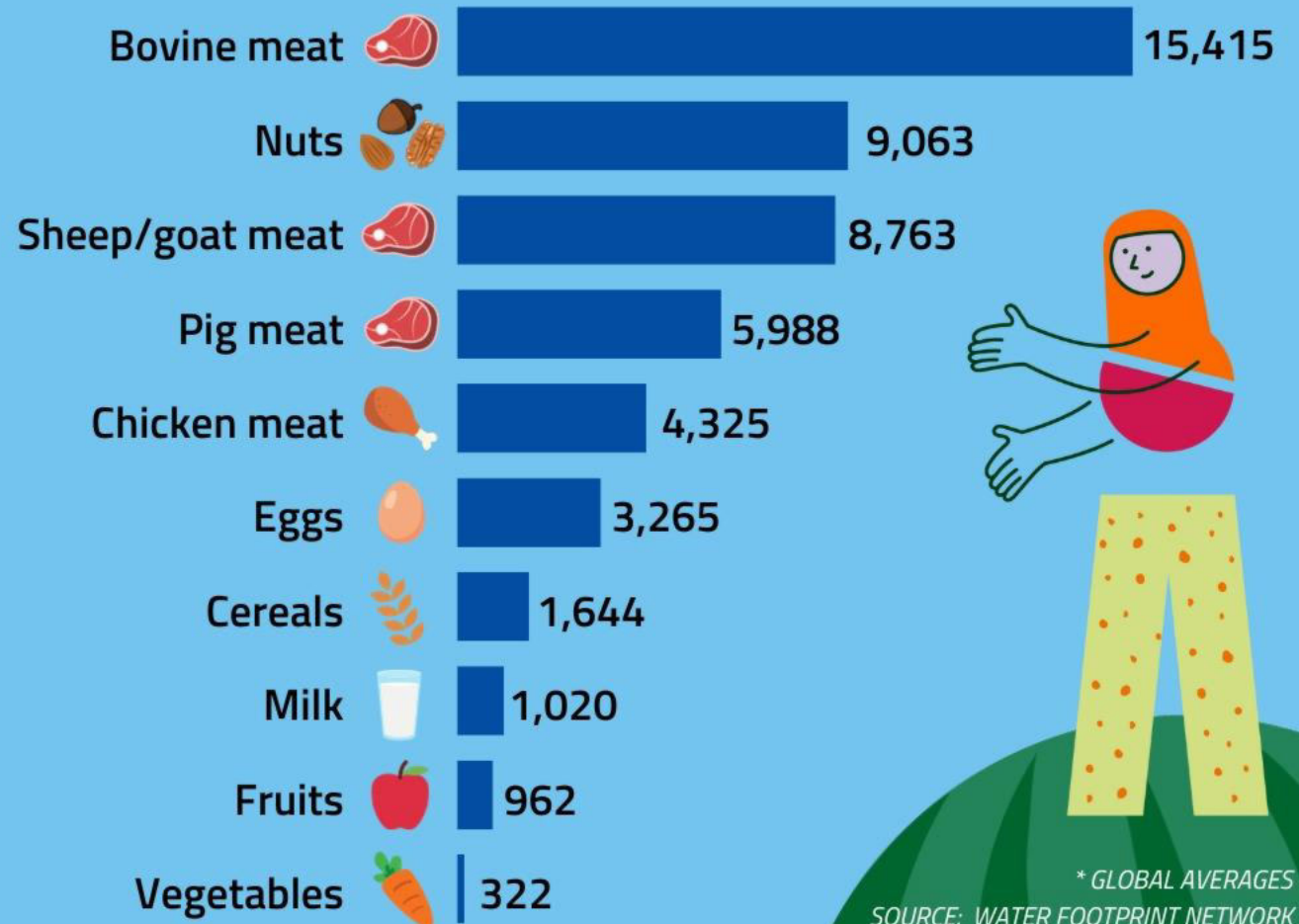
Cooking is a good starting point for eco discussions.

It helps raising awareness around dietary preferences and the impact of food on environment, as well as on human health.

Refer to proven facts and ask seniors to check the [Double Pyramid of Food and Environment](#) and [rethink what's on their plate.](#)

Water footprint of food

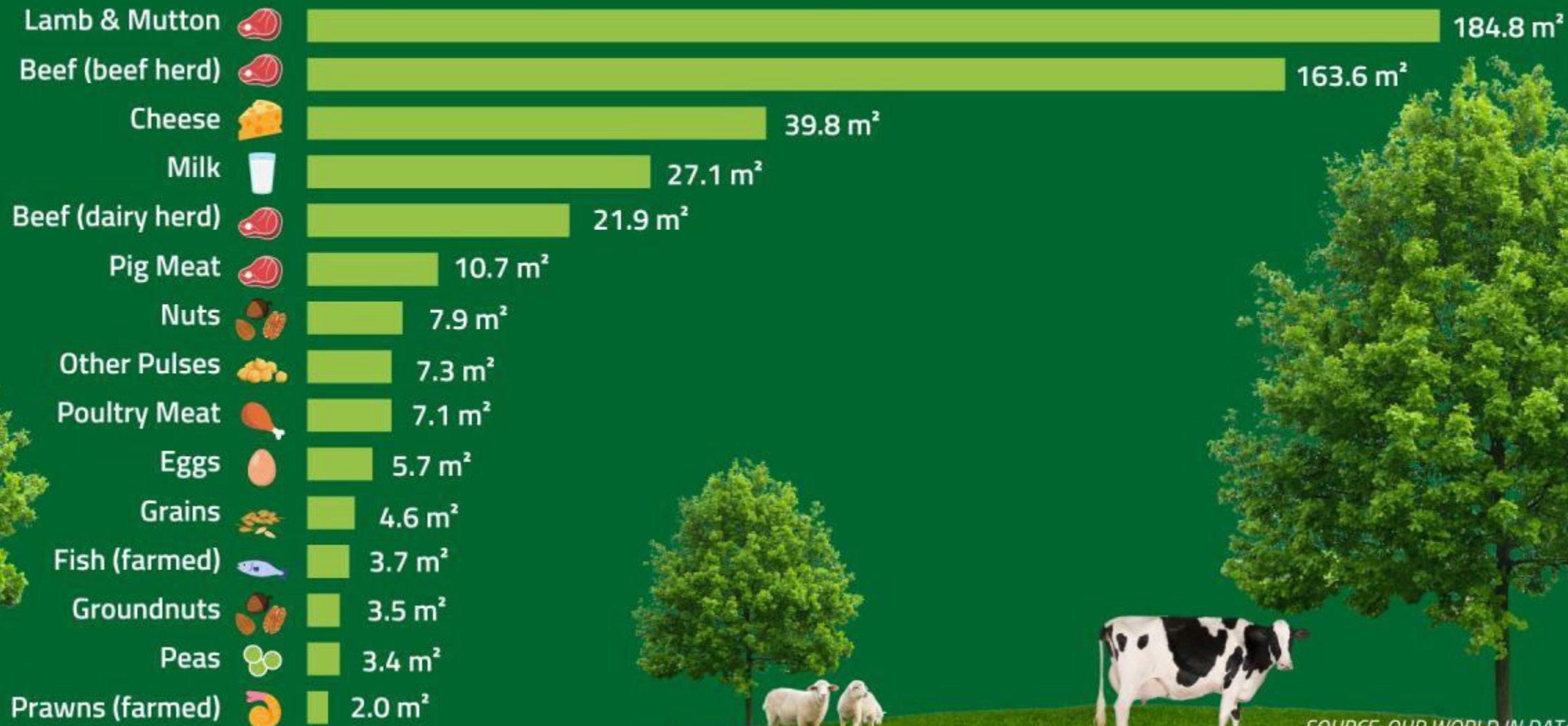
Liters of water required to produce one kilogram of the following food products*



* GLOBAL AVERAGES
SOURCE: WATER FOOTPRINT NETWORK

Land use per 100 grams of protein

Land use is measured in meters squared (m²) per 100 grams of protein across various food products.





Gardening

Engage learners in **creating or joining a small garden**—whether in a backyard, balcony, or shared community space.

Facilitate a **balcony gardening** project teaching basic principles of growing herbs, vegetables, or pollinator plants.

Gardening offers hands-on learning about **biodiversity, composting, and seasonal cycles**, while promoting well-being, teamwork, and a deeper connection to nature.

Eco Cleaning

Organize a hands-on session where learners make their own **natural cleaning products, beeswax wraps, or upcycled crafts** to reduce household waste and chemicals.



b-glocal



b-glocal

A photograph of an elderly man with grey hair and a beard, wearing a light blue shirt, focused on painting a wooden chair. He is using a red-handled brush to apply white paint to the seat of the chair. The background shows a blurred interior with other wooden chairs and a mirror.

Art & Craft Activities

Invite seniors to give **new life to old furniture or household items** and transform them through simple repair and **creative upcycling**. Whether it's repainting a chair or turning jars into lanterns, these hands-on projects promote reuse, reduce waste, and spark pride in giving old things new life.



Art & Craft Activities

Engage participants in expressive, hands-on activities like **patchworking, reviving old clothes, or crafting accessories** from fabric scraps.

Celebrate creations with a **Sustainable Fashion Show or Eco-Art Exhibition** — boosting creativity, confidence, and community while promoting circular fashion and mindful consumption.

Host a **movie watching** featuring an inspiring environmental film, followed by a **group discussion**. Wrap up the session with a **creative writing activity** using motivational quotes —invite learners to write short reflections, insights and personal commitments.



Movie Discussion





Time Capsule



Invite seniors to create time capsules with their eco messages, lessons learned, or personal pledges for future generations.

Discuss:

- **What message they want to send?**
- **What format will capture their message most powerfully (letter, drawing, audio, video...)?**
- **When the capsule should be opened (in 10, 20, or 50 years) and where it should be kept?**
- **How to preserve (in a bottle, tin can, plastic box, thermos...)?**

This reflective and creative activity connects personal experience with long-term environmental hope.


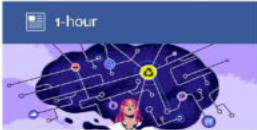



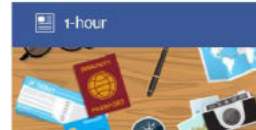

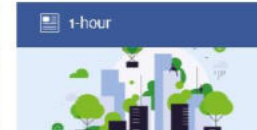
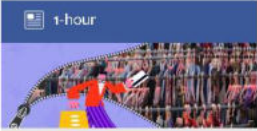








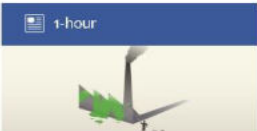
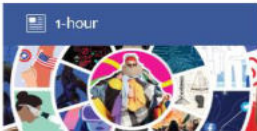
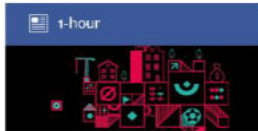
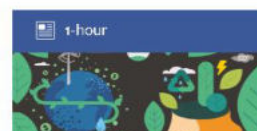


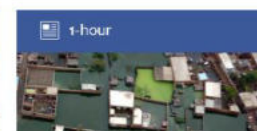
Useful and inspiring resource on climate education

The Economist Topical Talks



The Economist EDUCATIONAL FOUNDATION **TOPICAL TALK**

RESOURCES FESTIVALS ▾ PRIZES ▾ EVENTS ABOUT SIGN UP LOG IN

 <p>1-hour</p> <p>Wildfires: prevention v management</p> <p>28 February 2025</p>	 <p>1-hour</p> <p>AI and sustainability: difficult choices</p> <p>10 January 2025</p>	 <p>1-hour</p> <p>Ocean conservation: Iceland's whaling licence</p> <p>05 July 2024</p>	 <p>1-hour</p> <p>Tuvalu: a digital country?</p> <p>20 May 2024</p>	 <p>1-hour</p> <p>The world's most liveable cities in 2023</p> <p>21 July 2023</p>	 <p>1-hour</p> <p>Post-pandemic: the return of tourism</p> <p>14 July 2023</p>	 <p>1-hour</p> <p>Lab-grown meat</p> <p>07 July 2023</p>	 <p>1-hour</p> <p>Earth day: tougher climate laws?</p> <p>31 March 2023</p>
 <p>1-hour</p> <p>Fast fashion: should it be banned?</p> <p>05 April 2024</p>	 <p>1-hour</p> <p>Eco-anxiety</p> <p>19 January 2024</p>	 <p>1-hour</p> <p>COP28: investigating numbers</p> <p>10 November 2023</p>	 <p>1-hour</p> <p>Climate change: extreme temperatures</p> <p>17 August 2023</p>	 <p>1-hour</p> <p>Plastics and the planet</p> <p>24 March 2023</p>	 <p>1-hour</p> <p>The circular economy</p> <p>17 March 2023</p>	 <p>1-hour</p> <p>Nuclear power: reputation v reality</p> <p>03 March 2023</p>	 <p>1-hour</p> <p>Sustainable living: building biodiversity</p> <p>15 February 2023</p>
 <p>1-hour</p> <p>Sustainability and sports</p> <p>01 February 2023</p>	 <p>1-hour</p> <p>Greenwashing</p> <p>18 January 2023</p>	 <p>1-hour</p> <p>2022 news review</p> <p>30 November 2022</p>	 <p>1-hour</p> <p>World Cup: the legacy of big events</p> <p>16 November 2022</p>	 <p>1-hour</p> <p>COP27: is it sustainable?</p> <p>02 November 2022</p>	 <p>1-hour</p> <p>The global food crisis</p> <p>12 October 2022</p>	 <p>1-hour</p> <p>Space: a positive human future?</p> <p>05 October 2022</p>	 <p>1-hour</p> <p>Floods in Pakistan: sustainable solutions</p> <p>21 September 2022</p>

Useful and inspiring resource on climate education

Ellen Macarthur Foundation Learning Resources



Circular economy ▾ Our work ▾ About us ▾ En 🔍



Learning resource
Circular Business Training for the Furniture Sector

Education Design



Learning resource
MOOC - Circular Fashion: Design, Science and Value in a Sustainable Clothing Industry

Education Fashion



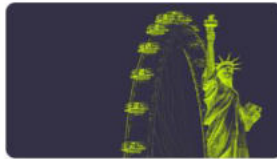
Learning resource
MOOC - Circular Economy for a Sustainable Built Environment

Education



News | Learning resource
Do you want to learn more about the circular economy? Join our new course

Education



Publication
The circular economy in higher education

Insights from course offerings in London and New York

Education



Publication
Complexity Module
This introduction to Complexity is a great way to develop systems thinking skills

Education



Article
Driving the circular economy on a university campus

Designing out waste with a complex, multi solution approach

Education



Collection
Higher education resources

A good starting point if you're looking to introduce the circular economy into any discipline and...

Education



Learning resource | Toolkit
Circular economy teaching resources on TES

View our full collection of resources designed to help educators find the tools they need to teach...



Toolkit
Action Learning Set Toolkit

A structured learning method which enables small groups to address complex issues.

Education Business



Learning resource
How we make stuff
Can we do things differently?

Education



Article
How history has forged the path to a circular economy

Education



Learning resource
Lego: Build the Change Courses

(Age range 7-12) Free Learning through Play materials designed to engage children in sustainability...

Education



Article
Circular economy direction of travel statement for London's higher education institutes

London has taken a leading role in tackling climate change. It is the first city to commit to being...

Education



Learning resource
Future of Cities Course
An introduction to cities and the circular economy

Education



Learning resource
Lesson 6: Redesigning Plastics

Education

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United Nations Climate Action Resources



Climate Action

Search



A-Z Site Index

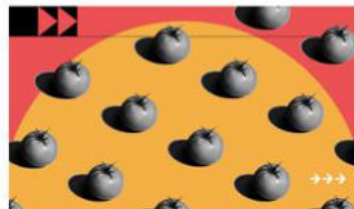
- Home
 - Science
 - Solutions
 - Get Involved
 - Events
 - Resources
- What is Climate Change Myth Busters Reports Fast Facts Explainers

Explainers: Transforming climate issues into action



Energy

Learn more about why the shift to renewables is our only hope for a brighter and safer world.



Food

What we eat, and how that food is produced, affects our health but also the environment.



Health

Find out how measures to tackle the climate crisis bring enormous gains in terms of public health.



Land

Learn how land plays a key role in the climate system as an essential carbon sink, regulating the planet's temperature.



Ocean

Here are a few reasons we need to safeguard the ocean as our best ally for climate solutions.



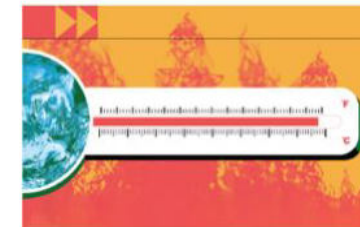
Biodiversity

Find out how protecting the world's biodiversity is essential for limiting carbon emissions and adapting to climate impacts.



Human security

Extreme weather can trigger competition over resources, exacerbate inequalities, and force people to move. But solutions exist.



1.5°C

Every fraction of a degree of warming matters. The average surface temperature currently is about 1.2°C above the 1850-1900 average. Why is it so important to not exceed 1.5°C?



Water

Water and climate change are inextricably linked. Learn more about how climate change affects the world's water.



Women

Women and girls are on the frontlines of the climate crisis and uniquely situated to drive action. Find out why it's time to invest in women.



Plastics

Almost all plastics are made from oil and gas, contributing to carbon emissions. Plastic waste is also harmful to nature and human health. Find out what the UN is doing to end plastic pollution.

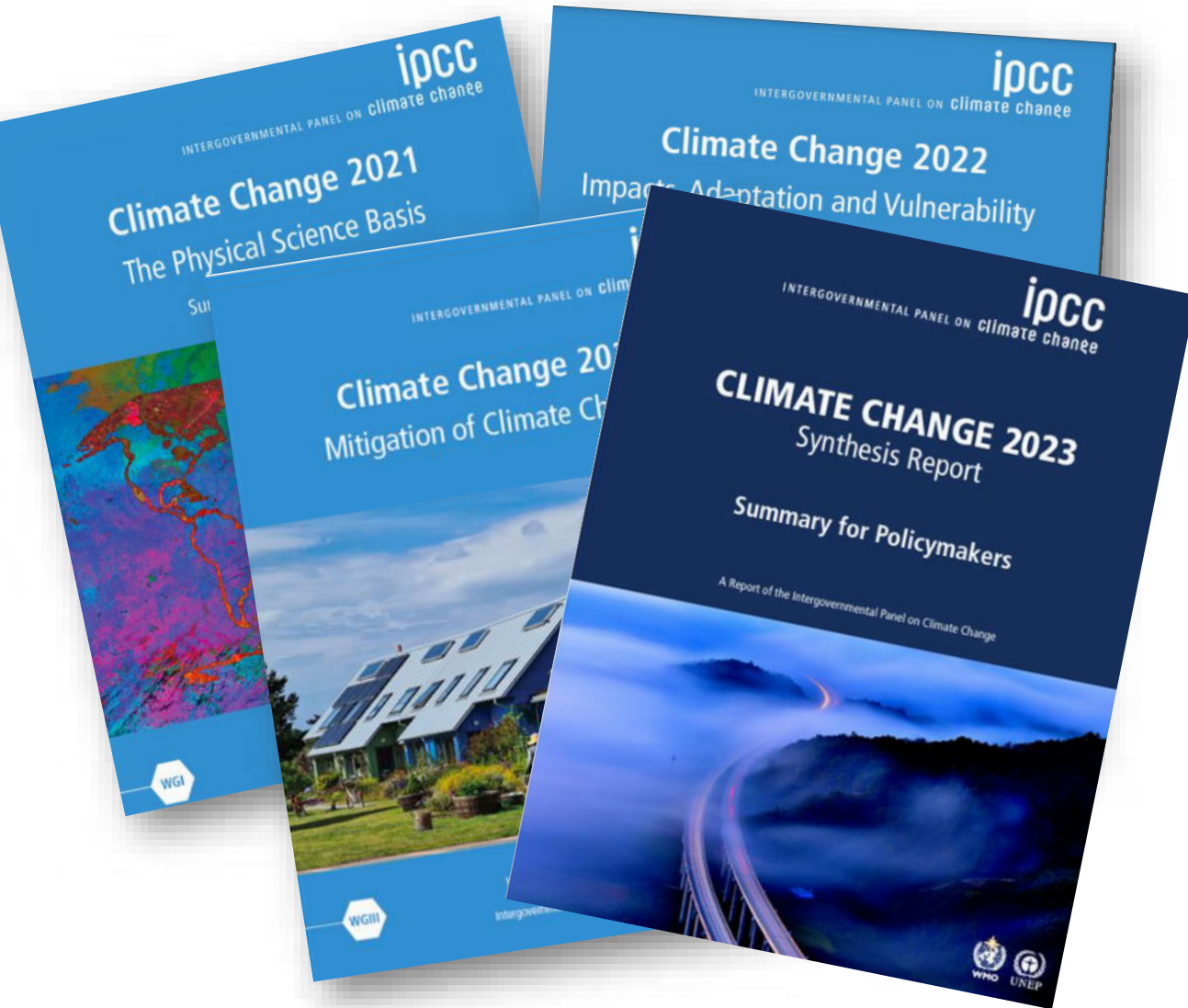


Greenwashing

Learn about greenwashing, why it is an obstacle to tackling the climate crisis, and what you can do about it.

Useful and inspiring resource on climate education

The Intergovernmental Panel on Climate Change



- **IPCC is a United Nations' body** established in 1988 by the United Nations that assesses the latest scientific knowledge on climate change.
- Its reports provide **reliable, globally recognized science-based information** on the causes, impacts, and potential solutions to climate change.
- It helps governments, businesses, and communities **make informed decisions and shape climate policies.**

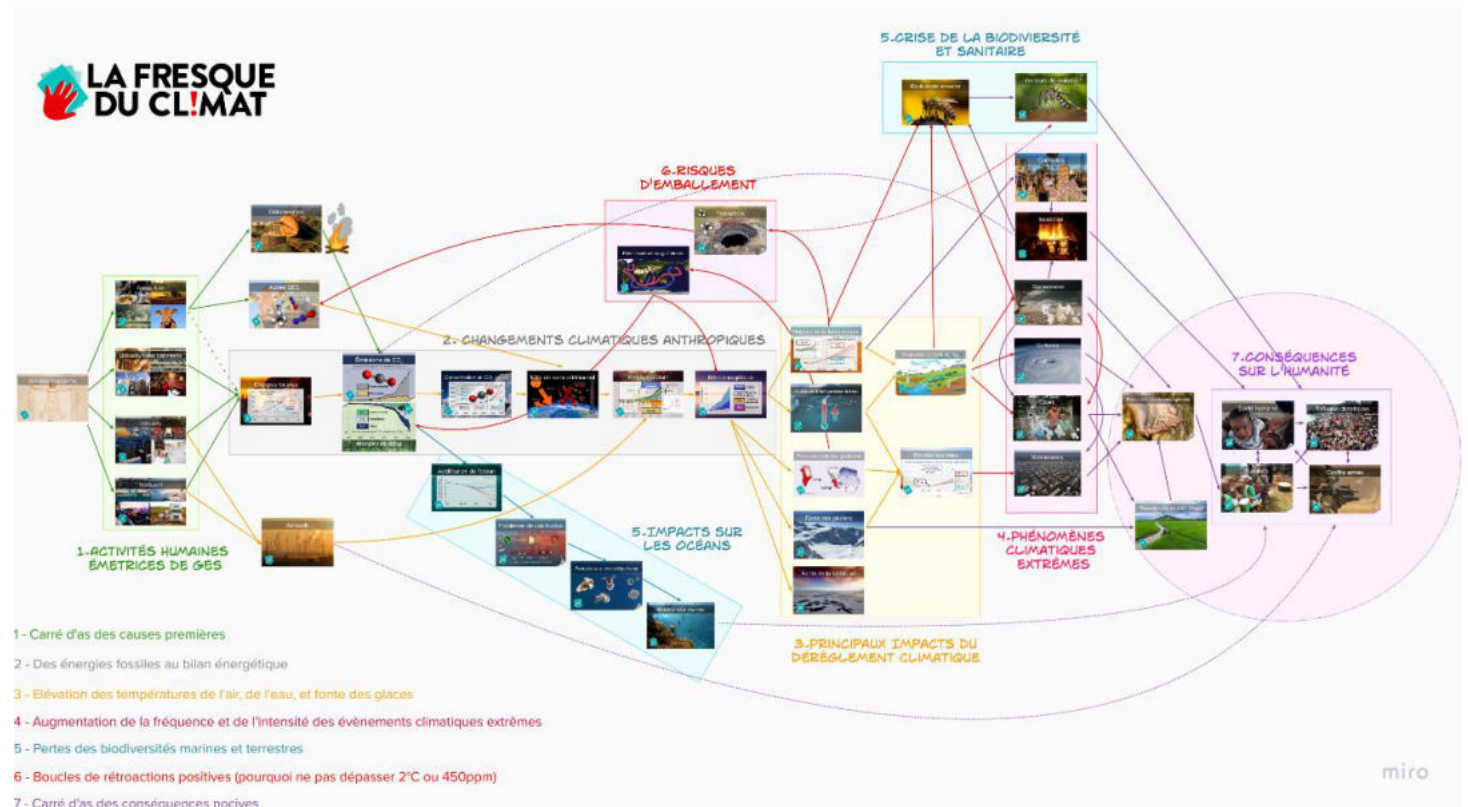
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Climate Fresk Game

The Climate Fresk is a **collaborative serious game**, created in 2015 by Cédric Ringenbach to raise public awareness about climate change, using the information from the IPCC reports. The game is **based on 42 cards** which participants have to order logically in a fresk.

As of 2025, **over 2 million people globally** have participated in the workshops physically and online in **167 countries** in 45+ languages, and **90,000+ facilitators** have been trained to use the game.



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Step Zero – inspiration for climate action



STEPZERO

Home

Explore the library

Creators Spotlight

Explore by theme

Fashion

Food

Home

Lifestyle

Travel

Chapters

Sustainability 101

My actions DO make a difference

Inspire your Followers

Navigate Misinfo & Greenwashing

Tips & Tricks on Climate Communication

About Step Zero



I'm just one person, what can I do?

Join Dr. Katharine Hayhoe, an atmospheric scientist, to tackle the big question: Can one person really make a difference in climate change?

Tag: [Individual Actions](#) **Time:** 8min

Format: Video

[View](#)



Do individual actions against climate change matter?

While big companies play a role in food waste, did you know 48% of total food waste happens behind closed doors in our homes?

@itschefalison discusses how we can do good for ourselves while cutting food waste.

Tag: [Eat Better](#) [Individual Actions](#) [Lifestyle](#) [Peer Example](#) [Reduce Waste](#)

Time: 3min **Format:** Video

[View](#)



Small steps, big impact: Navigating sustainable choices

Join the journey of sustainable living. While a reusable mug may not save the planet alone, it sparks the mindset for collective change.

Tag: [Individual Actions](#) [Peer Example](#)

Time: 1min **Format:** Video

[View](#)



Thank you!

