

01

HIDDEN LIFE

STAGE	Beginning
METHOD	Object exploration
AGE	6 – 10

YOU NEED

One transparent jar filled with approximately 100 g of healthy soil.

ACTIVITY

Place the jar in the centre of the group and invite participants to guess how many living organisms live inside. Collect all ideas before revealing that millions, or even billions, of organisms can inhabit such a small amount of soil.

02

LIVING NETWORK

STAGE	Beginning
METHOD	Network building
AGE	6 – 14

YOU NEED

Species cards and one ball of yarn.

ACTIVITY

Give every participant one plant, animal or fungus. Starting with one species, connect participants with yarn whenever two organisms depend on each other. Continue until a living web fills the room and invite everyone to observe the connections they have created.

03

HONEY JOURNEY

STAGE	Beginning
METHOD	Estimation game
AGE	6 – 10

YOU NEED

One jar of honey.

ACTIVITY

Show the jar and ask participants how many flowers bees had to visit to produce it. Encourage wild guesses before revealing the approximate number. Discuss how many invisible interactions are needed to create something as ordinary as a spoonful of honey.

04

CANDIDATE FOR SURVIVAL

STAGE	Main
METHOD	Group investigation
AGE	6 – 14

YOU NEED

One picture or poster of a plant, animal, fungus or habitat for each group.

ACTIVITY

Every group investigates one candidate by answering four questions:
 What is it?
 What threatens it?
 Why is it important?
 What can people do to protect it?
 Present the findings to the rest of the participants.



05

FOREST INTERNET

STAGE	Beginning
METHOD	Story object
AGE	10 – 14

YOU NEED

A piece of rotten wood, a mushroom or another object showing decomposition.

ACTIVITY

Place the object in the middle of the group and invite participants to observe it closely. Introduce fungi as nature's recycling system and explain how underground fungal networks connect trees and transport nutrients throughout the forest.

06

BIODIVERSITY ROLE PLAY

STAGE	Main
METHOD	Role play
AGE	10 – 14

YOU NEED

Species or habitat cards for each participant or group.

ACTIVITY

Each participant or group takes on the role of a species in an ecosystem. Act out how your species meets its needs, interacts with others and responds to changes. Explore what happens when one species disappears or when the ecosystem is out of balance. Discuss what this reveals about dependence and resilience in nature.

07

LIVING SOIL – DEAD SAND

STAGE	End
METHOD	Comparison
AGE	6 – 10

YOU NEED

One jar with healthy soil and one jar with clean sand.

ACTIVITY

Place both jars next to each other and ask participants which one can support life and why. Compare the two and discover together what makes an ecosystem alive.

08

BIODIVERSITY WALK

STAGE	End
METHOD	Observation walk
AGE	6 – 14

YOU NEED

Access to an outdoor space.

ACTIVITY

Spend five minutes silently exploring the surroundings. Every participant tries to notice as many different forms of life as possible. Return to the group and share the observations.



09

NATURE ADVOCATE

STAGE	Main
METHOD	Role play
AGE	6 – 10

YOU NEED

One species or habitat card for each participant or group.

ACTIVITY

Each participant or group becomes the voice of one species or habitat. They prepare a one-minute speech explaining why their candidate deserves protection and present it to the group.

10

ONE PROMISE FOR NATURE

STAGE	Main
METHOD	Role play
AGE	6 – 14

YOU NEED

Paper and pens for each participant.

ACTIVITY

Each participant thinks about one small but meaningful action they can take to protect biodiversity. It can be something they already do or something new they want to start. Everyone writes their promise on a piece of paper, then shares it with the group. Create a "Promise Wall" together and take a photo as a reminder of your commitments to nature.

11

CLIMATE OR WEATHER?

STAGE	Beginning
METHOD	Human sorting
AGE	6 – 14

YOU NEED

Two signs: Climate and Weather.

ACTIVITY

Read different statements aloud, such as "It rained yesterday" or "Summers in our country are usually hot". Participants move to the sign they think is correct. After each round, discuss the difference between weather and climate.

12

THE GREENHOUSE

STAGE	Beginning
METHOD	Theatre
AGE	6 – 14

YOU NEED

Nothing.

ACTIVITY

One participant becomes the Sun, several become Earth and a few become greenhouse gases. The Sun sends imaginary heat towards Earth. As more greenhouse gases surround the planet, they stop the heat from escaping. Freeze the image and discuss what happened.



13

CARBON TAG

STAGE	Beginning
METHOD	Movement game
AGE	6 – 14

YOU NEED

Green and red ribbons.

ACTIVITY

Some participants become CO₂ molecules trying to tag everyone else. Trees can save one player at a time by touching them. After one round, remove some trees and add more CO₂ players. Compare both experiences.

14

EXTREME WEATHER

STAGE	Main
METHOD	Movement game
AGE	6 – 14

YOU NEED

Cards with different weather events.

ACTIVITY

Participants move freely around the room. When the facilitator calls out heatwave, storm, drought or flood, everyone must quickly create a body pose or small group sculpture representing that event. After each round, discuss how extreme weather affects people, animals and ecosystems.

15

CLIMATE TIMELINE

STAGE	Main
METHOD	Human timeline
AGE	6 – 14

YOU NEED

Event cards and a rope.

ACTIVITY

Stretch a rope across the room as a timeline. Participants receive cards showing natural climate events and human activities and place themselves where they think they belong. Together explore how climate has always changed and why today's changes are different.

16

THE INVISIBLE ATMOSPHERE

STAGE	Main
METHOD	Role play
AGE	6 – 14

YOU NEED

Nothing.

ACTIVITY

One participant becomes Earth while others represent sunlight, greenhouse gases and reflected heat. By changing their positions, the group creates different frozen images showing how the atmosphere traps heat. Invite participants to explain what they observe before discussing the greenhouse effect.



17

WATER FOOTPRINT

STAGE	Main
METHOD	Estimation game
AGE	6 – 14

YOU NEED

Cards showing everyday products.

ACTIVITY

Groups estimate how much water is needed to produce different products such as jeans, apples or smartphones. Arrange the objects from lowest to highest and reveal the surprising answers together.

19

CLIMATE ACTION STATUES

STAGE	End
METHOD	Theatre Freeze
AGE	6 – 14

YOU NEED

Nothing.

ACTIVITY

Small groups create silent statues showing either a world affected by climate change or a world where people take positive action. The audience interprets the image and identifies one hopeful action they can take themselves.

18

ICE MELTING

STAGE	End
METHOD	Body Sculpture
AGE	6 – 14

YOU NEED

Nothing.

ACTIVITY

Participants stand close together to form one large glacier. The facilitator announces rising temperatures and one participant slowly steps away after another. Watch how the glacier changes and reflect on what melting ice means for our planet.

20

CHOOSE YOUR FUTURE

STAGE	Main
METHOD	Decision Path
AGE	10– 14

YOU NEED

Four marked corners or signs.

ACTIVITY

Read everyday choices such as bike or car, repair or buy new, or short or long shower. Participants move to the option they would choose and explain their decision. Others may change their position if convinced.



21

PLASTIC WAVE

STAGE	Main
METHOD	Physical Simulation
AGE	8 – 14

YOU NEED

Plastic bags, paper or fabric strips (optional).

ACTIVITY

Participants spread out and become "waves". Plastic waste is introduced into the space. As the waves move, the plastic becomes entangled with participants representing marine animals. Afterwards, discuss how plastic pollution spreads and affects ecosystems.

22

FAST FASHION CATWALK

STAGE	Main
METHOD	Theatre / Improvisation
AGE	10 – 14

YOU NEED

Old clothes or simple costume items (optional).

ACTIVITY

Participants create exaggerated fashion advertisements and catwalks for "fast fashion". Afterwards, reveal the hidden environmental and social costs behind the clothes and discuss how consumption choices influence sustainability.

23

MICROPLASTIC HUNTERS

STAGE	Main
METHOD	Investigation Game
AGE	8 – 14

YOU NEED

Everyday products or picture cards.

ACTIVITY

Participants investigate different products and try to identify possible sources of microplastics or unnecessary plastic packaging. They classify the items, discuss alternatives and explore how small daily choices can reduce plastic pollution.

24

FUTURE MINISTRY

STAGE	Main
METHOD	Role Play
AGE	10– 14

YOU NEED

Sustainable Development Goals topic cards or self-written themes.

ACTIVITY

Participants become ministers responsible for one sustainability topic. They prepare a short argument explaining why their issue deserves attention and funding before presenting it to the "Ministry of the Future". Afterwards, the group discusses connections between the different topics.



25

ONE WORD CONNECTS US

STAGE	End
METHOD	Circle Reflection
AGE	8 – 14

YOU NEED

Nothing.

ACTIVITY

After different sustainability topics have been explored, participants stand in a circle. One after another they share one word that connects all the themes. Continue until a common message emerges.

26

HUMAN VALUE LINE

STAGE	Beginning
METHOD	Physical Positioning
AGE	10 – 14

YOU NEED

Masking tape or an imaginary line.

ACTIVITY

Read statements such as “Technology will solve environmental problems” or “Everyone is responsible for change”. Participants position themselves along a line from “strongly agree” to “strongly disagree” and briefly explain their choice.

27

CARE CIRCLE

STAGE	End
METHOD	Reflection Circle
AGE	8 – 14

YOU NEED

Nothing.

ACTIVITY

Participants complete the sentence: “Taking care means...” Each participant builds on the previous answer. At the end, connect the responses to sustainability as an attitude of care.

28

LIVING CONNECTIONS

STAGE	Main
METHOD	Human Network
AGE	8– 14

YOU NEED

Ball of string.

ACTIVITY

Participants each represent one sustainability topic (water, education, forests, health, equality, food...). Using a ball of string, they connect topics that influence one another, gradually creating a web. Afterwards, discuss what happens when one part of the network is weakened.



29

LETTER FROM 2050

STAGE	End
METHOD	Creative Writing
AGE	10 – 14

YOU NEED

Paper and pencils.

ACTIVITY

Participants write a short postcard from the year 2050. They describe either a future they hope for or one they want to avoid, and share one concrete action that helped create that future.

30

LIVING SCULPTURE

STAGE	Main
METHOD	Image Theatre
AGE	8 – 14

YOU NEED

Nothing.

ACTIVITY

In small groups, participants create frozen sculptures representing ideas such as “waste”, “cooperation”, “care”, “consumption”, or “future”. Other groups interpret the image before the creators explain their intention. Then transform the sculpture into a sustainable alternative.

