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How to Read and Use This Guide Effectively

This guide is structured to provide a comprehensive framework for implementing the "Ageing Green Project Lesson Modules." Each section corresponds to a day in the four-day program, with detailed lesson plans and activities designed to foster environmental awareness among older adults.

- **Introduction:** Start here to understand the overall goals and themes of the project.

"As stated in "The European Green Deal Communication" the adult education providers along with their adult learners shall

also be engaged with the wider community for making climate neutral by 2050. (Environment and Climate Change) We, as

the partners of this project employing well experienced adult education teachers will focus on Ageing Green lesson

modules and The Recycled Toys Production Handbook for making the seniors taking active actions in fighting against the

climate change. Recycled toys to be made with waste materials such as plastic, cotton and wood will make the seniors

feeling themselves useful, being role models, engaging with wider community for making climate neutral. By the

implementation of the Ageing Green lesson modules and recycled toys trainings, adult learners aged +60 will be taught that

people and the planet are inextricably linked and that we all must care for keeping the planet green. (Active ageing). Making

such recycled toys will certainly encourage elderly bringing their artistic skills alive Hence, art can bring different elders

together, and their culture appreciating in diversity. (Creativity, arts and culture).

Once the Ageing Green lesson modules and recycled toys' production trainings are finished, the adult learners from partner

organizations will take part in making solid links between the environment, society and culture .Time to be spent by the

teachers during the international activities when building the lesson / training contents in harmony will lead the partner

institutions' to enhancing the availability of high quality learning opportunities for adults at certain levels. The created Ageing

Together Lesson Modules and The Recycled Toys Production Handbook implemented on the adult learners at every partner

institution which will eventually advance the institutional skills as well as improving the availability of adult education quality

while boosting adult learners' creativity skills. We have wanted to implement the most efficient project with a strong control

management which ends up in tangible outcomes.”

- **Daily Lesson Plans:** Each day's plan includes specific learning objectives, materials needed, and a step-by-step breakdown of activities. This format helps you to prepare and deliver the content effectively.
- **Materials and Resources:** Make sure to gather all necessary materials listed for each day in advance to ensure smooth execution of the activities.

- **Adjustments and Flexibility:** The guide encourages adapting the timing and activities based on your learners' needs and interests. Feel free to incorporate additional resources and activities to enrich the learning experience.

Agenda Review

We have gone through the following agenda for the "Building the Ageing Green Lesson Modules in Turkey" project:

- **Project Aim:** Develop educational modules focused on environmental awareness for older adults in Turkey.
- **Partnership:** Collaboration between partners from Spain (CEPER Juan Ramón Jiménez), Germany (LernBar Europa e.V.), and the local Burdur Merkez Mehmet Akif Ersoy Public Education Center.
- **Project Activities:**
 - **Day 1: Setting the Stage**
 - Partner introductions, project overview, introduction to the "Ageing Green Lesson" concept, local area tour, task allocation, and group activity (watching "WALL*E").
 - **Day 2: Defining the Modules**
 - Presentation of draft lesson templates, collaborative refinement, and finalization of content format.
 - **Day 3: Building the Modules**
 - Development of an "Ageing Green Handbook" and creation of engaging lesson modules.
 - **Day 4: Ensuring Accessibility**
 - Exploring tools for accessibility, using larger visuals and tactile aids, translating modules, and finalizing updates.
- **Project Deliverables:**
 - Accessible and engaging "Ageing Green" lesson modules.
 - "Ageing Green Handbook" for educators.
- **Expected Outcome:** Equip educators with resources to promote environmental awareness among older adults in Turkey, with the potential to benefit learners across Europe through translated modules.

All the outcomes can be accessed on the website: www.ageinggreen.com

The Ageing Green Project Lesson Modules: A Guide For Adult Education Providers

Project

Overview: This comprehensive handbook equips adult education providers with "The Ageing Green Lesson Modules," a curriculum fostering environmental awareness and sustainable practices among older learners. The program is designed to be delivered over a four-day period, with each day focusing on a specific theme.

Thematic Areas:

- Day 1: Understanding Our Environment (Focus: Explore the interconnectedness of living things and human impact)
- Day 2 & 3: Low-Carbon Lifestyles for Elderly (Focus: Discover practical ways to minimize environmental footprint)
- Day 4: Expanding Your Learning Beyond the Classroom (Focus: Promote community action and lifelong learning)



Daily Lesson Plans:



Day 1: Understanding Our Environment (90 minutes)

- **Learning Objectives:**

- Understand the concept of the environment and its various components.
- Identify the interconnectedness of living things and their impact on each other.
- Recognize human activities that can harm the environment.

- **Materials:**

- Interactive globe or world map
- Pictures depicting diverse ecosystems (forests, deserts, oceans)
- Whiteboard or projector
- Markers or pens
- YouTube video: <https://m.youtube.com/watch?v=QQYgCxu988s>

- **Activities:**

1. **Interactive Exploration (30 minutes):** Using the globe/map, discuss different environments and their unique characteristics. Explore the variety of plant and animal life that thrives in each ecosystem.
2. **Food Chain Activity (30 minutes):** Create a collaborative food chain model on the whiteboard or a large sheet of paper. Learners can draw or use pictures to represent different organisms and their connections. Discuss the flow of energy within the food chain.
3. **Human Impact Discussion (30 minutes):** Engage learners in a discussion about human activities that can harm the environment (pollution, deforestation, resource depletion). Explore the consequences of these actions for ecosystems and human well-being.

Day 2: Low-Carbon Lifestyles for Elderly (180 minutes)



- **Learning Objectives:**
 - Identify areas in daily life where energy consumption can be reduced.
 - Explore strategies to minimize food waste and adopt sustainable food practices.
 - **Materials:**
 - Whiteboard or projector
 - Handout with energy-saving tips (e.g., switching off lights, unplugging unused electronics, using energy-efficient appliances)
 - Information about the environmental footprint of different food groups
 - Ingredients for a healthy vegetarian dish (enough for all learners)
 - Cooking utensils (pots, pans, cutlery)
 - Plates or bowls
 - YouTube video on healthy vegetarian recipes (optional)
 - YouTube video: <https://m.youtube.com/watch?v=pY6fAYkscTY> (optional)
- **Activities: Morning Session (90 minutes):**
 - 1. Energy Audit (30 minutes):** Guide learners through a self-assessment of their home energy consumption. Discuss areas for improvement and the potential impact of their actions.
 - 2. Interactive Learning (30 minutes):** Present learners with various energy-saving scenarios (e.g., replacing traditional light bulbs with LEDs, air-drying laundry vs. using a dryer). Ask them to discuss the advantages and disadvantages of each option, encouraging critical thinking.
 - 3. Community Action Brainstorming (30 minutes):** Facilitate a brainstorming session to identify ways learners can promote energy conservation within their communities (e.g., organizing neighborhood clean-up events, spreading awareness through flyers or social media).

Afternoon Session (90 minutes):

- 1. Dietary Discussion (30 minutes):** Explore the environmental benefits of plant-based diets compared to animal-based products.

Discuss topics like water usage, greenhouse gas emissions, and deforestation associated with meat production.

- 2. Meal Planning Activity (30 minutes):** Guide learners in creating a simple weekly meal plan that incorporates a variety of vegetables and minimizes food waste. This can be done individually or in small groups.

- 3. Composting Introduction (30 minutes):** Introduce the concept of composting as a means to reduce food waste and create a natural fertilizer for gardens. Briefly explain the composting process and its benefits.

Day 3: Low-Carbon Lifestyles for Elderly (Continued) (180 minutes)



- **Learning Objectives:**
 - Recognize the environmental and health benefits of walking and cycling.

- Explore ways to integrate walking and cycling into daily routines.
- **Materials:**
 - Whiteboard or projector
 - Pictures or videos showcasing safe cycling practices
 - Local cycling map (optional, if available)
 - YouTube video on the benefits of cycling (optional)
- **Activities:**

Morning Session (90 minutes):

1. ****Guest Speaker Invitation (45 minutes):**** Consider inviting a local cycling enthusiast or representative from a cycling safety organization to share their expertise on the benefits of cycling and answer questions from learners. This session can also cover safe cycling practices and tips for navigating traffic.

2. ****Safe Cycling Workshop (45 minutes, optional):**** If feasible, organize a practical workshop on safe cycling practices, covering topics such as:

- * Choosing the right bicycle for your needs
- * Essential safety gear (helmet, lights, reflectors)
- * Basic bicycle maintenance
- * Traffic rules and hand signals for cyclists

Afternoon Session (90 minutes):

1. ****Walking and Cycling Discussion (30 minutes):**** Engage learners in a discussion about the environmental and health benefits of walking and cycling. Explore how these activities can reduce reliance on car usage, improve air quality, and promote physical fitness.

2. ****Route Planning Activity (30 minutes):**** Using a local cycling map or online resources, guide learners in planning safe and enjoyable walking or cycling routes in their neighborhoods. This can be done individually or in small groups, considering factors like distance, terrain, and traffic.

3. ****Community Action Planning (30 minutes):**** Encourage learners to brainstorm and plan actions they can take to promote walking and cycling within their communities. This could involve advocating for improved cycling infrastructure, organizing walking groups, or participating in car-free days.

Day 4: Expanding Your Learning Beyond the Classroom (90 minutes)

Beyond the Classroom

- **Learning Objectives:**
 - Identify resources for continued learning about environmental sustainability.
 - Explore ways to get involved in community environmental initiatives.
- **Materials:**

- Whiteboard or projector
- List of environmental organizations and resources (local and online)
- Pictures or videos showcasing community environmental projects
- **Activities:**
- 1. **Resource Sharing (30 minutes):** Provide learners with a list of environmental organizations and resources available in their community and online. This could include local recycling programs, community gardens, environmental education websites, and sustainability publications.
- 2. **Community Action Showcase (30 minutes):** Show pictures or videos highlighting successful community environmental initiatives from around the world. Encourage learners to discuss the projects and brainstorm ideas for similar initiatives that could be implemented in their own communities.
- 3. **Action Planning (30 minutes):** Facilitate a discussion to help learners identify ways they can get involved in environmental action beyond the classroom. This could involve volunteering with local environmental organizations, participating in community clean-up events, or spreading awareness among friends and family.

This lesson plan provides a comprehensive framework for the Ageing Green Project. Remember to adjust the timing and activities based on your learners' needs and interests. You can also incorporate additional resources and activities to create a rich and engaging learning experience.