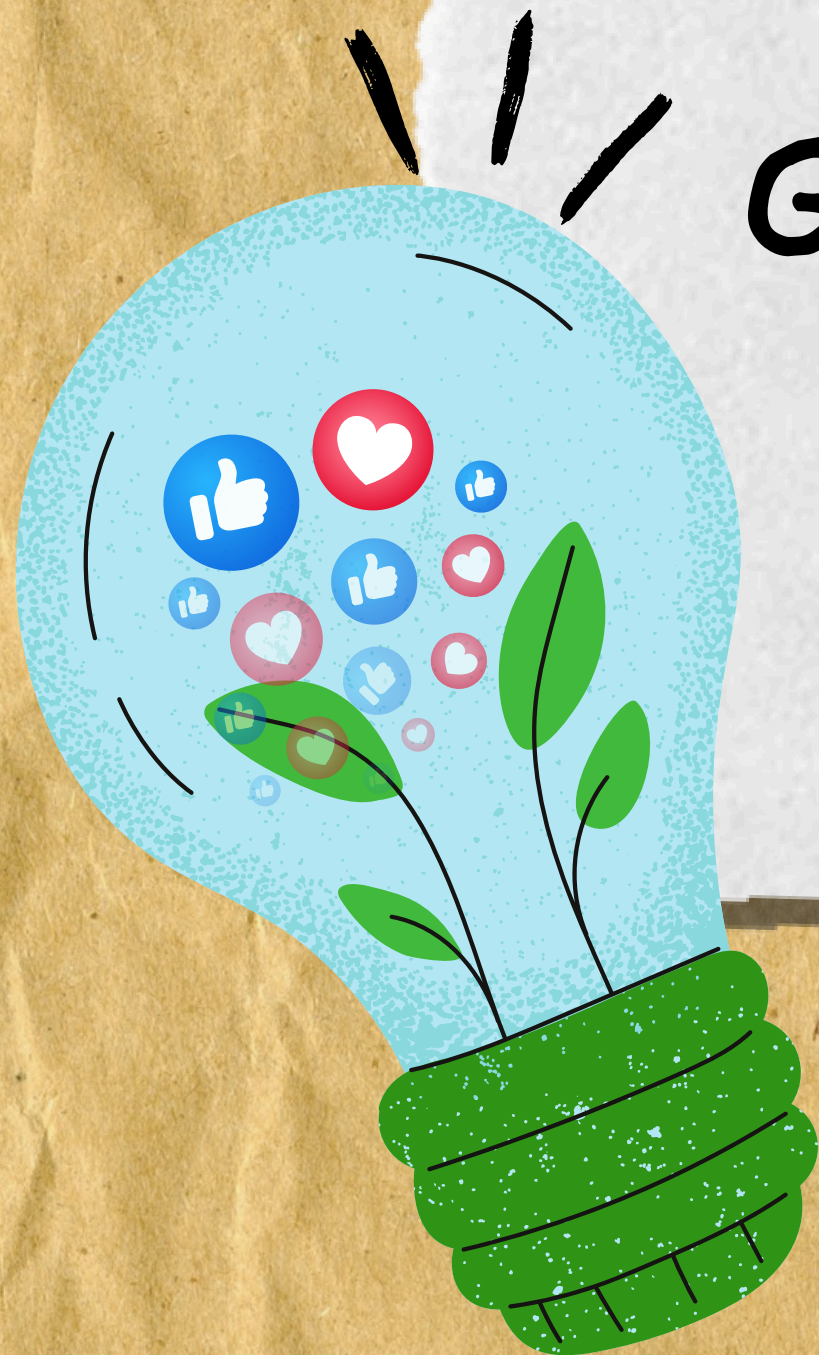


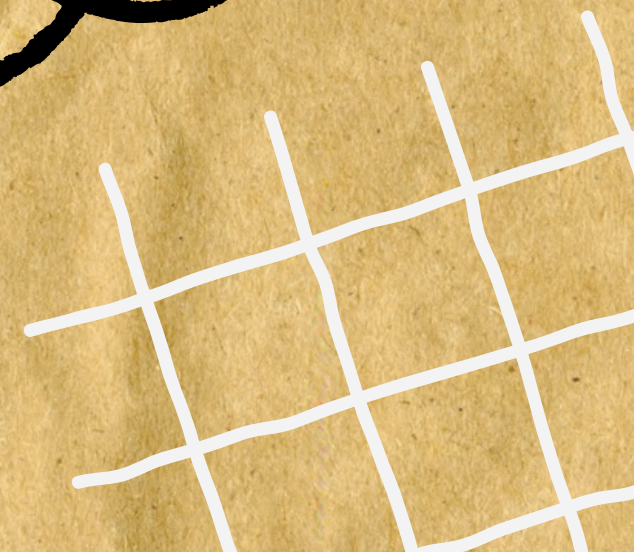
GREEN CONNECTIONS Toolkit



Co-funded by
the European Union



23/03-30/03 2026
Kroczyce, Poland





What will it bring?

Welcome to the Green Connections Toolkit – a collection of ideas, reflections, and practical activities created during the Youth Exchange Green Connections: Healthy and Ecological Use of Social Media. This project brought together young people from different countries to explore one important question: how can we build a healthier and more conscious relationship with digital life?

Through workshops, discussions, outdoor activities, and intercultural exchange, participants reflected on topics such as screen time, mental well-being, social media habits, connection with nature, and the environmental impact of our online behaviour. This toolkit gathers some of the methods, activities, and ideas shared by participants during the project. Its aim is to inspire other young people, youth workers, schools, and organisations to continue exploring digital well-being in creative and practical ways.

We hope these pages encourage more balance, more awareness, and more real connection – with ourselves, with others, and with the world around us.

Estonian Workshop: “Connection with the nature”

CONCEPT

This workshop helps to connect with the nature, others and ourself trough reflecting and observing our body and thoughts. Participants enter without their phones to be completely present



Phase 1 - feel your body | stretching session

Phase 2 - meditation

Phase 3 - observe and calm down your thoughts while observing Estonian art for 10 minutes without any distractions

Phase 4 - Reflect on what you felt and observed

POLISH TEAM

ACTIVITY VISION BOARD

Workshop: "Green Habit Challenge – Take Control!"

CONCEPT

This workshop is fast-paced, competitive, and fully interactive. Participants don't just talk. They must make decisions, solve problems, and "fix" real-life situations under time pressure. The Game will be based on stations.

GOAL OF THE WORKSHOP

- force active participation
- build awareness through action, not theory
- show real-life consequences of choices
- develop quick thinking and teamwork
- push participants to take responsibility

EFFECT

- Participants leave with:
- practical skills
 - stronger awareness
 - a personal commitment to change



Workshop: "Green Habit Challenge – Take Control!"

TOOLS

- paper
- pens
- stations task
- glue
- markers

POLISH TEAM

ACTIVITY VISION BOARD

PICTURES



Armenian Team

How?

What?

**Discriminating
Chess**



By creating a shared activity where everyone follows different rules and restrictions, showing how unequal systems affect people differently.

**Our
activity**



Why?

Because people understand inequality better when they feel it, not just hear about it.

Repeat your
questions
twice

Queen

King

act sh.
I know

Repeat your
questions
twice

Italian team activities

Breaking Free from the "Smartphone Trap"

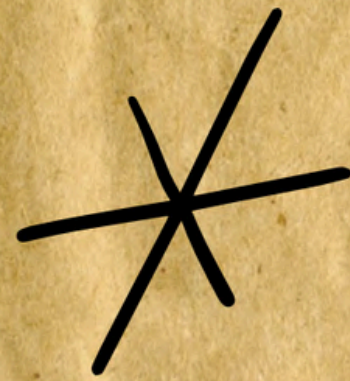
To kick off the session and get everyone's energy flowing, we played a dynamic and highly symbolic warm-up game. Participants were arranged in a circle in two rows: the front row sat on chairs, representing the "people," while the back row stood behind them, playing the role of the "smartphones."

The rules were simple but telling: the "smartphones" had to try their best to hold onto the "people" and physically prevent them from escaping their grasp. It was a fast-paced, high-energy game that brilliantly mirrored the grip our devices have on our attention, setting the perfect stage for the day's main theme of breaking free from digital distractions.

Erasmus Got Talent

Following the energizer, we transitioned into the heart of the project: Erasmus Got Talent. This activity provided an open, supportive stage for anyone who wanted to step up and showcase their unique skills and passions.

The core objective went far beyond simply putting on a show. It was a deliberate invitation to put down our phones, break the endless cycle of doomscrolling, and shine a light on the personal talents we so often leave hidden or neglected when we spend too much time online. To add an extra layer of fun and friendly competition to the event, the Italian team took on the role of the official jury. After enjoying all the fantastic performances, they had the tough but delightful task of selecting the winners, ultimately awarding them with small prizes to celebrate their courage and creativity.



IRISH TEAM

E1 Slap Game
E2 Mixer washer Washy Mach

① - PARTNER TBMASZSZCCZ
- OTHER PARTNER
- KIDS SUFFER
- NOT GOING TO WORK
- USE ONE RANDOM PROP
- RECD SL SOLUTION

② - WORK PETER 10/5
- WORK SUFFERS
- TEAM SUFFERS
USE ONE RANDOM PROP

③ - TEEN AGER FIB BOON/CHIN 10/5
RECD SL
- ONLINE GAMES
- WANT GO OUT
- ATTENTION SPAN

④ - TAXI DRIVER SOLOMON 10/5
RECD SL
- SAFETY

⑤ - KIDS U8 EDI

* TAI CHI
* MEDITATION
FROM NEGATIVE TO POSITIVE

- We needed pen, paper and random props
- We encouraged everyone to participate
- We gave the outline in accordance with the workshop subject
 - We put emphasis on group creativity
- We had plenty of activities prepared just in case we had more spare time
- Second energizer didn't work as well as we imagined, so we adapted the rules

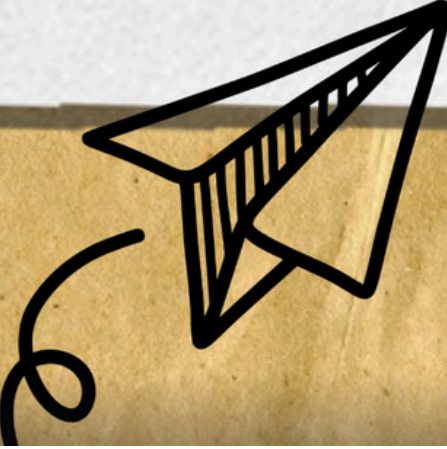
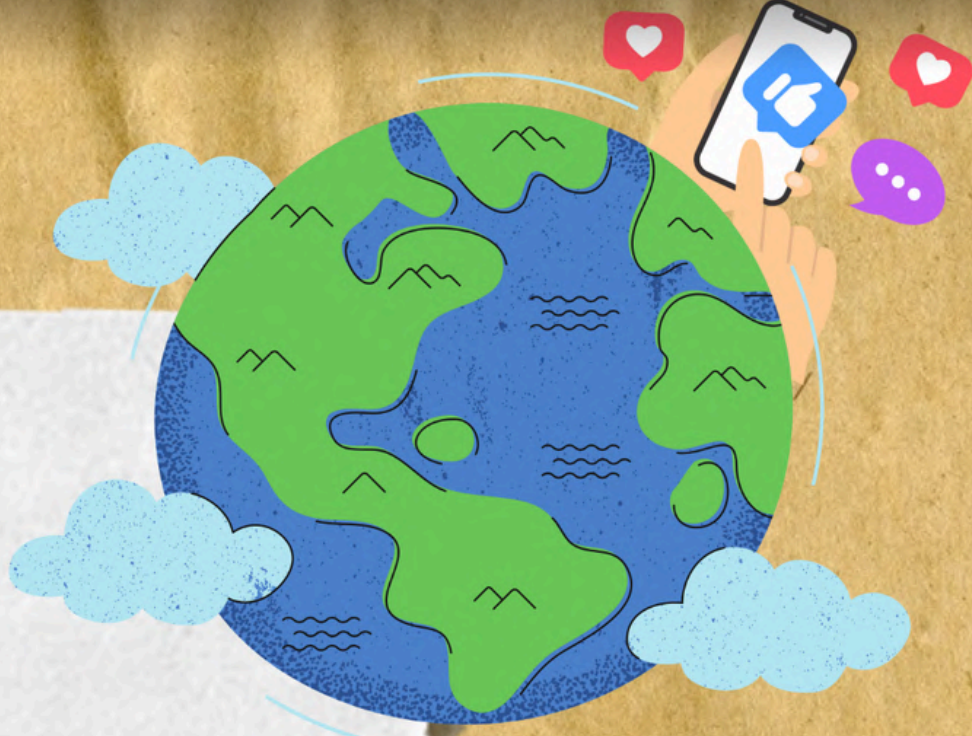




Erasmus+



TEAM SERBIA



What?

Climate changes and Sustainability

Challenges

Our activity consist of raising awareness
through innovation and team effort



Why?

Due to the fact it promotes innovation, it can help people not only learn about ways others think of contributing to a more ecological environment, but find new ways to contribute themselves.



How?

We took a look at more "niche" and overlooked problems around the world when it comes to the causes of climate change and the challenges that come with preventing them, and turned it into an activity where we can find solutions.



About the Ukrainian activity.....What?

3-task activity about enviromental impact of technologies

1 Task: Kahoot in real life

(The amount of CO2 emissions)

2 Task: Problem solving

(Merging the sentences and coming up with solutions)

3 Task: Card game "Never had I ever"

(Reflection game, speaking and sharing)





About the Ukrainian activity.....How?

1 Task: Kahoot in real life

Energetic, people enjoyed running around and getting stamps.

What can be improved?

Time management, getting peoples' attention, stamps' systems.

2 Task: Problem solving

People were confused, but had some results.

What can be improved?

Hints (the words could be too long and it took more time than intended).

3 Task: Card game "Never had I ever"

People could reflect on the digital habits.

What can be improve:

Creating cozy, relaxing atmosphere.



About the Ukrainian activity.....What?

1 Task: Kahoot in real life

Making people aware of the output of carbon emissions caused by daily digital actions.

2 Task: Problem solving

Encouraging people to find solutions to the given problems.

3 Task: Card game "Never had I ever"

11 people filled out the form, where they could find out more about reasons for certain behaviours connected to social media.



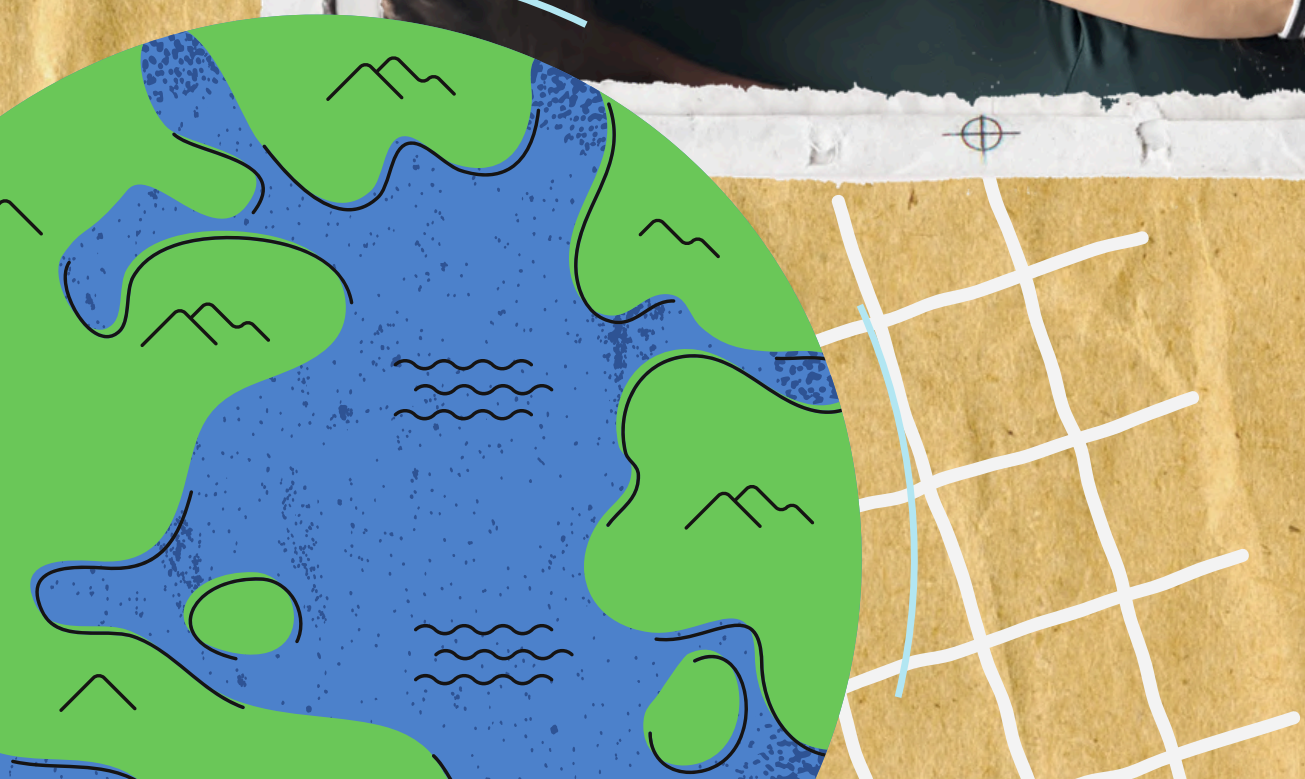
Thank You



Thank you for being part of Green Connections.

This toolkit is not the end of the project - it is a starting point. The real impact begins when these ideas are used in daily life, shared with others, and turned into action.

May this project remind us that small choices matter:
less autopilot, more awareness
less scrolling, more presence
less noise, more connection
Keep growing, keep questioning, keep connecting.



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