



Lesson 23: Eco-Mind and Civic Engagement

Adapted from the Small Planet Institute's workshop of the same name

Lesson Plan

Estimated lesson time: 90 minutes

Learning objectives:

- Understand the power of our “mental map” – core assumptions about how the world works – to determine what we see and therefore what we believe to be possible
- Explore how the dominant mental map of our given society and/or culture influences our perceptions of the world: our individual and communal roles, responsibilities, and capacity
- Understand how we can reframe community issues with an Eco-Mind framework to discover our power and see possibilities for creating the “world we want”
- Further individual self-awareness about what most inspires and ignites our energy
- Learn from each other in a guided cross-cultural exchange in order to make ongoing, empowering connections that will last beyond the workshop
- Develop ideas for communicating about and organizing these topics to increase individual and group capacity to engage in challenges discussed during the workshop and do something about them

Key concepts:

- Abundance
- Eco-Mind
- Ecological worldview
- Empowerment
- Mental map
- Paradigm
- Scarcity Mind

Lesson components:

- I. Background (for instructors) – 5 minutes
- II. Introductions and icebreaker activities – 15 minutes
- III. Part I. Exploring Why – 30 minutes
- IV. Part II. From Thought Traps to Thought Leaps – 30 minutes
- V. Debriefing – 10 minutes