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LESSON PLAN

**OUTDOOR / ECOLOGICAL EDUCATION**

TITLE: KITE FLYING FOR GOAL SOARING

TIME REQUIRED: 90 MINUTES

AGE TARGET: ADULTS, BOTH CHILDREN AND TEENAGERS (ADJUST ACCORDING TO SPECIFIC AGE)

LESSON OBJECTIVE:

TO INTROSPECTIVELY LOOK AT ONESELF ACKNOWLEDGING ONE’S OWN STRENGTHS, WEAKNESSES, HOW TO USE THESE TO SELF IMPROVE AND CONSEQUENTLY TO SET REALISTIC GOALS.

MATERIALS USED:

PRINTED MATERIALS: QUOTES FROM VOLATIRE’S BOOK “CANDIDE”, WORKSHEETS

BAMBOO STICKS, RECYCLED PLASTIC, TAPE, STRING, SCISSORS

LESSON OUTLINE:

Warm up: find a comfortable natural setting where the students can relax and breathe fresh air. Do some stretching exercises inhaling and exhaling becoming aware of their natural surroundings.

Presentation: ask students to read some quotes, separately written on coloured paper, from the book.

“Think for yourself and let others enjoy the privilege of doing so.”

“Judge a man by his questions rather than by his answers.”

“I’ve decided to be happy because it is good for my health.”

“God gave us the gift of life, it's up to us to give ourselves the gift of living well.”

“Dare to think for yourself.”

“Self-love is the instrument of our preservation.”

“Let us cultivate our own garden.”

In groups, ask what they think the quotes are about.

Explain they are all from Voltaire’s Candide which was written in 1759. Discuss a little about the plot and how Candide, after a long, consumed and impoverished life, comes down to terms that we need to “tend to our own garden.”

Tending to our own garden means self improvement. We cannot find all the solutions to the world’s many problems but trying to accept and self improve ourselves, we are ready to make amends with ourselves and take the step forward.

Practice: Hand out a worksheet where students can objectively recognize their weaknesses and strengths. Students then talk about them.

From understanding these, they set goals: what do they want to achieve, what are their objectives, how do they see themselves in 5, 10, 20 years. Discuss.

Production: The activity that follows is to make a kite using natural items. In groups, the students manually construct their own kites writing their goals on the sheets of the kite.

Make them sore!!

REFLECTION:

As mentioned, Candide was written in 1759. We notice and understand that man has not changed. We have the same problems, fears, anxieties, hopes. We are in a continuous journey trying to find balance, living with others in a world that unfortunately is becoming poorer both on a physical level as well as on a human level.

Despite this, we need to feel positive, trying to protect our natural environment, and above all, always continuing to seek one’s own “garden”.