

<p style="background-color: orange; color: white; padding: 10px; text-align: center; font-weight: bold; font-size: 1.2em;">COOP</p>	<p style="font-weight: bold; font-size: 1.2em;">Cooperation and participation</p> <p>Introduction to the module's themes</p>	<p>s1</p> <p style="font-weight: bold;">session plan</p> <p style="font-weight: bold;">EQF level 5</p> <p>unit of LO</p> <p>COOP 1</p>
		<p>Objectives</p> <ul style="list-style-type: none"> • Understand the meaning of participation and cooperation (sharing, connection, being involved), in something bigger than ourselves: <ul style="list-style-type: none"> ○ With people ○ With the environment (nature) ○ Using the senses ○ In time (past, present and future) ○ And place (local and global) ○ With relevance to sustaining and enhancing life <p>Methods</p> <ul style="list-style-type: none"> • Brain storming and discussion • Sharing of personal and collective experience • Deeper dive on problems and solutions • Information gathering tools – clustering, pie, drawing, story-telling... • Reflection
Content	<ul style="list-style-type: none"> - Definition of cooperation, participation - Connected ideas: Evolution of co-operation / Animism and indigenous beliefs / Inter-being / Collective Intelligence / Eco-crisis, cooperation and change / Cooperation v competition / Participation and tradition /Do ecology otherwise – conspire with the plants / Conservation as participation /Restorative and health giving aspects of participation in nature - Problems due to a lack of cooperation and participation: disconnection, separation, trauma, domination (male/female, humanity/nature, inner/outer, left/right brain) 	<p>Documents</p> <ul style="list-style-type: none"> - t_Resources? - quotes
Activities	<ul style="list-style-type: none"> - Brainstorm 1: Introduce the theme by asking what cooperation and participation means to people in relation to their personal well-being and the health of the planet (10 mins) Make a note of answers on one side of a large sheet of paper - Brainstorm 2: Ask the same question about what happens when there is a lack of participation and cooperation (impact on people and planet), note the answers on the second half of the paper (10 mins) - Deeper dive: Create small groups (3-4 people) to enable inclusion and diversity (balance language, personalities, gender, skills and experience) Give each group an article or quote to look at together (20 mins) Ask each group to explore the relevance of the reading material in relation to their experience as builders and trainers Each group presents their material (they choose how). This part of the session could be developed with drama, art, building exercises for a longer, deeper dive. - Gather information and ideas expressed by all groups using tools (clustering, pie, mural, recording), or add them to the original sheet of paper - Reflection on the process of reading and presenting together - Reflection on the relevance of the exercise to building and training for change 	<p>Equipment</p> <p>Tools for brainstorming e.g.</p> <ul style="list-style-type: none"> - Whiteboard - Paper - Pens - Post-it notes <p>Tables</p>
<p>Preparation</p> <p>Have articles/quotes as print-outs</p> <p>Room or rooms set up for group work</p>		