

Sample Workshop Proposal

Workshop Title: Drawn to Nature

Workshop Information:

1. What is the focus of your workshop?

We will create our own nature journals and then use them! Youth will go outside and explore nature in their neighborhood using different sensory prompts.

2. What skills will youth learn or develop from the workshop?

How could they use these skills afterward?

Our goal is that each participant leaves the workshop with a completed journal and the skills to lead others in their green team, at school, or with families and friends to craft their own journal from recycled materials at home. We also want youth to leave the workshop with some reflection skills and an avenue to explore their senses and the nature available in their neighborhood.

3. In what ways would you make it interactive and engaging for youth?

The workshop will include a brief discussion on journaling and reflection, a demonstration of how to make your own journal with time for each participant to create and decorate their own, and time to use their journal outside. They'll leave with some additional reflection prompts and be invited to consider how they want to use their journal after the workshop.

4. What supplies/materials would youth need to participate? Please list as many alternatives as possible to maximize likelihood that all youth will have access to the necessary materials in their homes. Please note if you are willing to mail supplies to participants ahead of time.

Suggested materials (use whatever you have available):

- 4-8 sheets of paper – one sided, blank, lined, construction paper, etc.
- Stapler and staples or glue or glue stick
- 1-2 pieces of thicker paper for the cover - cardboard, cereal box, cardstock, etc.
- Markers, pens, paint, colored pencils, or other supplies to decorate

5. Anything else we need to know?

We would love to host two workshops if there is space for us!