



UNITED NATIONS DECADE ON
**ECOSYSTEM
RESTORATION**
2021-2030



FEE

GLOBAL ACTION DAYS

ACTIVITY GUIDE 2025

22 April - 6 May

MOLEY





UNITED NATIONS DECADE ON
**ECOSYSTEM
RESTORATION**
2021-2030

EDUCATION CHALLENGE 6.1

The goal of the Restoration Challenge for Education is to **embed ecosystem restoration into formal and non-formal education systems globally by 2030**, synergistically with the ESD for 2030 Framework & Roadmap and the Greening Education Partnership.



GLOBAL ACTION DAYS 2025



UNITED NATIONS DECADE ON
**ECOSYSTEM
RESTORATION**
2021-2030

Acting together to help restore
our planet's ecosystems!

By taking part in the Global Action Days 2025 campaign, you are taking a significant step towards restoring our planet's fragile ecosystems.

Each activity, from exploring the fascinating world of worms to celebrating nature's beauty through photography and a party with nature, aligns with the UN Decade on Ecosystem Restoration's goals.



Rowa Kyan (Village School) Project in Bandarban District, Bangladesh



San Roberto International School, Mexico

From understanding the vital role of soil health, the importance of vegetation in preventing environmental degradation, and the power of intergenerational knowledge sharing, over the two weeks participants will reconnect with nature to create a more sustainable future.

Let us embrace nature's wisdom, inspire change, and restore our planet's ecosystems, one Global Action Days activity at a time!

#GenerationRestoration

BEFORE YOU START...

The GAD (Global Action Days) activities in this guide can be carried out in any order between **22nd April and 6th May 2025**. We suggest 2-3 days per activity including the weekend.

At the end of each activity, there are suggestions for similar activities to keep the action going!

REGISTER TO PARTICIPATE HERE:



By participating in Global Action Days and sharing your photos with us, you are giving the Foundation for Environmental Education (FEE) permission to use your images for communications purposes. Please make sure that you have received permission when taking and sharing images of people, especially children.

IN COLLABORATION WITH

ACTIVITY 1



Uncover the hidden heroes beneath your feet!

It is time to become a soil sleuth and explore the incredible world of worms. These tiny creatures are the heroes of our planet, tirelessly working to create healthy, fertile soil so that everything above the surface can grow and thrive. Your first Global Action Days task is to discover more about these wonderful creatures and life below ground during a **Soil Safari!**

Steps

1

Grab your Soil Safari Guide: On the next page, you'll find your Soil Safari Guide created for YOU by the Soil Association. Use the guide to meet some new worm friends!

2

Find a Patch of Soil: You can pick an area on your school grounds, garden, local park, or even a pot plant. Then follow the tips in your Soil Safari Guide to start your discovery.

3

Record Your Findings: Count the number of worms you find and note their size, colour and type in your Soil Safari Guide.

4

Celebrate Worms! Post your worm count and what you learned about them on social media using the hashtags [#GlobalActionDays](#) and [#SoilSafari](#) to help us create a global worm map!

By taking part in this **Soil Safari**, you are not only learning about these amazing creatures but also contributing to a global effort to protect our planet. So, let us go digging and discover the wonders of the soil!



Let's go on a SOIL SAFARI with MOLEY and Squirm!



Healthy soils have lots of worms. Take part in a soil safari and discover more about the incredible creatures beneath your feet! Record your findings to learn about the state of soils in your country.

How to find worms

Habitat Hunting

Turn over stones and dead wood, look under leaf litter and dig in bare earth.



Stamping

Worms can be attracted to the surface by vibrations. Get creative with other ways to make vibrations, try dancing, or using a musical instrument!



Soaking

Wet an area of grass, cover it with black plastic (a bin liner will do) and wait for 30 minutes. The water will flood the worms' burrows causing them to come to the surface.



Be gentle with me!
Worms breathe through their delicate skin, so handle them carefully.

Twanging

Put a garden fork into an area of grass and rock it backwards and forwards for 15 minutes.



Count the number of worms you find within a 1 x 1 m area in half an hour. Print this sheet out to help you on your soil safari.

See full episodes of
Moley @moleyofficial



Did you know?

- Worms can eat their own body weight in food in one day!
- Worm poo enriches the soil with vital nutrients keeping it healthy.
- Worms are really important in the food chain and make a tasty meal for birds, hedgehogs and frogs!

Always remember to put worms back in their home once you've said hello.

There are over 20,000 different species of earthworms on our planet! Here are the most common types of worm you might find in your garden, allotment, or green space.

Common red worm (Epigeic species)

Lives above ground in leaf litter, under dead wood and in the surface soil. They're a red-brown colour and are between 1-7cm long.



Blue-grey worm (Endogeic species)

Lives underground and moves horizontally through the topsoil. You might also find them beneath your compost bin. They're normally a pale colour and are between 2-12cm long.



European nightcrawler (Anecic species)

Lives underground and moves vertically through burrows deep in the soil (look out for little piles of worm poo on the surface soil to find their burrow entrances!) You're likely to find them deeper in the soil or in your compost bin. They're darkly coloured and are between 15-25cm long.



Report your findings

Use this table to jot down what you find, then share your findings on social media, using the #SoilSafari hashtag

DATE	LOCATION	HOW MANY WORMS	WORM TYPE



See full episodes of Moley @moleyofficial



ACTIVITY 1 **BONUS**⁺

Enjoyed Activity 1? Here are some suggestions for other similar activities you could carry out once the Global Action Days campaign ends!

Age Group

0-5
years

Soil Sensory Bucket

Create a sensory bucket with all the 'ingredients' to make soil: leaves, water, mud and (plastic) worms. This will help young children to understand what soil is and the basics of how it is created.

6-12
years

Build a Wormery

There are lots of informative guides available to help you build your own wormery at school or at home, here is one example: [How to build a worm composter | Natural History Museum.](#)

13-18
years

Soil Conservation Campaign

Set up an awareness campaign about soil health, educating your local community on the importance of 'decomposers' and 'detritivores' that live in and on the soil.

18+
years

Composting Workshop

Host a community workshop on 'vermiculture', showing how organic waste can be used to improve soil health. Maybe brew up some worm-casting tea!



ACTIVITY 2

IN COLLABORATION WITH



Meet our plant protectors!

Explore the amazing ways vegetation, including trees, shrubs, and other plants, help prevent flooding and pollution!

Steps

1

Complete the Lesson Plan: On the next pages, you'll find a lesson plan on "Investigating How Trees Prevent Flooding and Pollution". Carry out the experiments in the lesson to see the difference plants and trees really make!

2

Reflect on Your Findings: Show us what you learned! Share your photos of the experiment on social media using the hashtag [#GlobalActionDays](#)

KEEP IN MIND

Make sure you've got all the equipment you need ready in advance!

For an idea of what this activity looks like, [click here](#) or scan the QR code below to watch a short video:



SCAN ME!





Experiment 2: Investigating how trees prevent flooding and pollution

Aim:

To introduce students to the important role trees and forests play in the water cycle.

Curriculum Links:

Living Things

Environmental awareness and care

Global Goals/SDG Links:

Goal 3 – Good Health & Wellbeing

Goal 6 – Clean Water & Sanitation

Goal 11 – Sustainable Cities and Communities

Goal 13 – Climate Action

Goal 14 – Life below water

Goal 15 – Life on Land

Skills:

Research; Observing; Recording;

Background Information:

This Lesson Plan introduces teachers/facilitators to the connection between Forests & Water.

Support Sheet 1 will equip you with an understanding of how trees and water interact, with some age appropriate facts to share with your students.

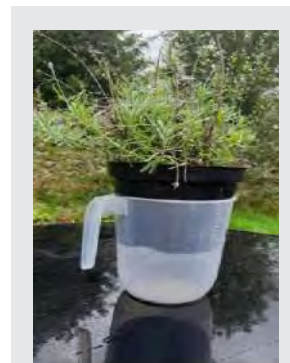
The Student Activity Sheet will help explore the role and value of forests for the Earth's water systems. It aims to help students understand the path of water in a tree and the role that trees and forest ecosystems play in water redistribution systems. This also relates to their role as defense against flooding, soil erosion and extreme weather events.

Equipment:

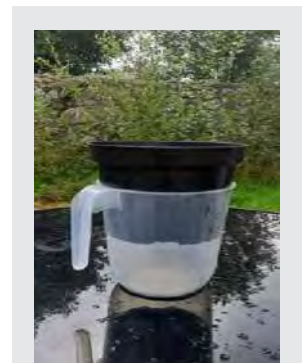
- ✓ Experiment 2: Student Activity Sheet per group
- ✓ Experiment 2: Answers for teacher/facilitator
- ✓ Clipboards/Pencils
- ✓ Tablet/Camera to record work
- ✓ A well rooted pot plant (this represents a tree)
- ✓ A pot filled to the same height with compost/soil
- ✓ Two white basins or trays to collect the runoff from the two pots
- ✓ Measuring jug
- ✓ Stopwatch

Methodology:

1. Place the potted plant and the pot of compost/soil in trays/basin to catch water runoff



Potted Plant



Pot with Compost

2. Add 500 ml of water to each pot at the same time. Start timer for 2 minutes.
3. After 2 minutes, measure the amount of runoff from both pots.



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Bia agus Mara
Department of Agriculture
Food and the Marine





Forests and Water



LESSON PLAN

INVESTIGATE
FORESTS

4. Compare the colour of the run-off from both pots.
5. Record results in the table in the Student Activity Sheet and answer the questions.

-  Read: Forests and Climate 'Trees can Change Weather' Support Sheet 2
-  Discuss the questions and answers with the group.

Useful Links:

LEAF Theme – Forests & Water:

<https://leafireland.org/themes/forests-water/>

Green-Schools Water Theme:

https://greenschoolsireland.org/resources/theme_category/water/



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Experiment 2: Investigating how trees prevent flooding and pollution

RESULTS	Potted Plant (Tree)	Pot of Soil
Volume of runoff		
Colour of runoff		
Presence of particles		

1. Why is there a difference in the volume of runoff from both pots?

2. Explain the difference in colour between the runoff from both pots.

3. Can trees help to prevent flooding? How?

4. Can trees help to prevent pollution? How?



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Answers

Experiment 2: Investigating how trees prevent flooding and pollution

RESULTS	Potted Plant (Tree)	Pot of Soil
Volume of runoff	Lesser Volume	Greater volume
Colour of runoff	Clearer	Darker
Presence of particles	None or a small amount	Yes – a larger amount

1. Why is there a difference in the volume of runoff from both pots?

The plant roots and creatures (worms, ants, etc.) which live near plants create spaces and holes in the soil where water can be stored.

2. Explain the difference in colour between the runoff from both pots.

The runoff from the bare soil is darker as it contains more soil particles. The roots of the plant bind the soil together preventing soil loss and less soil particles runoff into the water. More trees means less runoff.

3. Can trees help to prevent flooding?

Yes, trees can stop large volumes of water going into rivers too fast which can lead to flooding. They do this with their roots and their relationship with the soil and local environment. One of the many reasons that trees are so amazing!

4. Can trees help to prevent pollution?

Yes, tree roots bind the soil together and this prevents particles of soil and other materials from entering watercourses. They carry out water filtration, cleaning the soil and water. How cool is that!



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ACTIVITY 2 **BONUS**⁺

Enjoyed Activity 2? Here are some suggestions for other similar activities you could carry out once the Global Action Days campaign ends.

Age Group

0-5
years

Tree Hug and Thank You

On a supervised nature walk encourage children (and adults) to hug a tree or speak with a plant, explain that nature is our friend, and we should look after them like we would our human friends.

6-12
years

Build a Mini Watershed

Using natural resources make your own watershed to show how plants and soil absorbs water and slows water flow. Connect this to the water cycle processes. [Building a Watershed Model](#)

13-18
years

Investigate Local Trees

Research native tree and plant species that are especially effective in flood control and pollution prevention. Map local areas where you can find these species, if they cannot be found what could you do as a community to add them to your local green spaces.

18+
years

Community Tree Planting

Lead a native planting event in flood-prone areas of your community or in areas where there is little to no vegetation. Work and engage as many community leaders and local businesses as possible, they could each sponsor or adopt one of the trees planted.



ACTIVITY 3

IN COLLABORATION WITH



Building a bioeconomy legacy!

Bioeconomy is about using biological resources to create sustainable products and services. Activity 3 is designed to bring all ages together to learn from past generations so that we can build stronger, more resilient ecosystems for future generations. We invite you to interview older family members and community elders about traditional practices related to agriculture, food preservation, or natural resources.

STEPS

1

Interview Your Elders: Take a look at the guiding questions on the next page and choose a couple that you find interesting.

2

Record Their Stories: Find an older community member to interview and ask your questions to. Record, film or write down their stories, tips, and recipes.

3

Share the Lessons You Learned from Your Elders: Tell your friends and family what you learned and share any photos, videos, or stories about your intergenerational bioeconomy project on Social Media using the hashtag [#GlobalActionDays](#).

BioBeo is an EU-funded project with 15 partners to develop and deploy an education programme to enhance engagement across society regarding lifestyle, circularity and bioeconomy. To know more visit <https://www.biobeo.eu/>



GUIDING QUESTIONS

Building a bioeconomy legacy!

1

What methods did you use to preserve food?
Do you think these methods could be used today to reduce food waste?

2

What were common natural materials that used to be used to make daily items? Where did these materials harvested/ come from?

3

What type of community projects/ practices helped support everyone's needs in the past? Do you think we could set these projects and practices again?

4

Can you share a traditional or low/ no waste meal that you used to eat? Shall we make this together?

5

Did plants have any specific uses such as medication, celebration, food? Why do you think we may have stopped using these plants in this way?

6

What do you think we can learn from our relationship with nature in the past?

ACTIVITY 3 **BONUS**⁺

Enjoyed Activity 3? Here are some suggestions for other bioeconomy activities you could carry out once the Global Action Days campaign ends.

Age Group

0-5
years

The Colours of Nature

With supervision collect leaves, berries, flowers to make natural paints, then paint a picture of your family.

6-12
years

Traditional Recipe Book

Create a family, school, or community recipe book, with traditional meals and ingredients used by grandparents or elders. Include illustrations of the meals that can be created.

13-18
years

Bioeconomy Podcast

Give the elders in your community a voice, by sharing your bioeconomy legacy interviews in a community podcast focusing on issues such as reducing waste.

18+
years

Elder-Youth Mentorship

Create a community sustainability mentorship programme that pairs skills older members of the community (gardening, knitting etc.) have with skills younger members of the community want to learn, and vice versa. This can be hosted in community halls, care homes or local education settings.



ACTIVITY 4

IN COLLABORATION WITH



Nature's POV

Look at our planet from a different perspective - can you see your local community through nature's eyes? For Activity 4, grab your phones and cameras and take photos that show the planet's problems - from a different point-of-view (POV)! Think: litter from a bird's eye, or deforestation through a tree's branches or tree-dwelling animal. Get creative and connect with nature.

STEPS

1

Take Your Shot: Choose an environmental issue or topic such as invasive species, soil health, or flooding and think of different ways to capture your topic from nature's perspective. Plan your shots carefully and safely. Consider the composition, lighting, and framing of your shot to make it feel like it is taken from the perspective of an animal, insect or plant.

2

Tell Your Story: Pick your best photo and add a description (max. 100 words!) that explains the POV and topic in your photo. Think...

- Did you capture your environmental topic in a creative and informative way?
- Did your photos make you think about the environment in a new way?

3

Share Your Point-of-View: Post your photo and description on Social Media using the hashtags [#GlobalActionDays](#) and [#GenerationRestoration](#).



Young Reporters
for the environment



ACTIVITY 4 **BONUS**⁺

Enjoyed Activity 4? Here are some suggestions for other similar activities you could carry out once the Global Action Days campaign ends.

Age Group

0-5
years

Nature Scavenger Hunt

With adult supervision create a scavenger hunt that focuses on finding clean and healthy areas of nature rather than dirty or damaged.

6-12
years

Eco-Art from Litter

Use safe and suitable collected litter (or home/ school waste) to create sculptures of nature and put these on display in a local community area.

13-18
years

'A Day in the Life Of'

To go with your Nature's POV photo, write flash fiction story between 500-700 words on what it feels like to be the focus of nature in your photo, for the day. Share this story with local libraries, press and community groups to see if you can become locally published!

18+
years

Community Photo Walk

Organise a nature photography walk with your friends, family, or community group. Encourage others to look at nature from a different perspective. Gather all your images and map them so that others can recreate your nature walks to be inspired to protect local nature.



ACTIVITY 5

Throw a nature-inspired party!

For your final Global Action Days task, we would like you to host an outdoor party for nature and join FEE in celebrating the 25th Anniversaries of Learning About Ecosystems and Forests (LEAF) as well as the Earth Charter!

But this is no ordinary party... we would like you to incorporate nature-themed activities, food, and decorations – remember NO WASTE generation into your party planning, to create a memorable event that celebrates nature's beauty and inspires others to live more sustainably.

IN COLLABORATION WITH



Part 7

Party Prep!

Some nature party planning ideas include:

1

Nature-Inspired Decorations: Design decorations inspired by natural patterns, colours, and shapes such as leaf-shaped garlands, flower centrepieces, or honeycomb-inspired table settings.

2

Eco-Friendly Feast: Plan a menu that minimises waste and maximizes flavour. Use locally sourced, seasonal ingredients.

3

Biomimicry Games: Create games that mimic natural processes. For example, a "Pollinator Relay" where participants move pollen (cotton balls) between flowers.

4

Sustainable Party Favours: Design party favours that are both fun and eco-friendly. Such as seed bombs, reusable tote bags, or handmade crafts.



Part 2

Let's Celebrate Our Interconnectedness!

1

Discover the Earth Charter: Watch this video that briefly explains what the Earth Charter is:

<https://www.youtube.com/watch?v=rfMtTpXjV78>

One important aspect of the Earth Charter mindset or worldview is the concept of interconnectedness: recognizing that everything is connected to everything else. Each and every person and living being has its own special qualities. We all have a place on this Earth, and we all need each other.

2

We are Interconnected: To experience interconnectedness, find things around you and reflect on how you are connected to those things. For example, we are connected to plants because they produce the oxygen that we breathe. We're also connected to people. Think about how you're connected to your friends, family or classmates. You can use yarn or sticks to make the connections between you and the people around you visible. Reflect on the fact that we are interconnected with many other things and people we can't see. For example, those who harvested the food we eat, those who created the clothes we wear, and so forth.

3

Remember to Share: We'd love to see pictures of your nature parties, decorations, and activities on Social Media. Share them using the hashtag [#GlobalActionDays](#), [#FEEAnniversary](#) and [#EarthCharter+25](#)

You're Invited!

Pledge to Uphold the Interconnected Principle

"I pledge to respect and understand that everything on Earth is interconnected and is somehow connected to me."

ACTIVITY 5 **BONUS**⁺

Enjoyed Activity 5? Here are some suggestions for other similar activities you could carry out once the Global Action Days campaign ends.

Age Group

0-5
years

Animal Parade Dance

Host a dancing competition where children need to dance how they think native animals would at a party!

6-12
years

Elemental Heroes

Using the 5 elements as inspiration (fire, earth, air, and water) create your own superheroes and animations. The Element Heroes should have superpowers linked to their element and a perfect nature themed superhero costume

13-18
years

Environmental Entrepreneurs

What was your most popular nature party decoration or favour? As a group think how this item could be the basis for a new environmental company- how could you create a new business making and selling (in a sustainable way) this item to others in your local community?

18+
years

GO BIG!

Next time host an Eco-Fair with community partners, local eco-friendly businesses, local nature experts or artists. Have swap shops, nature craft stalls, repair cafes, and food sample stalls. Make your nature party or Eco-Fair an annual event in the community.





BEACH GUARDIANS: THE SECRET POWER OF COASTAL PLANTS

As a Blue Flag beach manager, you have the unique opportunity to inspire your local community and visiting tourists to unite to protect our coastal environments. Join us for the Global Action Days campaign to show how important coastal vegetation is in protecting beaches from flooding, soil erosion, and pollution. Educate others on how the unique and specially adapted plants found along our coastlines help to stabilise the sand, shingle and soil, filtering runoff and ensuring clean water for marine life and beachgoers.

Here's a fun experiment your visitors can take part in as part of the Global Action Days campaign to see how vegetation keeps our shores clean and safe.

HOW TO PARTICIPATE

Register to take part in the
Global Action Days Campaign here:

SCAN ME!



WHAT YOU'LL NEED

- A bucket with holes in the bottom sandy soil (representing bare beach areas)
- A bucket with holes in the bottom sandy soil with coastal plants or look for a naturally vegetated patch near the dunes or other permitted areas (do not disturb protected sites)
- Two trays, bowls, or shallow basins to collect water runoff
- A jug or container for water (use seawater or freshwater as available)
- Stopwatch
- Notebook

Steps

1

Place the bucket with vegetation and the bucket with bare sand into separate trays to catch runoff water.

2

Slowly pour the same amount of water (e.g., 1 litre) over each bucket. Make sure to pour evenly to mimic rainfall.

3

Observe the runoff for two minutes. Note how quickly water flows from each bucket into the trays.

4

Use your jug to measure the amount of runoff collected from each tray. Look at the clarity of the water in each tray. Is one tray's water darker or murkier? Why?

5

Which bucket had less runoff water? Which tray had clearer water, and why? What does this tell us about the importance of coastal plants for preventing flooding and pollution?

WHAT YOU'LL DISCOVER

This experiment highlights how coastal vegetation:

- Absorbs and slows down water, reducing the risk of flooding.
- Stabilises sand and soil, preventing erosion.
- Filters out particles and pollutants, keeping coastal water cleaner.

HOW YOU CAN HELP

- Avoid trampling vegetation in coastal areas
- Volunteer with local groups to plant and maintain coastal vegetation
- Share Your Experience: Post pictures of experiments on social media using the hashtags #GlobalActionDays

Plants such as dune grasses and mangroves are nature's defence systems, working quietly to protect the coastline we all love. Remember by taking care of our coastal vegetation, you can protect our beaches against the effects of extreme weather, rising sea levels, and pollution.

PARTNERS

Global Action Days would not be possible without the support of our incredible partners.



GLOBAL ACTION DAYS

22 APRIL - 6 MAY 2025

Find out more and join the fun at
www.fee.global/global-action-days



IN SUPPORT OF



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