

## **Educational Video Series:** Eco-awakening: loving and acting for the Earth

**Description:** Take a dive into the Eco-awakening world and discover Earth from the beginning. This video series was developed within the project "Seeds of Future", offering theories, activities, and invitations that can deepen your awareness about Eco-awakening to help youth workers, educators, and more. This video series is being developed through the "Seeds of Future" project, which is Co-funded by the European Union, under the project number 2024-1-CY01-KA210-YOU-000252831

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**Aim of the Video Series:** This video series aims to inspire and empower young people to explore the world of Eco-Awakening. Through short, engaging, and visually stunning videos, viewers will learn practical skills, discover innovative environmental ideas, and see how they can make a real difference. Fun, friendly, and easy to follow, the series turns environmental education into an exciting journey anyone can join.

All the episodes are available below:

- Episode 1: Welcome and Introduction  
In this video we welcome you to the video series, talk about the content of our series and how to use it. Take a look and dive into the Eco-Awakening.  
Watch it [here](#).
- Episode 2: Awe, a gate to eco-awakening  
Using the timeless poem of Mary Oliver, we explore how awe is a gate to connecting deeply with the land.  
Watch it [here](#).
- Episode 3: Our longing for deeply connecting with the Earth  
Inspired by the poem of Kai Siedenburg, we are discussing how Earth is longing to deeply connect with us and how we in return long for the same.  
Watch it [here](#).
- Episode 4: What is Eco-awakening?  
In this video we are exploring the concept of eco-awakening as introduced by Dr Bill Plotkin and its main elements  
Watch it [here](#).
- Episode 5: Our separation from “nature”  
Using the word “nature” as an example, we are discussing how humans have distanced themselves from the web of life.



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Watch it [here](#).

- Episode 6: How to go on wanders in the wild

In this video we are describing the practice of wandering and giving instructions on how one can go on wanders safely, while immersing deeply into the experience.

Watch it [here](#).

- Episode 7: Remembering and appreciating wildness

In this video we are discussing the concept of outer and inner wildness while giving suggestions on how to appreciate both of them.

Watch it [here](#).

- Episode 8: Eco-awakening and Environmental Education

In this video we are juxtaposing the learning that fosters eco-awakening with environmental education

Watch it [here](#).

- Episode 9: Being with the elements

Using a song that praises the elements of wind, trees, fire and water, we are offering a practice to cultivate environmental stewardship

Watch it [here](#).

- Episode 10: The practice of seat spot

In this video we are illustrating how one can do the practice of seat spot in the wild

Watch it [here](#).

- Episode 11: Dreaming and acting for the future

In this video we are discussing the importance of dreaming the future and acting with responsibility and maturity in the now.

Watch it [here](#).



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