

## **Workshop Plan:**

**Title of Workshop : Power in Our Bodies for Environmental Action**

**Length: 60 Minutes**

**Intended Audience:** Students and all members of the UMass Community.

### **Objectives :**

- By the end of this workshop participants will be able to..
  - Recognize the strengths and power within themselves
  - Articulate at least three impactful ways to create environmental change

### **Materials :**

- Speaker to play music
- Handouts with ways to make positive environmental impacts
- Reminder item about the power within – ex. painted rocks
- Pencils/pens/markers for think/pair/share

### **Overview of Workshop:**

#### **Workshop Opening 5-7 min:**

- Meet at designated location and introduce self to the group
- Walk over to where the workshop will be held and begin with introductions and a breath
- Lay out the format of the day and give disclaimer about the fitness class about to be taught

#### **Cardio Kickboxing 20 min:**

- Teach an empowering kick boxing class focusing on power house moves and channeling the inner energy of the body.
- End in a stretch and reflective space. Make sure the music is upbeat with an optimistic message along with a good beat.

#### **Discussion:**

- Invite people to grab water and sit in a circle
- Group share about how people are feeling (in their head and in their body)
- Connect that feeling to creating environmental impacts
- Think/Pair/Share – on the back of the hand out sheet “list ways you are currently leading a sustainable life”
- Share about current work participants/university/community members are hosting

#### **Challenge:**

- Challenge participants to take at least 2 actions this weekend
- Give each participant a rock with picture, have them write word on back

#### **Workshop Closing:**

- “What are your questions?”
- Thank everyone for coming
- Lead everyone in a nice stretch, maybe three breaths all together.