



# Data for action

Idea / Workshop / Kit /

Our mission: to bring kids closer to the concept of data, so they can smartly work with it in the future. We want to enable kids to understand their *local* surroundings and apply this perspective to a *global* setting.

Overall  
**Process**





Approach

**PRACTICAL!**

Enough said.

Let's do something!



# Scenario

“How can we get a person out of the camp and into the forest?”

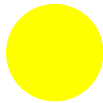


# Focus

For this week



# Taking the Lab Out



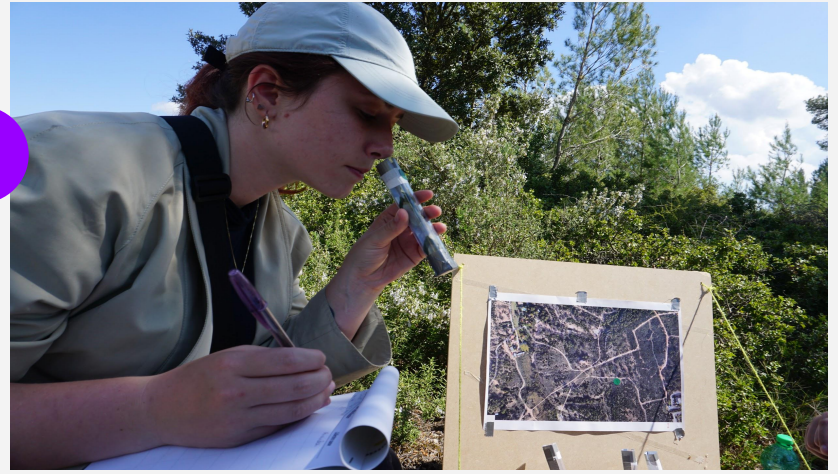
# User Journey











# Results



# Side Notes

What we discovered during the activity



- Curiosity kicks in. Eyes are wide open, knowledge is challenged, questions multiply.

# Next steps



- Empathy for natural environment
- Interconnection between us and others
- going beyond educational?

Research

# Next steps

What are the existing data about benefits from nearby natural spaces? Behavioral change?

Impressively, says McRobert, the number of people reporting

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According to Dr Richardson there is already research evidence that exposure to nature can reduce hypertension (abnormally high blood pressure), respiratory tract and cardiovascular illnesses; improve vitality and mood; benefit issues of mental wellbeing such as anxiety; and restore attention capacity and mental fatigue. But more than that, feeling a part of nature has been shown to significantly correlate with life satisfaction, vitality, meaningfulness, happiness, mindfulness, and lower cognitive anxiety.

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"These correlations are of a similar magnitude to those found between wellbeing and other variables, such as marriage and education, whose relationships with wellbeing are well established."

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And, he adds, recent analysis found people with a stronger connection to nature experienced more life satisfaction, positive affect and vitality at levels associated with established predictors of satisfaction, such as personal income.

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"There is a need to normalise everyday nature as part of a healthy lifestyle," Dr Richardson told BBC Earth. The real

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*Jeremy Coles - BBC Earth*

"How nature is good for our health and happiness" re.

Prototyping

# Next steps

Relocating natural spaces to human habitats? Useful?



*Natalie Jeremijenko  
The art of the Eco-Mindshift*

Thanks





