



## SELF-LEARNING ACTIVITY 2

### WE WANT MORE TIME IN NATURE!

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#### OBJECTIVE

To persuade three government representatives that students need to go on more outings in nature because it is beneficial to their health.

#### TIME REQUIRED

2 minutes of speech preparation. 2 minutes maximum for speech production. 5-10 minutes for auto-evaluation.

#### NUMBER OF PEOPLE

Individual.

#### TECHNICAL REQUIREMENTS

Paper, pen, a computer and a recorder.

#### INSTRUCTIONS

1. Read the instructions, the data we give you, and make a persuasive speech in two minutes. Use the stopwatch to adjust to the time.

Situation: Three representatives of the Department of Education have come to your high school to hear the proposals of a number of students. They are considering whether to allocate more budget to school excursions.

Your claim is that teenagers need to spend more time in nature and not so many hours closed in high schools.

In order to argue in favour of your proposal, you have prepared a series of data that will allow you to convince the representatives of the Department of Education to allocate more budget to this area.

You can use these arguments to provide empirical and more personal evidence:

- More than 50% of the population currently lives in urban areas. It is estimated that by 2050 the figure will increase to 70% (Bratman, G; 2015).
- People surrounded by fewer trees suffer from more stress and higher mortality rates.
- Being surrounded by nature lowers the stress hormone, blood pressure and blood sugar.
- Being surrounded by nature increases cardiovascular and metabolic health, concentration and memory.
- Walking in the woods increases creativity, vitality and relaxation (Finnish Forest Research Institute).

2. After two minutes, turn on the device to record, concentrate, turn on the stopwatch, and start speaking. The speech should last a maximum of 2 minutes.

3. Once the persuasive speech is over, watch the video and evaluate your speech as if you were a member of the government.

## **SELF-EVALUATION AND REFLECTION GUIDE**

In order to self-assess, we suggest some questions to ask yourself at the end of the talk:

- As a government representative, do you consider that you have generally seen and heard a persuasive speech?
- What arguments did you use?
- Did you use more evidence to support the argument?
- Did you use a story to reinforce the argument?
- Have you used any fallacies? Which one and why is it?

What would you do differently if you had to make the speech again?