



GREEN MASJID NATURE WALK TRAINING FOR YOUTH

The goal of completing a Green Masjid nature walk training is to spread your love for nature thereby instilling this love in our community by empowering our youth to lead the way. It is also to train our community to bring their own MUGS and serving ware by offering a potluck after each hike and reminding everyone this is a zero-waste event. Each hike should have some type of sustainable learning component to it. Training to be led by an AWI trained hike leader who will choose 2 locations for training purposes.

6 day training: Plan for 2-3 hours for each training day.

Day 1 (date): Do a nature walk of location A. Pick several flora/fauna to focus on learning. Take notes. Spend time after walk to share pointers on nature journaling.

Day 2 (date): Do another nature walk of location A to become more familiar with the ones they learned last time. Share notes they added to their nature journal from last time if they did any research to add more details or learned anything else.

Day 3 (date): Have the youth in training do a practice run leading a nature walk of location A.

Day 4 (date): Do a nature walk of location B. Pick several flora/fauna to focus on learning. Take notes. Spend time after the walk to share pointers on nature journaling.

Day 5 (date): Do another nature walk of location B to become more familiar with the ones they learned last time. Share notes they added to their nature journal from last time if they did any research to add more details or learned anything else.

Day 6 (date): Have the youth in training do a practice run of leading a nature walk of location B.

This checklist is to help you prepare and guide your youth as they build up their skills with leading nature walks. You may share this checklist with them or just use it to guide them through these steps gradually at their pace. As the youth coordinator, you will be the best judge of how much of this your trainees are ready to do independently when they start out. Assign smaller tasks if they need more help in the beginning and gradually empower them to take on more responsibilities. For example, in the beginning, the adult supervisor may need to take responsibility for advertising and bringing drinks to share. Gradually, the youth may feel ready to take on these tasks. This will set them up to feel confident and successful and not lead to overwhelm In Shaa Allah.

A WEEK BEFORE:

- Practice leading a hike on family and friends. Choose wider trails. Know hiking etiquette—move to one side to let bikers pass. Take breaks to let people catch up. Ideally assign a co-leader or recruit someone from the group to stay at the back so no one gets lost.
- Note which plants you want to talk about in the chart below. Know which animals may be seen in that area and safety rules for encountering wildlife in that area (check park website).
- Create a route and time yourself as you guide people.
- Practice teaching how to draw a Native Plant or Animal that you think we might see that day.
- Create and send out a flyer to your community with information of meeting place address, time, date and general instructions. Example: We will be meeting in Lot __. Please be sure to pack a reusable water bottle, sunscreen, a notebook and pencil, and wear a hat and comfortable hiking shoes. Please bring a reusable mug to join us for a free drink and social time with our community members after the walk. Our hike will be approximately _ miles long. If you need to reach me the same morning, my number is _____. Please be on time as we will be leaving promptly at _____.

EVENING BEFORE:

- Get good sleep.
- Have drink cambro ready to be filled next to stove.
- Backpack packed with reusable water bottle, first aid kit, sunscreen, and notes—have everything ready by the door.
- Practice your notes.

MORNING OF:

- Review Plant and Animal Facts
- Arrive 15 minutes beforehand. Locate the nearest restroom to direct anyone if needed.
- Be in the parking lot ready to greet people as they arrive.

PEOPLE START ARRIVING:

- Greet them with enthusiasm and tell them how happy you are they are able to join us today.
- Let people know that now is a good time to use the restroom if they need to and point them to where the restroom is.
- Ask people if they put sunscreen on and offer them some if they don't have any.

EVERYONE IS HERE:

- ❑ Introduce yourself

INTRO:

Example: “My Name is ____ . This is _____, _____ and _____. We are from Girl Scouts Troop____ and we are ambassadors of (masjid name)’s Green Masjid Initiative. The Green Masjid Initiative by the Art and Wilderness Institute is a program designed to help our Masjid transition back to being green and living in line with the Quran and Sunnah.

Today we will be leading a naturalist walk.

I am so excited to practice my naturalist skills today. Please let me know if there is anything I can do to help you get the most out of nature today. We all enjoy nature in different ways so if there is a plant or animal you wish to learn about, please let me know. If you ask me a question and I don’t know the answer, I will take your information and get back to you on it.

START WALKING and then **STOP** at your First Plant or **ANIMAL**. Wait till **EVERYONE IS THERE** before you start interpreting. Be sure to stand off to the side so that everyone can see what you are pointing at or talking about.

15 MINUTES LEFT:

- ❑ You should be back at your starting spot and starting to share the drink you prepared for everyone. Thank them all for coming.

ENDING DUA CIRCLE:

“It was a pleasure sharing with you some of my favorite plants and animals at this park today. I hope you get a chance to go outside more often and connect with the many blessings of Allah SWT. May Allah guide us and increase us in beneficial knowledge and guide us to always be grateful to Him for our countless blessings by taking care of it in the best way. Ameen.”

SAFETY PRECAUTIONS:

- In case of being stuck by cactus, use duct tape to pull out stingers
- In case of feeling faint, check if they have difficulty breathing or chest pain—turn them on their left side—call 911.
- In case of fainting/unconsciousness call 911.
- Carry a backpack with first aid (bandaids, neosporin), some duct tape wrapped on a pencil to use in case of cactus stings, sunscreen, water.

Trainee Self Assessment: Work with your mentor to learn these training objectives.

- I know how to choose a location
- I know how to choose a day/time
- I know how to prepare for my hike (pre-hike, ID plants & animals, research facts)
- I know how to pack for the hike (first aid kit, trash bag and tongs, hat and sunscreen, hiking shoes, water, snacks)
- I know how to open a hike (dua and/ or reflection to focus the hike)
- I know how to manage a group while hiking (straight line, stay to one side, give instructions, project voice, read the group, when to pause)
- I know how to navigate a hike
- I know how to handle emergencies
- I know how to teach about plant and animal knowledge (learn at least 5-10 native plants and animals, know some key facts about each, be open to learning more)
- I know how to close a hike (dua, offer to share tea or snacks)

INTRO:

My Name is _____. This is _____, _____, _____, and _____. We are from Girl Scouts Troop _____ and we are ambassadors of (masjid name)'s Green Masjid Initiative by the Art and Wilderness Institute. The Green Masjid Initiative is a program designed to help our Masajid transition back to being green and living in line with the Quran and Sunnah.

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It was a pleasure sharing with you some of my favorite plants and animals at this park today.

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May Allah guide us and increase us in beneficial knowledge and guide us to always be grateful to Him for our countless blessings by taking care of it in the best way.

Ameen.

TO PACK:

- First aid kit
- ID Badge
- Hat
- Sunscreen
- Hiking shoes
- Water
- Snacks
- Notes

TO DO:

- Welcome people: point out restrooms, reminder re: sunscreen and restrooms.
- Intro
- (Assigned plant--add notes here)
- (Add Notes)