Little Green Hands - A NASLA-Africa School Programme

Tiny Seeds, Happy Trees

NASLA-Africa
Empowering Communities • Nature • Education • Sustainability

GENERAL IDEA

Helping children learn to grow food and care for nature. A school-based environmental education programme combining practical learning with tree planting, gardens, waste reduction, and climate awareness. A simple programme delivered to one primary school per year — low time commitment and easy for teachers to continue year after year.

VISION

A future where growing food is valued, farmers are respected, and people and nature thrive together.

MISSION

Help children discover the joy of growing food through fun, hands-on activities with schools, volunteers, partners, and local farmers.

THE NEED — WHY IT MATTERS

- Children eat food every day but often do not know how it grows or where it comes from
- Many have never planted a seed or experienced gardening first-hand
- Farming is seen as work for people with no other choice, rather than a valued skill
- There is an urgent need to nurture care for land, trees, water, and the environment among the next generation

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MAIN OBJECTIVES

- **Teach children how to grow food**
  Practical hands-on lessons in planting, watering, and caring for vegetables and herbs to build food-growing skills from an early age.
- **Help children love and protect nature**
  Foster environmental awareness, respect for biodiversity, and a sense of responsibility to protect plants, animals, and natural ecosystems.
- **Help children value farming and work together**
  Promote teamwork, cooperation, and appreciation for farming as important work that supports families and communities.
- **Environmental education clubs**
  Train teachers to run clubs that engage youth in environmental action, stewardship, and peer-learning activities within schools.

PROGRAM STRUCTURE

3 school visits over 4–6 weeks

- Each session: 2–3 hours
- Total contact time: 6–9 hours

Approach: Interactive, hands-on, age-appropriate activities delivered in safe school environments, designed to be participatory and fun.

SAMPLE SCHEDULE

Day 1 — Day 1
Discover and Prepare

- Introduction to gardens & nature
- Site preparation & planning
- Soil safety & tools orientation

Day 2 — Day 2
Plant and Learn

- Planting seedlings together
- Learning about seeds, plants & water
- Nature exploration activity

Day 3 — Day 3
Check • Celebrate • Handover

- Garden care & progress check
- Celebrate harvest & achievements
- Handover to school & Little Green Club

MAIN ACTIVITIES

Activity 1: Little Garden
Planting & Growing Food
Children plant vegetables, herbs, the school garden, learn watering and care techniques.

Activity 2: Nature Detectives
Discovering Plants, Insects & Soil
Explore local biodiversity, observe insects, identify plants, and learn soil health basics.

Activity 3: Soil Friends
Compost
Learn composting with organic waste, understand decomposition and soil enrichment.

Activity 4: Food Explorers
Where Food Comes From
Learn the journey of food from farm to plate; healthy eating and local food systems.

Activity 5: Green Champions
Children Caring for Garden
ownership caring for the garden, sharing tasks, and leading peers.

LITTLE GREEN CLUB — SUSTAINABILITY

- School is supported to establish a Little Green Club for ongoing activities beyond the program.
- Clubs are led by trained teachers and student Green Champions to maintain the garden year-round.
- Focus on sustainability: simple watering schedule, seasonal planting, peer mentoring, and community involvement.

CONTACT

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