



for

12-16

year olds

Hello Doughnut!



Hi educators, – teachers and learners, young and old, in formal and informal settings. We are thrilled to share **Hello Doughnut!, a learning tool introducing the concept of the Doughnut for youngsters from 12 to 16 years old**; created by DEAL, with and for you. We look forward to building on this together!



Carolina Escobar-Tello
and all the DEAL team



Objective

Become familiar with the Doughnut



For whom

Young people aged 12 to 16



Expertise

No specific expertise needed



Scope

The Doughnut, the concept of balance, dimensions' interrelationship and new possibilities



Duration and variations

2 x 50 min.



In person and/or online

In person



Hello Doughnut! foundational learning tool for **12-16** year olds

Cards in this tool

These are the cards* in this tool. You can use them to compose your own lessons. In the following slide, they have been applied in two lessons; the minimal version.

SPACE

Mindset shift

Get prepared as a facilitator

Before the lesson

SPACE

Making space

Transforming consciousness

10 min

INSIGHT **12-14**

Intro to the Doughnut

and its dimensions

15 min

INSIGHT **15-16**

Intro to the Doughnut

and its dimensions

15 min

ACTIVITY **12-16**

Meet the dimensions

Meet in pairs and share

20 min

ACTIVITY **12-18**

Our futures

New connections for new ways of living

30 min

REFLECT **8-18**

About Balance

Next steps

10 min

REFLECT **12-16**

Doughnut Dimensions

Next steps

10 min

REFLECT **12-16**

Our futures

Next steps

15 min



Hello Doughnut!

Lessons for **12-14** and **12-16** years old

Here a suggestion for two lessons. Note that *Intro to the Doughnut* has variations tailored to specific age groups. Feel free to compose your own lessons!

Lesson 1

55 minutes

SPACE
Mindset shift
Get prepared as a facilitator

To get ready

SPACE
Making Space
Transforming consciousness

0:10 min

INSIGHT 12-14 15-16
Intro to the Doughnut
and its dimensions

0:15 min

ACTIVITY 12-16
Meet the dimensions
Meet in pairs and share

0:20 min

REFLECT 8-18
About balance
Next steps

0:10 min

Lesson 2

55 minutes

SPACE
Mindset shift
Get prepared as a facilitator

To get ready

REFLECT 8-16
Doughnut dimensions
Next steps

0:10 min

ACTIVITY 12-18
Our futures
New connections for new ways of thinking

0:30 min

REFLECT 12-16
Our futures
Next steps

0:15 min

We recommend a minimum of two lessons so that there is room for 'Our futures'; a card specifically aimed to give agency.

If you are really short on time, you can consider skipping the reflect card 'Doughnut dimensions' in lesson 2.



Preparations for facilitators

Practical preparations

Localise everything

Give yourself enough time to familiarise with the content of the foundational learning tool that you will be using, contextualise the cards to your local scenario, and align the reflect section with your education setting (e.g. taught subject, learning objectives, students' academic year, education setting).

Create a fertile place

Set a conducive mindset for learning where ideas can grow and thrive by reviewing '[Preparing to Teach](#)' tool, localising the experience, and laying out a physical space that allows group work, round discussions, togetherness, affinity, and safety.

Make it yours!

We suggest using the foundational learning tools following the order of the suggested cards. However, this is not a fixed structure. Feel free to change their order adapting it to your audience and education context, needs, affordances, and constraints. For example, you may choose to run 'making space' cards before or after when in contexts that demand it (e.g. sensitive contexts, acute socio-political and/or socio-economic instability). Run it all at once or break it into small bites throughout a week! Use the speaker notes to support the delivery of the content.

Feedback Loops

Create moments for all involved to give and receive constructive feedback, opening up opportunities for improving, growing and developing. In doing so, consider issues such as anonymity, power relationships, safety, and opportunities within and outside the 'classroom'.

Materials

1. All cards in in this foundational learning tool are for the facilitator only when preparing the session, with the exception of the *insight* card and some of the slides in the *activity* cards which, are intended to be shared with learners. Feel free to be creative about the later! For example, as a facilitator you could choose to share the insight slides by projecting on a screen or wall when running the session, or draw live starting off from a white/chalk board or simply a sheet of paper.
2. Use the '**speaker notes**' on the slides to support your session.
3. Use round or movable tables for group work and discussions.
4. Any other materials required for the activities (e.g. paper templates, colours/crayons/markers, sticky-notes, blue-tack, etc).

Okay, let's
live it :)

If you have photos of children aged **12-14** using this tool, it would be great if you could share some with us so we can post them here in the next version of this learning tool.



Resources to further explore

Ring Rescue

Exercise, 0:25 min



Step into the Doughnut

Exercise, 55 min.



World in my Plate

Exercise, 0:10 min

Soon on DEAL



Hands circle

Exercise, 0:10 min





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Sharing back to inspire others

In the spirit of reciprocity, and peer-to-peer inspiration, we ask that you share back your experience and learnings from using this tool with others in the DEAL Community, via the DEAL Community Platform.

- Share back your experience and learning on our photo stream, and/or creating a story or tool for use and adaptation. We know it will be hugely inspiring to others!
- Contact us with any questions or feedback to help us improve the tools, thank you!



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Acknowledgements

This tool was created by

Carolina Escobar-Tello, Kate Raworth and Ruurd Priester of the DEAL Team.

We would like to thank

The many DEAL Community members around the world who reviewed and tested this tool and offered generous feedback that helped in its development.

Image sources

The icons used in this tool come from The Noun project (thenounproject.com) and Iconmonstr (iconmonstr.com). Most photos come from our design tool Canva (Canva.com). Visuals of Doughnuts come from DEAL. Photos of tools in action come from friends in our network.



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*Alterations may mean changing the words and images so that they are relevant to your context and audience, including translating some or all of the slides to another language

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