



PLANT.DANCE. HEAL PROGRESS REPORT



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Project Overview

Plant.Dance.Heal is an active grassroots program developed in the form of a partnership between Be Well and Green Network and Groove of Green. It is an interdisciplinary yet creative approach to preserving the environment by empowering the young people 6-35 years to be - well-informed about the issues of climate change, mental health, and artistic environmental activism.

The original aims of the project are:

- Train learners on climate change effects and sustainable methods to take part in environmental conservation.
- Call attention to mental health and create awareness of issues like eco-anxiety, and equip people with emotional well-being tools.
- Be creative in music, dance exercise and nature-based activities that will be used to facilitate healing.
- Have a long lasting effect by encouraging tree planting and even formation of environmental clubs in schools.

Plant.Dance.Heal was part of a pilot program and it was introduced at Kalimani Primary and Kalimani Secondary schools in Machakos County, Kenya.

We were able:

- Conducted interactive workshops interactively with students along the lines of Climate Change and Mental Health.
- Established a new Environmental Club in the school so that the work is not lost and ensures sustainability.
- The commissioner planted 20 trees in the school compound symbolising her move to take care of the planet as well as the inner health of young learners.
- Active encouragement of students in the performance of "Dance to Mother earth"- a free and expressive dance based on the principle that the Mother Earth is the source of healing and unity.

The funding of the whole partnership was self-funded by the two founders of the partnering organisations showing strong interest and faith in the climate and mental wellness through youth-led advocacy.

Plant.Dance.Heal is an emerging movement in which the relationship between the health of the planet and the health of individuals is understood deeply and in which youth is viewed as a major source of healing and transformation.

GROOVE FOR GREEN



*Mary Wanderi, Founder of
Groove of Greens*



Groove for Green is a dynamic initiative dedicated to environmental conservation while bringing an energetic and engaging approach to sustainability. We believe that the well-being of people and the planet go hand in hand. By fostering a vibrant and inclusive movement, we connect individuals with eco-friendly solutions that enhance both personal and environmental welfare.

Our Mission is to Inspire and empower communities to embrace sustainable practices through creative, engaging and Impactful initiatives that promote both human and planetary well-being.

Our core Values:

- **Sustainability:** Committed to preserving the environment for future generations.
- **Inclusivity:** Encouraging people from all backgrounds to participate in eco-friendly actions.
- **Innovation:** Using creative and energetic approaches to promote conservation.
- **Community:** Building strong networks that advocate for sustainability.

Instagram : @groove_for_Green



BE WELL AND GREEN NETWORK



*Tamara Kahuthia, Founder of
Be Well And Green Network*



Be Well and Green Network is a Non- Governmental Organisation (NGO) that was registered as an organisation in Nairobi Kenya, and its goal is to build functioning spaces through empowering communities to lead in shaping a just, healthy, and sustainable future.

Our are Core Focus Areas

- Environmental Sustainability

Our community-based approach involves planting trees and educating about climatic changes and promoting environmental clubs in schools.

- Mental Health and well-being

We create awareness of mental health, eco-anxiety, and provide safe spaces where free healing, conversations, and youth support will take place.

- Smart Climate Farming

We enable communities to practice sustainable agricultural production that can develop resiliency and save the environment.

- Gender Equality and Inclusion

We demand equal rights and opportunities to involve the younger generation to debunk inequality and address the inclusive leadership model.

- Drugs Addiction Education

We provide young people-oriented educational programs to prevent drug abuse and spread awareness of healthy lifestyle choices.

The Event Summary

Date of the Event 📅: 20th June 2025

Duration: 13:00 hrs - 15:00 hrs

Location 📍 : Kalimani Primary School

Main Activity :

- Tree Planting
- Environmental and Mental health session
- Tree Planting Demonstration
- Dancing for Planet Earth

Participation

- Number of Students :
- Teachers Present :
- Volunteers: 2 present volunteers

Key Highlights

The event was successful and there was a strong participation from the students and teachers.

We accomplished planting 20 fruit trees per class, where each class adopted a tree.

Incredible response for. The students which showed deep interest of the students in environmental and mental health conversations.

We shared our visibility on our social media pages

The Be Well and Green Network and Groove and Green aim continue our fight for more education on climate change and mental health.



Visual Documents

KalimaniPhotos&Videos - Taplink

Feedbacks and Testimonies

- The Students age 6-18 highly received our education program well.
- The School had shortage of access to clean water and it's something we are looking into seeking assistance in establishing a borehole.
- Testimonies from students their had an amazing time and are willingness to practice in school and home



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Social Media Visibility

[instagram](#)



Next Steps

01 Planning a follow-up visit at Kalimani Primary and Secondary School regarding the fruit trees.

02 Planning a three month end checking seeing the progress of the fruit trees.

03 Organising other educational sessions in the school.

04 Seeking funding opportunities to dig a borehole in the school.

05 Partnership and Collaboration with other youth advocates, civil societies and Governments.





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Thank You

