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| **Aim:** |
| Outcomes, by the end of the session the participants will be able to achieve (see overleaf):  Personal:  Social:  Ecological: |

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| **Timings** | **What are you doing?** | **What are participants doing?** | **Resources needed** |
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**How will you assess that the outcomes have been met?**

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**Natural self aims**

CONTACT

Personal: Engage with nature through the senses and how this can relax and restore.

Social: Listen to others, share ideas on how nature-based mindfulness helps relax you.

Ecological: Explore different plants and wildlife.

BEAUTY

Personal: Create your own natural art piece, allowing yourself to be who you are.

Social: Listen to others and share ideas on how nature-based mindfulness helps restore you.

Ecological: Appreciate the beauty of the natural environment and what lives there.

EMOTION

Personal: Explore four emotions and how nature can represent them.

Social: Notice how being with people in nature supports emotional wellness.

Ecological: Discover how the natural world helps support our emotional wellbeing.

COMPASSION

Personal: Give yourself time in nature to encourage an appreciation for yourself.

Social: Give time to listen to others and share ideas on compassion.

Ecological: Give time to help nature flourish.

MEANING

Personal: Explore what it is about nature that brings you a sense of fulfilment and joy.

Social: Share with others what gives you a sense of fulfilment and joy.

Ecological: Discover how nature plays a part in your life.

INTEGRATION

Personal: Find ways to spend time in nature in a way that helps support your wellbeing.

Social: Celebrate strengths and differences.

Ecological: Discover ways to help nature recover.