

CREATE YOUR OWN NATURE CONNECTION ACTIVITY

FACILITATOR GUIDANCE

We would love to include activities designed by young people in the Noticing Nature Programme to ensure we continue to celebrate and include the voices of young people.

This activity doesn't require much facilitation and focuses more upon supporting young people to reflect on the key themes of Noticing Nature, come up with activity ideas and create an activity!

If there is time, you could split the group into smaller groups, give them time to design their activity, and then each group / some of the groups can have a go at facilitating their activity for another group.

Resources:

- Pens and pencils
- Paper - A3 if possible
- Activity design prompts (below)
- An allotment or outdoor space!



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We would love to include activities designed by young people in the programme, so now that you have had a go at some Noticing Nature activities, it's your turn to create your own!

Design your own activity for young people aged between 11 - 18, focusing on the main ideas behind Noticing Nature:

- Literally noticing nature
- Slowing down
- Wellbeing benefits for people and nature
- Exploring your allotment in a different way
- Re-connecting people to nature

Once you have designed your activity, you could have a go at facilitating it in your groups!

Please see page 2 for things to think about when designing your activity.



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THINGS TO THINK ABOUT

- What **age** are you aiming your activity at?
- How **long** will your activity be?
- **Aim:** What do you want young people to get out of your activity? For example, feeling calm; a better understanding nature; knowledge of a particular topic in nature (seeds, soil, flowers, trees, pollinators, vegetables etc); moving around; slowing down; engaging the senses etc.
- Will your activity need any **resources or materials**? If so, what do you need? For example, activity sheets, natural materials, tools etc.
- Can your activity be **adapted** to different ages, spaces and support needs?
- How can your activity **engage and inspire** other young people?
- Will your activity link to any **subjects** at school or college?
- Anything else you can think of!

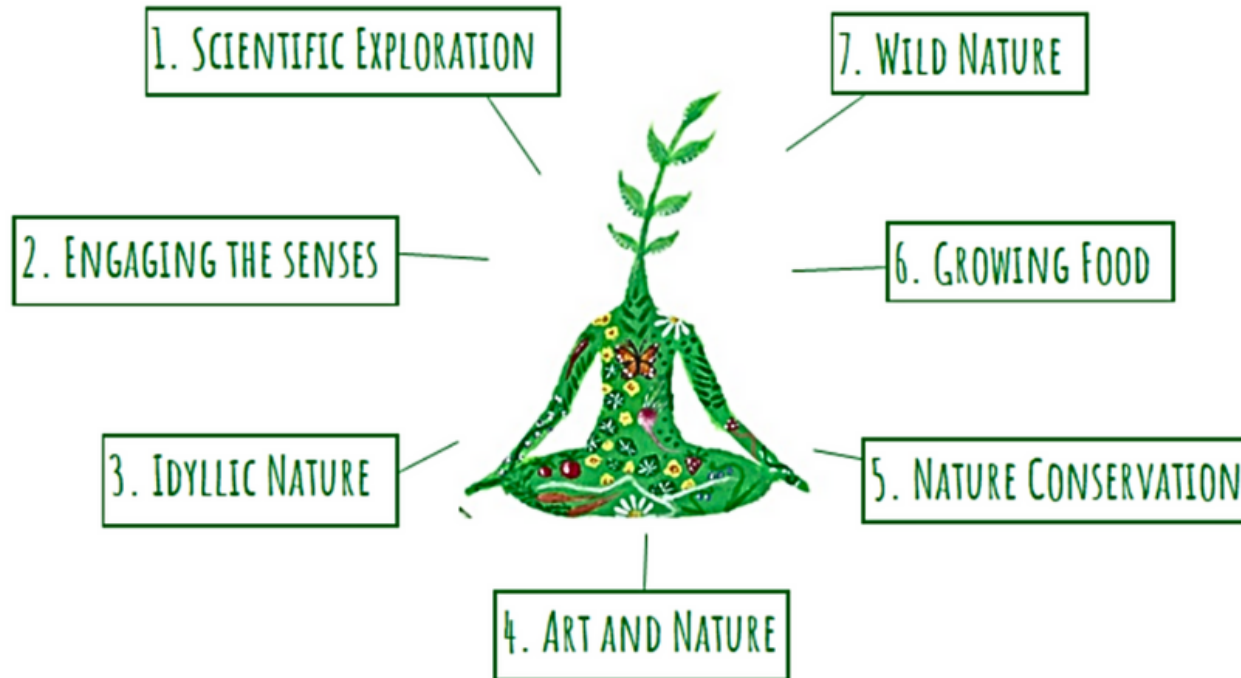


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THINGS TO THINK ABOUT

There is lots of research on the ways to connect to nature, including the 7 Pathways to Nature Connectedness, which the Noticing Nature Programme draws upon. You can use these pathways to help you design an activity.

THE 7 PATHWAYS TO NATURE CONNECTEDNESS



The 7 Pathways to Connectedness, developed by the Nature Connectedness Research Group at the University of Derby.