

Top tips for supporting your child or young person to connect with nature

Nurture nature

Teach your child or young person to look after the nature around them, and think about ways they can protect it, both closer to home and on a wider scale. Even something as simple as growing herbs at home, will help your child or young person to connect their actions to positive effects, such as watering plants helps them grow.

Activities focused on looking after the natural environment can help your child or young person build a connection with nature and give them a sense of purpose and responsibility.

Slow down and be mindful

Sometimes we forget to slow down and appreciate the nature around us. We can miss the wonders that nature offers by simply not paying attention or giving ourselves the time to look. Mindfulness is the skill of paying attention to what's happening in your mind and body right now, without judgement. It can help focus our attention on the nature around us, and enjoy being in that moment. Mindfulness is a skill that needs to be practiced.

Try and encourage your child or young person to practice being in the moment and use all of their senses to engage with the natural world around them.



Find out more

Get Birding Podcasts



Presented by Dr Mya-Rose Craig, the Get Birding series encourages people up and down the UK to look out of their windows, venture into their gardens and walk through their local parks to get to know Britain's birds, our most accessible connection with nature.

<https://shows.acast.com/get-birding>



WWF Garden Safaris

A garden safari is a fun way for families and young people to explore their gardens - or other outdoor spaces - and learn more about local flora and fauna using the SEEK app.

<https://www.wwf.org.uk/learn/love-nature/garden-safari>

<https://www.wwf.org.uk/discover-nature-seek-app>



#LearnToLoveNature

WWF provide a series of fun 'make-it' activities that have been designed to encourage wildlife into your local area and explore your love of nature.

<https://www.wwf.org.uk/learn/love-nature/get-making>



Wildlife Competition

Photography is one of the many ways you can get out and embrace the wilderness. Why not submit a photograph to a wildlife photography competition? There are plenty to choose from.

<https://www.wildlifetrusts.org/other-ways-get-involved/wildlifephotography>



Thriving with Nature guidebook

The Mental Health Foundation and WWF produced a guide on making the most of our natural spaces for our mental health and wellbeing. Take a look at the ideas to connect with nature during each season.

<https://www.mentalhealth.org.uk/sites/default/files/Thriving-With-Nature-compressed.pdf>



Geocaching

Why not download the geocaching app and go treasure hunting as a family!

<https://www.geocaching.com/play>

Find out more



**Virtual
Royal
Botanical
Gardens**

Travel to the tropics, the desert and the mountains without leaving the house with seasonal footage from Kew Gardens and Wakehurst Place.

<https://www.kew.org/about-us/virtual-kew-wakehurst>



#GetOutside

Join the #GetOutside campaign and mix up your daily exercise – find ideas and challenge calendars for getting outside and trying new things.

<https://getoutside.ordnancesurvey.co.uk/guides/getoutside-inside/>



**Action for
Conservation's
WildWEB**

If your young person is aged 13-17, encourage them to join this digital programme, which will support them to take action for the environment.

<https://www.actionforconservation.org/online>



The Learning Pod

The Outward Bound Trust have pulled together 'The Learning Pod' which offers support and advice on how families and schools can approach home learning alongside a range of resources that encourage experiential learning, developing skills, supporting wellbeing and going outside.

<https://www.outwardbound.org.uk/the-learning-pod>



**Get Out
with the Kids**

A database of family-friendly outdoor adventure ideas.

<https://www.getoutwiththekids.co.uk>



**Get
involved!**

Read, learn and find opportunities to get involved with the Wildlife Trusts.

<https://www.wildlifetrusts.org/get-involved>



**Mindfulness
in Nature**

An A to Z of mindfulness nature activities.

<https://www.countryfile.com/how-to/a-to-z-of-mindfulness-in-nature/>



**Learning
Through
Landscapes**

Information for parents and carers.

<https://www.ltl.org.uk/parents/>

Find out more

Resources to support children and young people living with disabilities to connect with nature



**Riding for the
Disabled Association
(RDA)**

With fun activities like riding and carriage driving, RDA provide therapy, fitness, skills development and opportunities for achievement. RDA is an inclusive and diverse organisation. They welcome clients with physical and learning disabilities and autism, and there are no age restrictions.

<https://www.rda.org.uk>



The Disabled Ramblers is a small charity working across England and Wales to help make the countryside more accessible to people with limited mobility – which benefits everyone. They run 25 – 30 rambles designed for mobility scooters each year, organised into groups of 3 or 4 in selected areas of the country. They are run from April to October, whatever the weather.

<http://disabledramblers.co.uk>



**Beach
Wheelchairs**

Beach Wheelchairs is a Scottish Charity which believes that everyone has the right to enjoy our beautiful beaches. All of the wheelchairs have been specially designed to enable individuals with disabilities to get back on the beach. Unlike a standard manual wheelchair they have large, rubber wheels which move easily over the sand. They hire out beach wheelchairs free of charge from each of our seaside locations using local volunteers.

<http://www.beachwheelchairs.org>



**Food Tastes Better
Outdoors**

Recipes and advice to show how people with learning disabilities can enjoy a combined interest in food and the outdoors.

<https://www.sensorytrust.org.uk/resources/guidance/widgit-recipes-for-eating-outdoors>

Mental Health Awareness Week 2021

We're inviting you to
#ConnectWithNature to
support your mental health!

There are many ways you and your child or young person can get involved.



For more information about this year's Mental Health Awareness Week visit mentalhealth.org.uk/mhaw or join the conversation on social media using **#ConnectWithNature** and **#MentalHealthAwarenessWeek**



**Mental Health
Awareness Week
2021**



mentalhealth.org.uk



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Mental Health Foundation
London. Cardiff. Glasgow.

www.mentalhealth.org.uk

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