

Connecting with nature

24 June 2024

The [DFE climate change strategy](#) has advised that by 2025, all education settings are required to have:

“nominated a sustainability lead and put in place a climate action plan. Pupils are to be engaged in the process of moving towards net zero ... and creating a more biodiverse and less polluted environment in which to learn and connect with nature.”

Connecting to nature is a key first step to engaging pupils in conversations around conservation and climate change. Nature connectedness plays a huge role in making us feel happier, more fulfilled, and more able to regulate our emotions, an essential and almost constant function of human life. It is also one of the strongest predictors of pro-environmental behaviour.



Wakehurst nature connectedness sessions are designed to improve well-being, reduce stress, and empower participants to take positive action for themselves and for nature.

[Wakehurst Learning programme](#), The Royal Botanic Gardens, Kew (RBG Kew), has pledged to support schools through this process and beyond, and we are delighted to invite you to attend a practical session with Julie Whelan (Learning Manager at RBG Kew) to explore how to further engage your pupils with the natural environment and support your climate action plan going forward.

This relaxing and engaging session will offer participants the opportunity to:

- Experience first-hand the well-being benefits of connecting to nature.
- Learn simple and accessible techniques to model connecting to and appreciating the wonder of nature to young people in a way that inspires confidence and engagement.
- Learn how to use the natural world as a hook to engage young people in science and the environment.
- Discuss how to adapt the skills learned to their teaching environments to include space for well-being.
- Encourage a sense of belonging to the natural world such that this inspires a sense of stewardship and desire to learn more.

Date: Monday 24 June 2024

Time: 15.00-17.00

Location: Romsey area

Keyword Search: *Connecting nature*

Cost: Sub £75 / SLA £0 / Full £90

For booking information go to:

tinyurl.com/LearningZoneGuidance

Use the key words or course name to search for this learning item in our catalogue.