

MY CONNECTION WITH NATURE

How can we connect with Nature at home?



How can we connect with Nature at school?



How can we connect with Nature in the Outdoors?



One thing I will do this week to connect with someone in Nature:



MY CONNECTION WITH NATURE



AIMS

This lesson will:

- Explore the meaning of 'nature' and how we can connect with nature.
- Consider WHY nature is important for our mental health.
- Examine how we can integrate nature into our lives at home and at school.



OUTCOMES

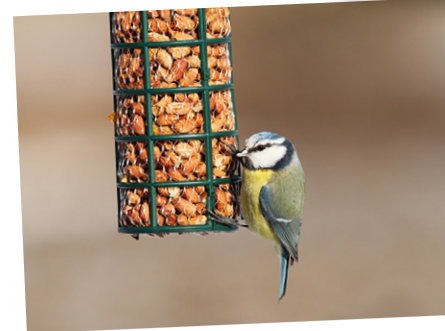
At the end of this lesson students will be able to:

- Define 'Nature'.
- Describe the mental health benefits of connecting with nature.
- Identify how can we build a connection with nature.
- Describe Five Ways to Wellbeing in Nature!



NATURE IS...

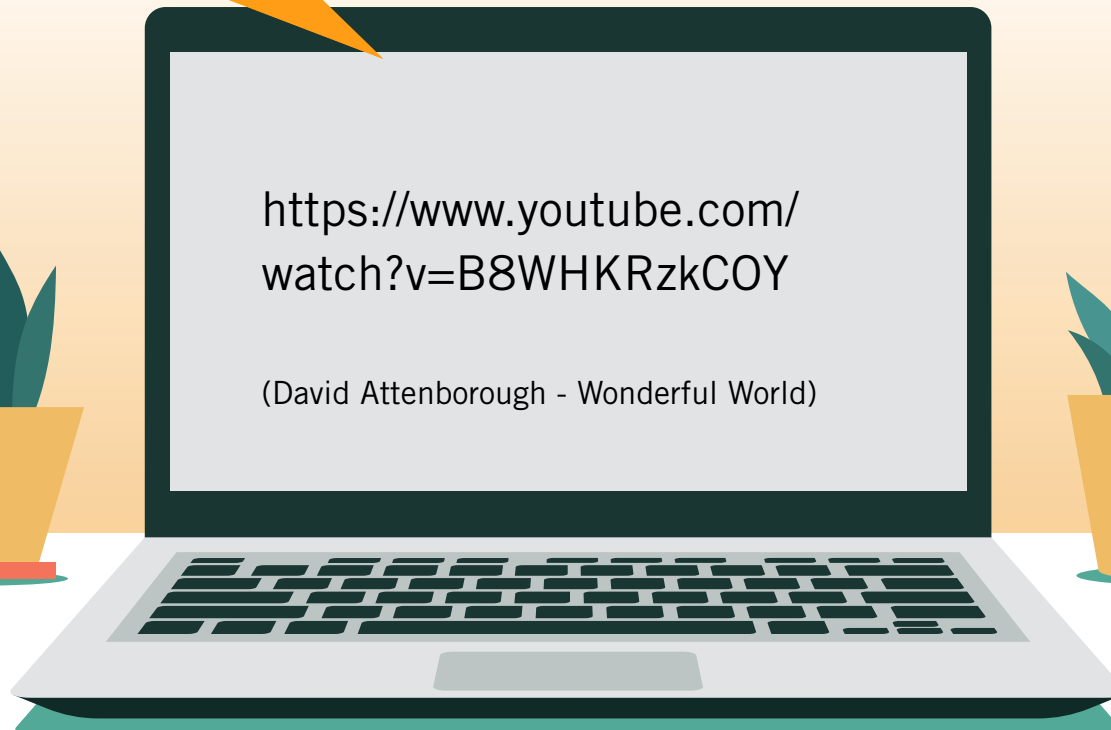
- Birds
- Animals
- Flowers
- The seaside
- Mountains
- A vegetable patch
- Somewhere outdoors to play sports
- And more.....



WHAT IS NATURE?

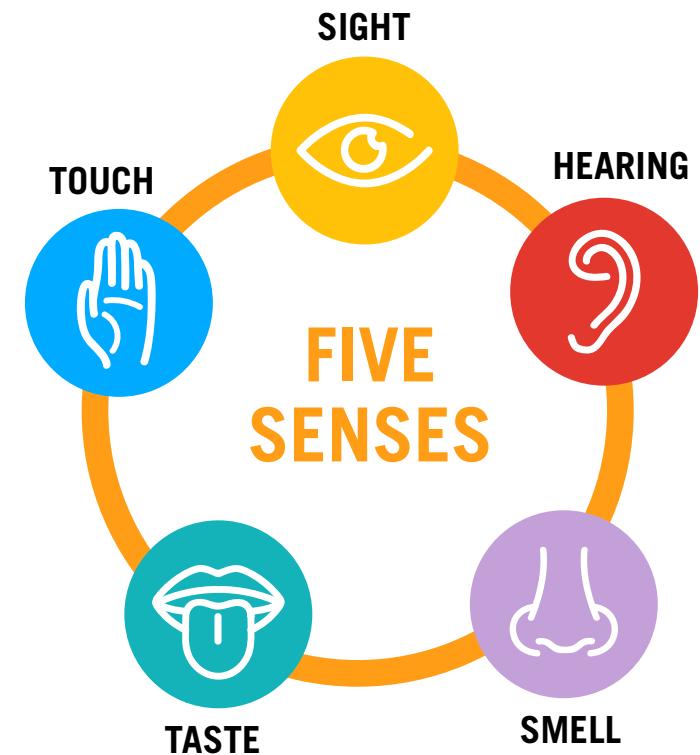
<https://www.youtube.com/watch?v=B8WHKRzkCOY>

(David Attenborough - Wonderful World)



'CONNECT WITH NATURE' WHAT DOES THIS MEAN?

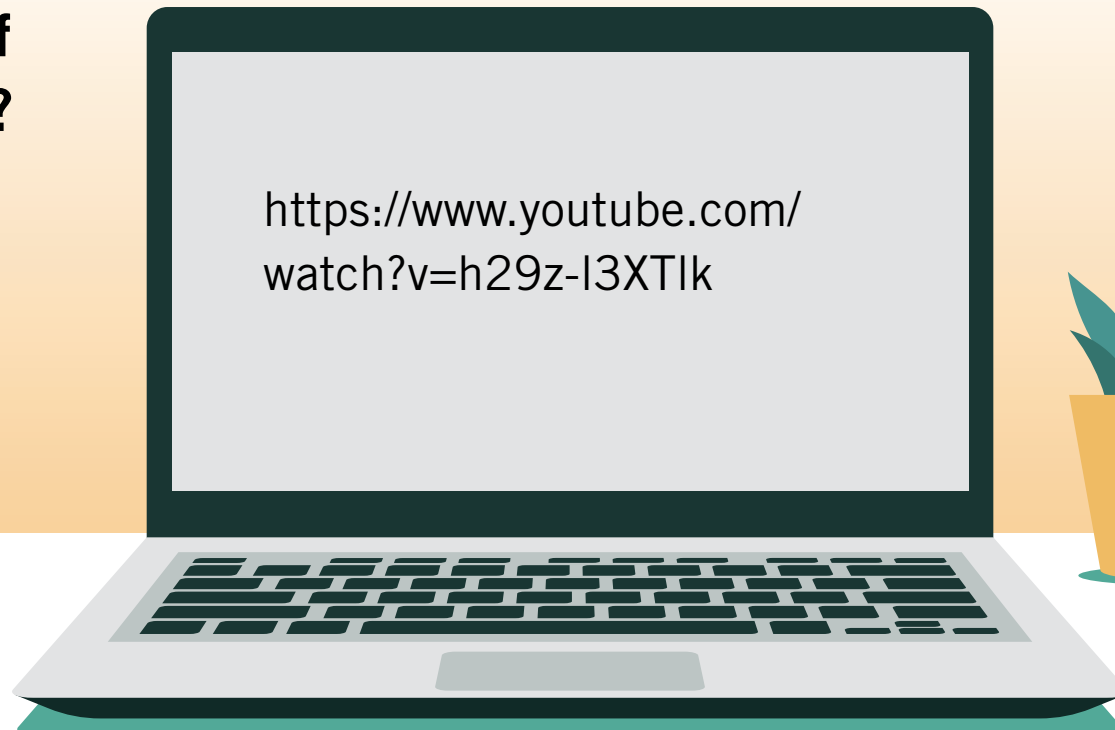
- Connecting with nature is about building a meaningful relationship with nature by noticing and becoming sensitive to what is around you.
- We use our senses to connect with nature.



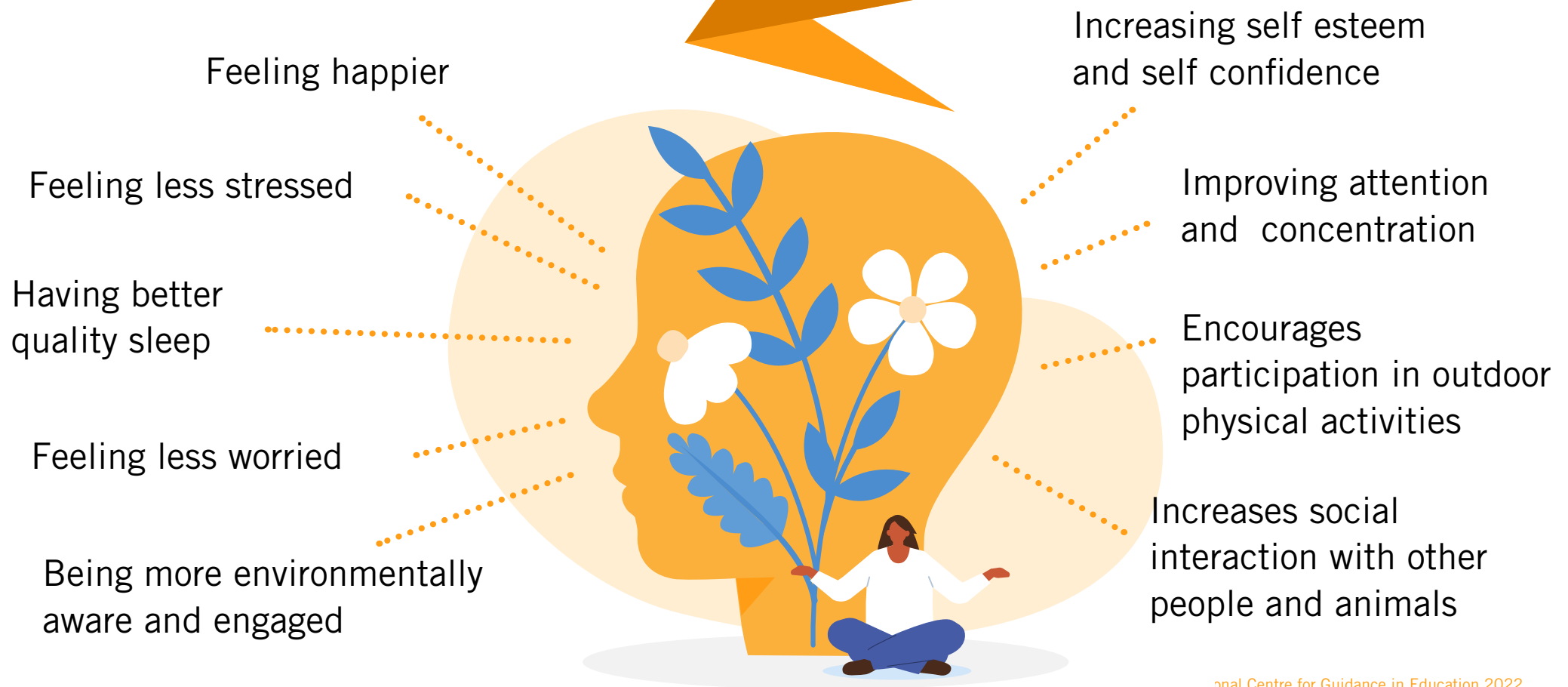
WHY SHOULD WE CONNECT WITH NATURE?

**What are the benefits of
connecting with nature?**

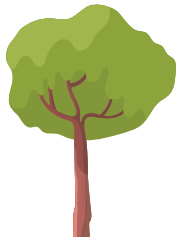
[https://www.youtube.com/
watch?v=h29z-l3XTIk](https://www.youtube.com/watch?v=h29z-l3XTIk)



WHAT ARE THE MENTAL HEALTH BENEFITS OF CONNECTING WITH NATURE?



HOW CAN WE BUILD A CONNECTION WITH EACH OTHER AND WITH NATURE?



Bring nature
inside together



Explore green
and blue spaces
in your local area
together



Get active
outdoors
together



Get creative
together



Connect with
others in nature

5 WAYS TO WELLBEING IN NATURE!



CONNECT

Making a connection with people in Nature can make you feel AMAZING!

Connecting with others makes you feel like you belong, you are important, and you are valued.

Belonging raises your self-esteem! You can connect with people in nature in lots of different ways.

Try to connect with someone in nature everyday.

Instead of texting or calling go for a walk with someone in nature.

Play a game with your sister or brother or friends outside.

Walk to a friend or family member's house to connect with them.

Join a club or group and get to know people who like the same things as you do.

Why not suggest an outdoor activity for you and your friend to try?

Do indoor or outdoor gardening with your family/ friends.



BE ACTIVE

When you get physically active it can make you feel GREAT! People who exercise regularly have lower rates of sadness and depression and feel less anxious. It is a great way to reduce any anxiety you are feeling. You don't have to do anything intense or difficult.

Try and exercise everyday! You can fit exercise into your day in many ways.

- Take up a sport
- Go for walk or a run
- Do a silly dance
- Make up an exercise routine
- Try gardening

- Try yoga
- Skateboard
- Take a picture of what nature means to you.
- Collect natural objects and make a handmade card for a loved one.

- Find your own space in nature
- Go on a bike ride
- Go outdoor swimming
- Have a picnic with friends or family
- Feed the ducks in the local pond



TAKE NOTICE

MY CONNECTION WITH NATURE



- Taking notice is about appreciating the things around you.
- This means being in the present moment, right now!
- No worries about the future, no thoughts about the past, just observing and seeing what is here right now!
- Go for a walk in nature and notice:
 - The birds singing
 - The wind
 - The sun on your face
 - The feel of rain
 - Notice the colours of nature
 - Notice the smells of nature (smell a flower)
- Try and use all your senses when exploring your environment – this will help you feel more connected to nature.
- Use your eyes, nose, ears, mouth and hands to see things around you!
- Get a camera and use it to take photographs of some of the beautiful things you see in nature.
- Run your hand along the bark of a tree, smell the scent of a rose, listen to the hiss of a grasshopper, notice the way the tree branches move with the wind or even catch a raindrop on your tongue and see what it tastes like!
- Sometimes we forget to slow down and appreciate the nature around us.
- Try and be in the moment when you are going for a walk or sitting on a bench.
- This is known as being mindful – the skill of paying attention to what is happening in your mind and body right now, without judgement.
- Sometimes we can miss the wonders of nature simply by not paying attention or giving ourselves the time to look.

LEARN NEW THINGS

Learning new things feels great! It doesn't have to be much, just a little thing each day that you have learnt to do. You can learn new things in many ways. Try and learn new things every day!



- | | | |
|--|---|---|
| <ul style="list-style-type: none"> • Read a book about nature, animals or the universe • Research about birds or nature on the computer • Research about birds or nature on the computer • Ask parents or grandparents about what they like about nature | <ul style="list-style-type: none"> • Watch documentaries on the TV • Find out more about an aspect of nature that interests you! • Learn how to draw or paint something in nature! • Try a bark rubbing • Take a picture of what nature means to you | <ul style="list-style-type: none"> • Write some creative sentences. • Do a quick sketch of a natural object or your surroundings. • Write a poem or song lyrics about your favourite nature spot • Collect natural objects and make a handmade card for a loved one |
|--|---|---|

GIVE

Giving or helping others feels great! Have you noticed how you feel when you help someone?

Try to give or help everyday!



- Ask someone who is alone in the school yard to hang around with you
- Do some chores outside at home (cut the grass, put out the bins, help with gardening, water the flowers)
- Offer to do some gardening for your grandparents
- Be kind to someone
- Help raise money for a charity event

- Give someone a gift of seeds or a plant to grow and care for in their house
- Organise a big litter clean-up of the school grounds or a local park
- Put out a birdfeeder in your garden or leave seeds on the windowsill for the birds
- Use reusable drink bottles instead of buying plastic bottled drinks
- Recycle as much as possible, whether at home, in school or outdoors.

- Grow flowers on your window-sill that are good for bees
- Pick up litter when you are out for a walk
- Sign up and share a petition or campaign about protecting our environment
- Volunteer at a local community garden
- Take part in or organise a community clean up

REMEMBER



OVER TO YOU



THINK



PAIR



SHARE



How can we connect with Nature?

- At Home
- In School
- Outdoors

REVIEW

Can you...

- Define 'Nature'.
- Describe the mental health benefits of connecting with nature.
- Identify how can we build a connection with nature.
- Describe Five Ways to Wellbeing in Nature!

MY CONNECTION WITH NATURE LESSON PLAN



MY CONNECTION WITH NATURE - LESSON PLAN

LESSON TITLE:

MY CONNECTION WITH NATURE

AIMS

This lesson will:



- Explore the meaning of 'nature' and how we can connect with nature.
- Consider WHY nature is important for our mental health.
- Examine how we can integrate nature into our lives at home and at school.

OUTCOMES

At the end of this lesson students will be able to:



- Define 'Nature'.
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- Identify how can we build a connection with each other and with nature.
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LINKS TO JUNIOR CYCLE KEY SKILLS



- Communicating (listening and expressing myself, discussing and debating, using language).
- Managing myself (knowing myself, making considered decisions, using digital technology to manage myself and my learning).
- Staying well (being healthy, being social, being safe, being responsible).
- Being creative (exploring options and alternatives, implementing ideas and taking actions).
- Working with others (learning with others, respecting difference, developing good relationships, co-operating).
- Managing information and thinking (gathering and recording information, being curious, thinking critically, using digital technology to access, manage and share knowledge)

LINKS TO JUNIOR CYCLE STATEMENTS OF LEARNING



In this lesson students will

- Take action to safeguard and promote her/his wellbeing and that of others.
- Bring an idea from conception to realisation.

MY CONNECTION WITH NATURE **- LESSON PLAN**

LINKS TO WHOLE SCHOOL GUIDANCE



In this lesson students will

- Develop & maintain self-esteem & a positive self-concept.
- Interact effectively with others.
- Develop & grow throughout life.
- Students will be able to identify and describe their personal qualities, attitudes and strengths, interests and how they influence behaviour.
- Students will be able to demonstrate effective social skills when cooperating, collaborating & negotiating with peers and teacher.
- Students will be able to participate in a range of activities & tasks to enhance emotional, social, cognitive & physical development.
- Ask for help when required.

MY CONNECTION WITH NATURE - LESSON PLAN

LESSON PLAN:

MY CONNECTION WITH NATURE

MATERIALS NEEDED FOR THIS LESSON

BY TEACHER

- PowerPoint
- Internet
- Worksheets

BY STUDENTS

- Worksheets (on-line or hard copy)

AIMS

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OUTCOMES

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LINK TO SUSTAINABLE GOALS

- Goal 3: **Good Health and Wellbeing**

OPENING 'THE HOOK'

Ask students "What is Nature?" Ask a few volunteers to share their experiences of connecting with nature (How it makes them feel). Write these answers on the board. Then tell the students the aims of the class, which are based around the concept of "Connecting with Nature".



MY CONNECTION WITH NATURE - LESSON PLAN

BODY OF LESSON

TEACHER ACTIVITIES

STUDENT ACTIVITIES

Teacher introduces students to the concept of 'Nature'.

Teacher asks students to share their experiences of connecting with nature (How it makes them feel).

Teacher writes these answers on the board.

Teacher tells the students the aims of the class, which are based around the concept of 'Connecting with Nature'.

Students respond with suggestions.

Teacher defines 'Nature'.

Teacher shares 2 minute clip of David Attenborough's 'What a Wonderful World' to help the students to recognise the beauty of nature.

Students watch David Attenborough clip: 'What a Wonderful World'

Teacher clarifies what 'Connecting with Nature' means.

Teacher asks, 'Why should we connect with nature?'
'What are the benefits?'

Students respond to feedback with suggestions on 'why we should connect with nature' and 'what the benefits are'

Teacher shows clip on the benefits of nature for our mental health and wellbeing.

Students watch clip on the benefits of nature for our mental health and wellbeing.

Teacher asks, 'How can we build a connection with each other in nature?'

Students respond to the teacher's question 'How can we build a connection with each other in nature?'

Teacher introduces and goes through the 5 Ways to Wellbeing in Nature.

Students listen to the 5 Ways to Wellbeing in Nature.

Teacher asks students to work in pairs to complete their worksheet 'Connecting with Nature'

In pairs students complete their worksheet on how to connect with nature: at home, in school and in the outdoors.

Teacher takes students' feedback.

Students give feedback to the class on the ideas they generated.

MY CONNECTION WITH NATURE
- LESSON PLAN

CLOSING LESSON



The teacher reminds the students of the importance of nature and the benefits of connecting with each other and nature. Finally, the teacher re-examines the lesson's aims.