



Nature Connectedness Lesson Plan

2023

Subject: Geography, Biology, Social Studies, Health & Wellbeing

Years: 4/5 (9&10 yo)

Topic: Pathways to Nature Connectedness for Good Mental and Physical Health.

Background to concept from the [Nature Connectedness Research Group at the University of Derby](#).

Lesson Focus/Grade:

Help children uncover the benefits of being connected to the natural world and guide them to use their senses to develop a better relationship with nature. Pupils could split into groups of 4 and each group moves through these lessons over the course of 1-2 days. The nature diary could be provided as a homework task.

Note regarding the guided walk: If tablets are available then students could use these in small groups to follow a green circular route from the Go Jauntly app. Alternatively, a staff member could create a local curated route on Go Jauntly for the class to follow before the lesson.

Learning Objectives:

- Self-manage health and wellbeing
- Develop confidence
- Develop wayfinding skills
- Identify opportunities for nature connectedness
- Walking as a method of exercise
- Develop digital skills
- Develop empathy and stewardship of the natural world

Lesson Ideas	Lesson Focus & Goals	Materials Needed	Structure & Activity
Idea storm Whole class	What is nature?	Whiteboard pens and mini whiteboards, or post-it notes, or exercise books/paper.	<p>Choice: pupils can select how they present their answer - through drawing, writing, or a bubble diagram. Teacher follows this with a class discussion.</p> <p>Challenge: expand on someone's answer with an example. Or answer these Qs:</p> <ul style="list-style-type: none"> • What nature can you see/smell/hear on your walk to/from school? • What can you do in nature?
Make a home for nature Small groups	<p>Making a home for nature can help you connect with the rest of nature.</p> <p>Nature connectedness</p>	Large plastic bottle, sticks / bamboo, toilet rolls, recycled cardboard strips, any natural materials such as moss, tape, scissors, string/twine	<p>https://habitatsandheritage.org.uk/wp-content/uploads/2021/01/HH-BUILD-A-BUG-HOUSE-IN-A-BOTTLE.pdf</p> <p>Pupils could bring in some of the materials from home and get others from the class recycling bin.</p>



The taste of nature Small groups	Children understand that fruit/vegetables come from our natural world.	Selection of in-season fruit / veg	Chop up the fruit to make a fruit salad. Note down adjectives that describe the fruit's taste and texture. Challenge: Explain why plants grow fruit and how this helps them to survive as a species.
Art in nature Individual task	Help children appreciate the beauty in nature.	Paper and pencils / pens / paint / glue / scrap paper Examples of art inspired by nature on the whiteboard or stuck around the classroom.	Show pupils a variety of different art that is inspired by nature. Images could be stuck around the room. Choice: pupils can create a collage, painting, drawing, poem, performance piece. Challenge: create an art piece that highlights the threats that nature faces and why we need to fight for it.
A walk in nature Whole class	Help children use walking in nature as a method of nature connection and a way to manage their own health and wellbeing.	Comfortable shoes for the pupils and appropriate clothing for the weather. Water. iPads with Go Jauntly loaded onto it.	Duration: 30 - 45 minutes walk facilitated through a step-by-step, guided local route on the Go Jauntly app on iPads. When they return to the class, pupils create a sensory diagram to note what they saw, heard, smelt, touched and tasted. They can draw an eye, nose etc for each one.
Nature Diary Individual task or homework task	For a week after the walk, the kids keep a nature journal. Noting down nature for one week can have lasting benefits.	Nature Connectedness Diary Worksheet provided.	For one week, the children keep a nature journal and at the end of the day they write down a good thing they noticed in nature. Choice: pupils can write or draw or add photos for each day. Challenge: explain why protecting nature benefits us all.

Reference to Pathways to Nature Connectedness evidence:

Five pathways to nature connectedness

- Sensory contact with the natural world
- Finding an emotional bond with, and love for, nature
- Taking time to appreciate the beauty of nature
- Thinking about the meaning and signs of nature
- Showing compassion and care for nature

<https://www.scouts.org.uk/volunteers/running-your-section/programme-guidance/take-part-in-generation-green/five-pathways-to-nature-connectedness/>