

FREE

Wakehurst

Royal
Botanic
Gardens **Kew**

NATURE CONNECTEDNESS TRAINING FOR SCHOOL STAFF

Learn how to lead nature connectedness sessions for your pupils, designed to improve wellbeing, reduce anxiety and empower young people to take positive action for themselves and the natural world.



THURSDAY 13TH MARCH

2 – 4PM

FRYENT COUNTRY PARK

[SIGN UP HERE](#)

WEDNESDAY 19TH MARCH

2 – 4PM

ROUNDWOOD PARK

[SIGN UP HERE](#)

Further information

Join us for this free 2 hour training session on nature connectedness! Each school can send up to two members of staff.

Why take part?

Connecting to nature can have a huge impact on young people's physical and mental health.

There is strong, consistent evidence highlighting the benefits of spending time in nature and connecting with it more deeply which positively impacts mental wellbeing and physical health. Connecting to nature is proven to:

- restore attention and the ability to focus
- Reduce stress
- Improve wellbeing and regulate emotions

In doing so, young people also learn to value and appreciate nature more, which improves their pro-environmental attitudes and behaviours.

For any young people who are feeling disengaged with the environmental crises we face, connecting to nature can be a first step towards engaging them in conversations around climate action and sustainability issues.

Sometimes teachers and other school staff might not have the confidence in taking pupils outdoors and leading nature connectedness activities. This training will be led by experts from Kew Wakehurst, with the session informed by the latest research into nature connection.

You can sign up for either of the free training sessions here:

- **Thursday 13th March, 2 - 4pm in Fryent Country Park**

[SIGN UP HERE](#)

- **Wednesday 19th March, 2-4pm in Roundwood Park**

[SIGN UP HERE](#)