



Peer
Education
Project



Mental Health
Foundation



Lesson



We will:

1. Respect and listen to each other, giving space for everyone to be heard.
2. Value everyone's opinion, even if it's different to yours.
3. Ask questions, especially if you are unsure about the information or activities.

4. Be kind to yourself and others, reaching out for support if you need it.

Any others?

Being in the moment



SLIDE 3



Connecting with nature
using our senses



Introducing the topic



SLIDE 5

Connecting with nature is about building a relationship with nature by noticing and becoming sensitive to what is around us.



Introducing the topic



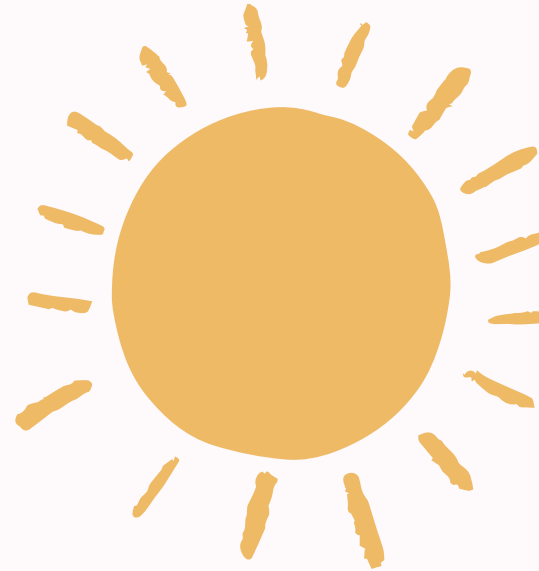
SLIDE 6

What are the benefits of connecting with nature for our mental health and wellbeing?



Connecting with nature:

In school



Outdoors

At home

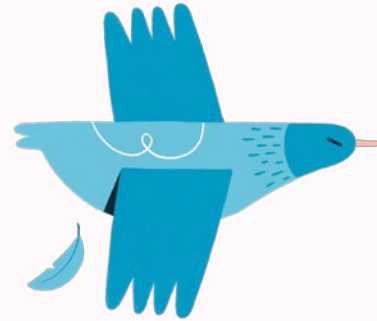
Reflecting on the learning



SLIDE 8



**One thing I
have learned.**



**One thing I will
do differently.**



**One question
I would like an
answer to.**

Reflecting on the learning



SLIDE 9



**One thing I
have learned.**

Reflecting on the learning



**One thing I will
do differently.**

SLIDE 10

Reflecting on the learning



**One question
I would like an
answer to.**

SLIDE 11

Lesson summary



SLIDE 12

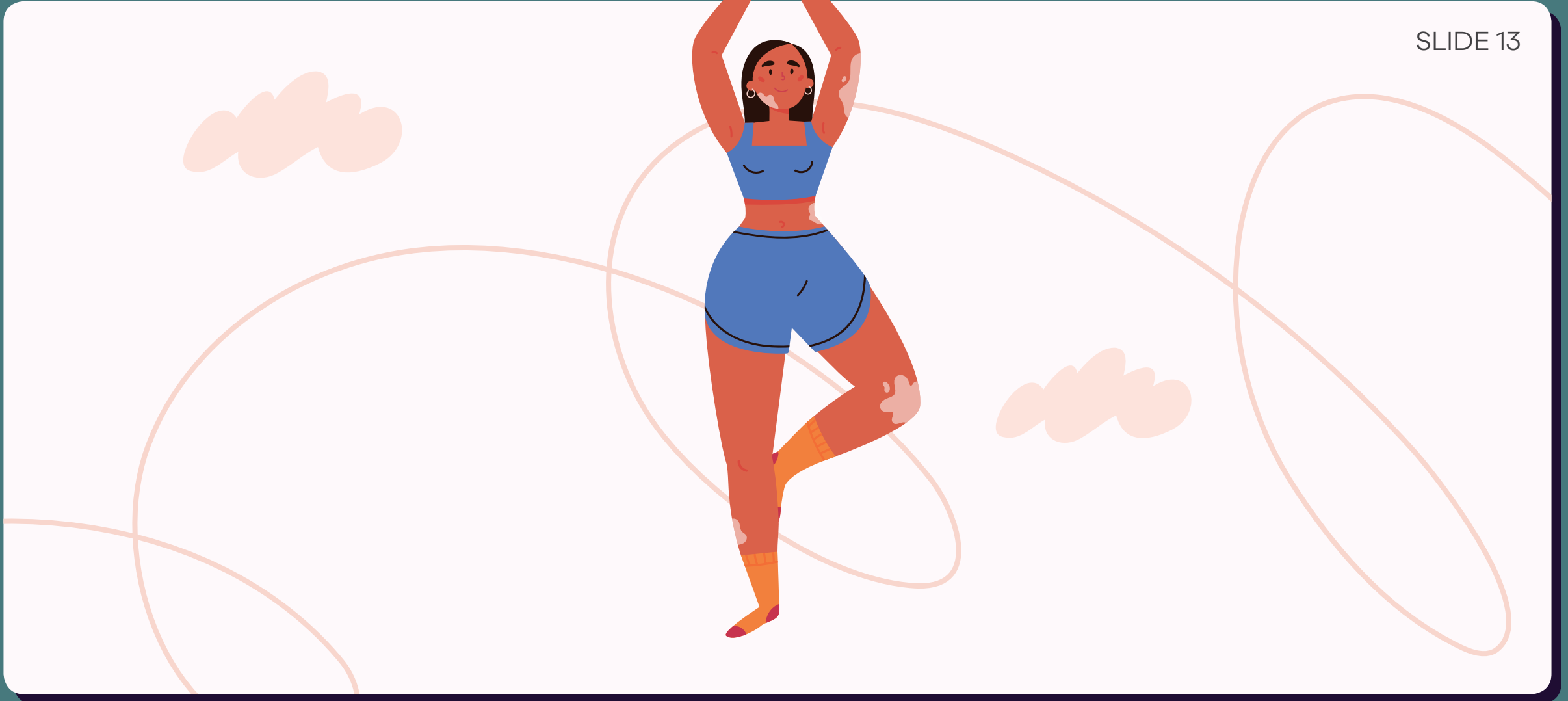
Our relationship with nature is reciprocal, which means that we can protect and look after each other.



Being in the moment



SLIDE 13





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Lesson

Connecting with nature has many benefits for our mental health and wellbeing, such as:

- Increased happiness
- Reduced feelings of stress
- Having more and better-quality sleep
- Increased self-esteem and self-confidence
- Improved concentration
- Increased social interaction with others and the world around us



Being part of positive environmental change is linked with:


-  Increased empathy
-  Self-confidence
-  Self-esteem
-  Increased sense of community



Taking action



SLIDE 17



**How can we
take environmental
action?**

Connecting with nature is about building a relationship with nature by noticing and becoming sensitive to what is around us.



Challenging thinking



SLIDE 19

**What could be
the barriers to someone
connecting with
nature?**



Challenging thinking



SLIDE 20



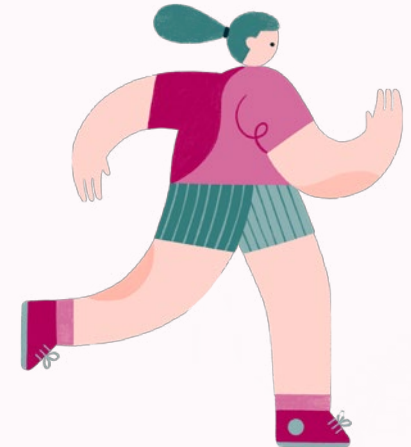
Mo



Jamie



Nara



Ciara

Challenging thinking



SLIDE 21

Mo



Challenging thinking



SLIDE 22

Jamie



Challenging thinking



SLIDE 23

Nara



Challenging thinking



SLIDE 24

Ciara

