



**Wildlife, Tracking and Bushcraft**

*Promoting emotional, physical and spiritual well-being.*

## Woodlife Trails - Information for Parents, Carers, Teachers and Youth Supervisors

### Natural Learning

Learning in the natural environment is becoming increasingly more accepted. Not only does it encourage and inspire people of any age, but it is also engaging, motivating and challenging. It promotes self awareness, self-confidence and provides opportunities for the development of emotional and social skills.

The term "Nature-Deficit Disorder" is now being applied to those people, particularly children, who are unable to visit woodland environments or interact with nature for whatever reason. Our intention is to create a Natural Learning Environment in the outdoors for young persons and young adults.

### The Risk

There is a much misaligned assumption that activities in the natural environment are dangerous. There is, in fact, very little risk beyond the normal activities carried out by young people on a daily basis. Participants quickly adapt to managing their own risks because of the different surroundings. Needless to say, all our activities are dynamically risk assessed throughout any changing environmental conditions on the ground by our Guides. We promote the safe and proper use of hand tools, outdoor health, safety and hygiene at every opportunity.

### Content

Our services, be they visits to your school, club, centre or event, could include interactive talks and presentations with hands-on exhibits or a local woodland walk. You may wish to work with us to design a bespoke course or session. All these activities centre on an interaction with nature. We assist in identifying plants, trees, insects, and tracks & signs the animals leave behind on the woodland floor. We explain how natural resources were, and still are, used to our benefit. We can demonstrate a number of primitive skills and explain some fascinating aspects of pre-history in respect of hunter gatherers and historical geography relating to sustainable woodland and forest management.

### Tasks

When running sessions, we use individual and team tasks to enhance the senses, provide confidence and engender team-working. Activities such as shelter building, primitive fire-lighting and team-tracking promote the development of motor-skills and decision-making. Participants learn through debriefing and feedback which is carried out at the right time and at the right level. Participants are also encouraged to self-reflect. More importantly, it's all designed to be great fun! For scouts, cadets and youth organisations, we can tailor the content of the session to your needs.

### Qualifications

*Woodlife Trails* staff have a vast array of individual qualifications. Some have academic qualifications in teaching and training such as a Masters degree in Learning and Development, Cert Ed and NVQ qualifications, or counselling experience (MIND). All Guides have been engaged for at least 5 years in teaching outdoor skills to diverse age groups before joining *Woodlife Trails*.

### References

Our family orientated *Countryside and Woodland Awareness* courses have been approved by the National Trust at Hatfield forest. We have also provided Lancaster County Council with information on the benefits of outdoor learning for young people during a show in the Lake District (2011). The feature will be made into an educational DVD.\*

### What next?

It is not always an easy decision to provide alternative and creative solutions for the education of young people. Of course, costs are also an important feature as well.

Please contact us to arrange telephone contact or a face-to-face meeting where we will answer your questions and provide your organisation with a cost effective session or programme exactly suited to your requirements.

\* (as of June 2011)

**For more details and to contact us please visit at [www.woodlife.co.uk](http://www.woodlife.co.uk) or email [info@woodlife.co.uk](mailto:info@woodlife.co.uk)**