



Gain a Qualification in Nature Connection and Wellbeing



Equivalent to a GCSE

A nature-based qualification
for young people



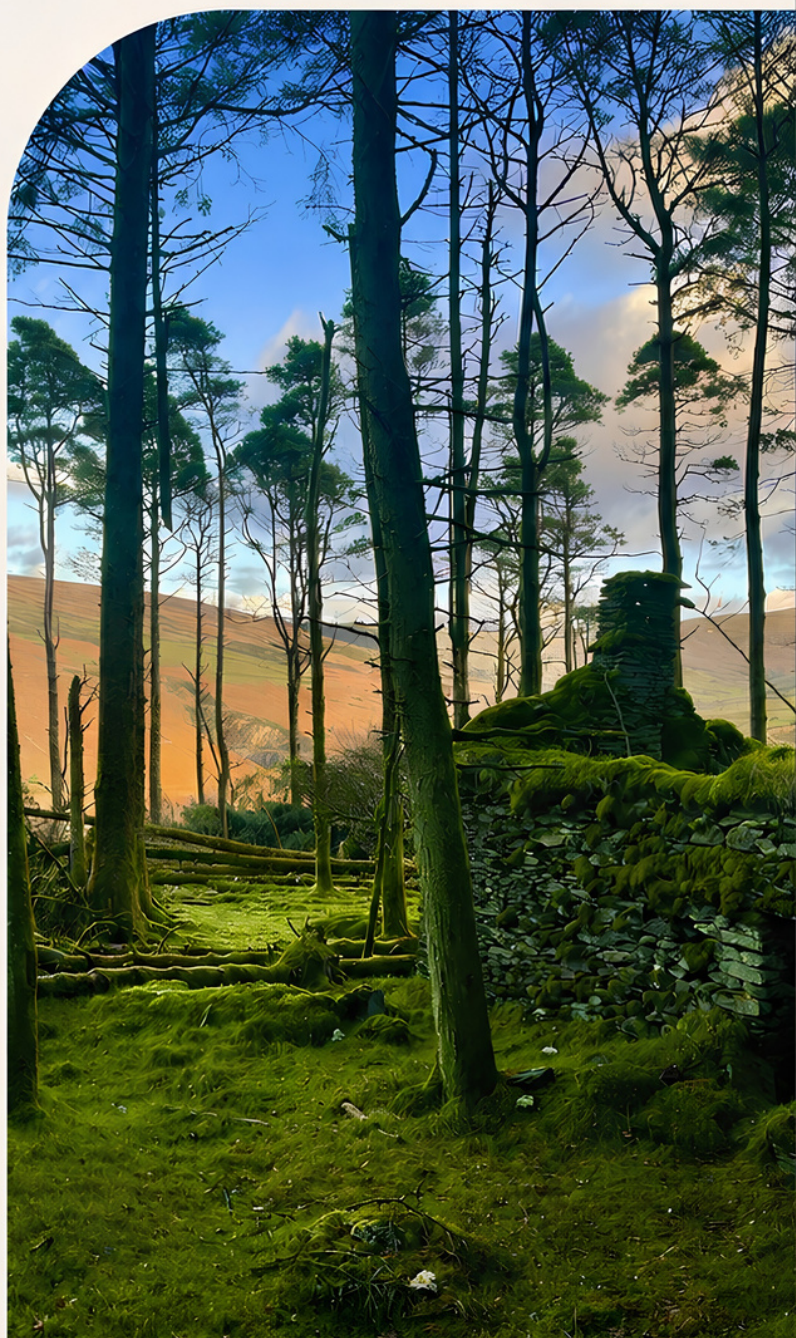


Who this qualification is for

This qualification has been specifically designed by a multidisciplinary therapeutic team and inclusive educators to meet the needs of a wide range of learners. It follows a neuro-affirming, strengths-based approach that values different ways of thinking, communicating and engaging with the world.

It is suitable for young people who have an interest in conservation and nature-based employment in the future, or who have an interest in sustainability-focused careers.

The course is suitable for people who are autistic, who have SEND, sensory needs, ADHD or PDA, who have experienced trauma or anxiety, or who face emotional barriers to school attendance, as well as those who simply feel more confident and grounded outdoors. The portfolio model allows learners to evidence their work in accessible, creative ways that reflect their strengths and preferred ways of communicating.



Equivalent to a GCSE, this is the first qualification in the UK in Nature Connection and Wellbeing.

It's a future-focused qualification that prepares young people for two of the world's fastest-growing needs: mental health and wellbeing support, and the green economy.



Learning for the future



Why choose this qualification?

In a world where mental health challenges are rising, time spent outdoors is decreasing, and the need for environmental action has never been greater, this qualification provides young people with the knowledge and skills they need for the future.

This qualification bridges the gap between mainstream education and the therapeutic benefits of nature-based learning, capturing progress that isn't easily measured by traditional academic subjects.

This qualification also opens doors to further study and careers in outdoor education, conservation, mental health, and wellbeing-focused roles, making it a valuable stepping stone for the future.



What do young people study?

Young people explore the science of nature connection, understanding how it supports mental and physical wellbeing.

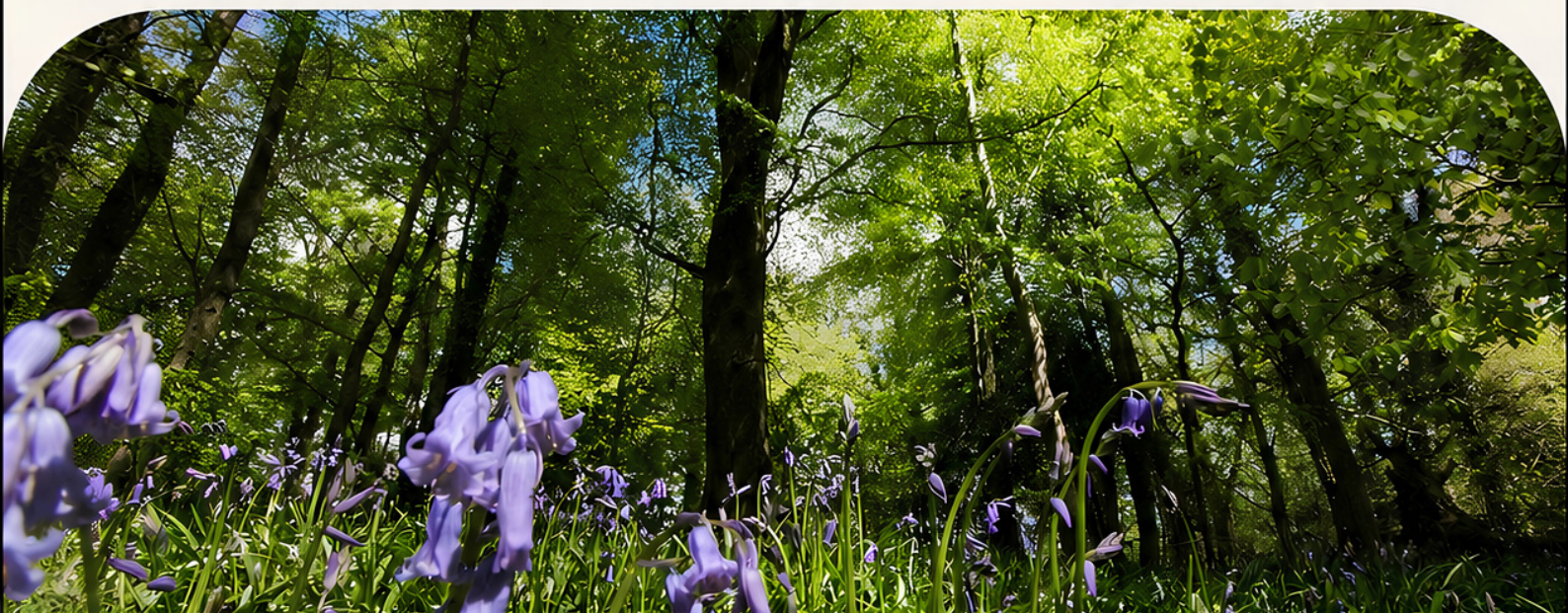
They learn about the five pathways to nature connection, while developing practical skills in mindfulness, grounding techniques, and pro-environmental behaviours.



How is the qualification assessed?

The Level 1 and 2 qualifications in Nature Connection and Wellbeing are flexible and accessible, designed to recognise each learner's strengths without the pressure of exams.

Instead, students complete a portfolio of evidence, demonstrating their understanding through practical tasks, observations, and reflections.



LEVEL 1



Level 1 is equivalent to GCSE grades 3, 2, 1.



There are no other entry requirements, making it accessible to a wide range of students.



If a young person has SEND that affects their ability to understand conceptual information, we encourage you to get in touch with us to discuss whether this qualification is suitable for their individual needs.



LEVEL 2



Level 2 is equivalent to GCSE grades 9–4.



To enrol in Level 2, learners must have previously studied at Level 1, or be currently studying our Level 1 in Conservation (even if not yet complete) to gain automatic acceptance.



If a learner has not studied at Level 1 but wishes to enrol directly at Level 2, we ask that you get in touch with our team. We will arrange a short phone assessment to determine whether Level 1 or Level 2 is the most suitable starting point.

Level 1 Award in Nature Connection and Wellbeing



Unit 1: Introduction to Nature Connection

This unit introduces the concept of nature connection and its benefits. Students will explore their personal relationship with nature through creative reflection exercises and learn about the five pathways to nature connection. Hands-on nature activities will help students understand the importance of meaningful experiences over time spent outdoors.



Unit 2: Understanding Nature Connection and Wellbeing

This unit examines how nature contributes to both physical and mental health. Students will explore mindfulness and its role in nature connection, practise nature-based mindfulness activities, and learn about how nature metaphors can express emotions. The unit concludes with the creation of a personalised wellbeing plan incorporating nature-based strategies.



Unit 3: Nature Connection and Pro-Environmental Behaviours

This unit focuses on how a strong connection to nature can inspire actions that benefit the environment. Students will learn about pro-environmental behaviours, participate in a conservation project, and explore green jobs that contribute to environmental sustainability.

Level 2 Award in Nature Connection and Wellbeing



Unit 1: Understanding Nature Connection

This unit introduces the concept of nature connection and its role in physical and mental wellbeing. Students will explore the five pathways to nature connection through practical activities, learn about the neuroscience behind mindfulness and grounding, and review research on eco-anxiety.



Unit 2: Measuring Nature Connection

Students will learn how nature connectedness is measured and what factors influence it. They will assess their own nature connection using established scales, reflect on their results, and set goals to deepen their relationship with nature. The unit also explores the real-world applications of measuring nature connectedness in areas such as mental health, education, and conservation.



Unit 3: Urban Nature and Community Wellbeing

This unit focuses on the challenges and benefits of engaging with nature in urban environments. Students will analyse urban nature initiatives, participate in nature-based activities, and reflect on how these experiences impact their wellbeing and sense of community.



Unit 4: Pro-Nature Conservation Behaviours & Green Jobs

Students will explore how nature connection influences pro-environmental actions and conservation efforts. They will measure their own conservation behaviours, engage in a hands-on environmental project, and examine the role of public action in driving environmental change. The unit also introduces green jobs and the importance of nature connection in sustainability-focused careers.



We also deliver this course for adults



- ✔ We know that many adults also want to spend more time outdoors in the natural world but sometimes lack the knowledge and confidence to know how to do this.
- ✔ This Level 2 qualification provides a structured pathway to develop practical skills, self-awareness, wellbeing and mindfulness in nature.
- ✔ This course is ideal if you are already working with, or want to work with, children and young people outdoors. You may be a teacher, a youth worker, a teaching assistant or a child care worker who wants to learn the benefits of nature connection and explore ways that you can take your work with children and young people outside.



You don't have to be working with children and young people to do this course — it's ideal for parents, students... anyone who wants to learn more about the power of spending time in nature!