

I used to kill bugs but I don't do that any more.
(Pupil)

I love nature so much now. I feel better talking to people now.
(Pupil)



He is now a much more active member of group tasks and much more confident in doing so. He is much chattier in class and much more open to staff and pupils... appears so much more confident and happier.
(Class teacher)

NATURE FOR NURTURE / FOREST SCHOOL SESSIONS

After a 6-week targeted intervention for anxious children (weekly full day sessions), teachers observed:

90%

An increase in pupil confidence when working as a team in almost 90% of their pupils taking part

100%

100% of pupils were more likely to seek feedback from peers & teacher as a result of WW intervention

90%

Almost 90% of pupils made more effort to include team members

100%

100% of pupils were more able to communicate with team members & showed increased confidence in their leadership abilities as a result of WW sessions.

Woodland Wakeup day is their favourite day of the week.
(Headteacher)



We have a proven track record of enhancing (among other things) vulnerable young people's:

★ self-esteem ★ confidence ★ resilience ★ participation ★ social / leadership skills

We provide dynamic, impactful, nature-connection services to:

- ★ innovate early intervention for children requiring CAMHS
 - ★ boost kids struggling with anxiety, poor mental health or attachment issues
 - ★ uplift / elevate kids struggling to bounce back from Covid restrictions,
 - ★ victims of bullying, or children experiencing other difficulties
- / trauma & bereavement



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The best six weeks of my life!
(Pupil)



I never really cared about it, but I have realised that nature is really really cool.
(Pupil)



[I observed a] significant change in this child's confidence when speaking out in class...
[He] improved in confidence and overall has better communication with peers.
(Class teacher)

I understand nature more and what is bad for it.
(Pupil)

In just 6-8 weeks of weekly half/full day sessions:

95%
of kids said they cared more about nature

84%
of kids said they felt more connected to nature

70%
of kids could identify how sessions had made them feel better about themselves



[He is] now happy and willing to participate in group tasks. Much less nervous and emotional... more relaxed.
(Class teacher)

I feel more connected to nature after the sessions because I do more survival stuff and I go outside more now. Before I was in my room chilling and now I show my friends cool stuff to do outside.
(Pupil)

[I observed she is] more relaxed and confident in teamwork. Amazing boost of confidence. Has now asked to read with her reading group and not on her own. Really amazing changes in self-esteem.
(Class teacher)



I learned new skills to make the most of nature.
(Pupil)



We can boost your school's achievement of

- ★ CfE H&W targets
- ★ GIRFEC and SHANARRI outcomes
- ★ school improvement plan targets relating to outdoor learning and bringing more nature to your playground spaces

ACTIVITIES
- mindfulness / coping strategies - flora and fauna exploration - environmental conservation - collaborative philosophical inquiry - natural crafts - safe fire lighting - tool work -

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