

Get out and appreciate nature

Scouts spend time in nature, tuning in to their surroundings and everything that is going on.

Section: All
Time: 1 hour
Where: Home, Den, Hike, Camp



PLAN

Screens have become a huge part of everyone's life as they're used for school, work and staying in touch with your friends. This activity is about making space in life for other things as well, and equipping the scouts to look after their own mental health.

Scouts simply decide to go out into their garden or down to the beach, maybe even a forest and enjoy it. The time that they spend there is completely up to them, but of course the longer the better to try and get a true feeling for nature. It is best done individually, or in very small groups, to minimise the distraction.

DO

As scouts, so much of our time is already spent in nature whether that's up a mountain, on the water or camping. But the scouts don't have to be with scouts to enjoy nature. It's important that they learn to go out on their own and appreciate it. It can just be going for a walk around the garden or in the neighbourhood, but try to visit areas that are more natural and less built-up. The scouts should aim to use all of their senses. Feel the wind on their faces and breathe in the air. Smell flowers and bushes, and run their hands over rocks, bark and soil. Watch the movement of birds in the air or look up close at the veins on a leaf. Listen to everything from rustling branches to chirps and squawks! Get the scouts to think about their surroundings, how long it's been there, how it formed, and how it's still changing. it.

REVIEW

Have the scouts discuss where they went, what they did, and how they felt. Have them share some of the more unusual sounds, smells or textures that they encountered. Can they imagine how many creatures call that environment home? Perhaps make a plan to do it as a group in the future.



In a nutshell...

- Scouts decide where they will go
- Take their time and really appreciate the natural world around them
- Discuss their experiences with the group



Follow-on

Maybe the scouts have found new areas themselves where the whole section could visit in the future. Consider repeating the activity at different times of the year, so that scouts can notice the changes in their surroundings in different seasons.



SDG 3 Good Health & Well-being

SDG 3 aims to prevent substance abuse including narcotic drug abuse and harmful use of alcohol. Learning to appreciate nature can equip scouts with mechanisms to boost their mental health and prevent addictions.



Find out more!

Visit - www.betterworld.ie

Contact us - sustainability@scouts.ie

Produced by the Scouting Ireland Sustainable Scouting Team