

Biophilia: The Science of Nature & Connection

Why being outdoors makes us happier, healthier, and helps us learn better.

This engaging three-hour training (or two 90-minute sessions) explores the powerful science behind our innate connection to nature and animals — and why it matters now more than ever.

Grounded in neuroscience, psychology and lived educational practice, this session helps practitioners understand how natural environments support regulation, wellbeing, connection and learning.

Designed for whole-school staff teams and community organisations, the training blends accessible theory with practical strategies that can be immediately embedded into everyday practice.

We'll explore:

- The science of Biophilia — our natural human connection to living systems
- How nature supports nervous system regulation
- The brain chemistry behind why nature makes us feel calmer and more focused

- “Soft” and “Hard” fascination — and why it matters for attention and learning
- The role of animals within educational settings
- Practical outdoor activities to support emotional wellbeing
- Risk–benefit thinking in outdoor provision

This session not only validates what many practitioners instinctively know – that nature works – but provides the scientific underpinning to confidently advocate for outdoor learning and nature-connected approaches.

In increasingly busy, pressured and screen-based environments, reconnecting with the natural world is not a luxury — it is foundational to good mental health and effective learning.

For further information please email:
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