



Biophilia: The Science of Nature and Animals

(why being outside makes us happier, healthier and better able to learn)

This three hour (or 2 x 90 minute) online training will support practitioners to understand the science and benefits of playing and learning in a natural environment and connection with animals and living species. The session is aimed at all school and community organisation staff and will offer both underpinning theory and practical application to enable staff to understand the why and the how of the outdoors and animals. The scientific justification for those who know it works and an understanding of how Nature will help us maintain good mental health under Covid-19 restrictive environments.

Topics include

An understanding of Biophilia
Regulating in Nature
Understanding the beneficial (brain) chemistry of Nature Hard & Soft Fascination
Hard & Soft Fascination
Utilising Animals in an educational environment
Incorporating learning into practice – Activities to support emotional wellbeing in the outdoors
Risk/Benefit Assessment

For more information please contact coral@traumainformedschools.co.uk

