Health and wellbeing

Spending time in nature and connecting to the environment is great for our health and wellbeing. This has become a cross-cutting theme for FSC.

Covid-19's lockdowns and restrictions brought home to us all just how important connecting to nature can be.

FSC is working closely with a PhD researcher to deepen the evidence base that underpins our approach. Many FSC experiences offer the widely adopted **Five Ways to Wellbeing**.

1
Keep learning
Something new about the world and ourselves

2
Connect
Be part of a shared experience

3
Being active
Exploring and working in the fresh air

4
Take notice
Time and opportunity for awe and wonder from the small creatures to large landscapes

5
Give
By working together in groups and adding to our store of knowledge

Nature Friendly Schools

FSC is one of the delivery partners in this £6.4 million, four-year Department for Education funded project, designed to understand how high-quality activities in natural environments in disadvantaged schools contribute to improved mental health and wellbeing and also a learners' engagement with school.