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.