**There are many resources and books on nature connection and well-being these are a few that have inspired us. Also see the Nature Conservation handout in unit one.**

**Nature Connection**

*‘Coyotes Guide to Connecting with Nature’* (2010) Jon Young et al. This is a comprehensive guide to how we can ‘mentor’ learners (of all ages) in creating deeper nature connection and covers subjects from ‘how we use questions and dialogue with groups in the natural world’ through to core routines and many activities that link into the natural cycles and the ‘8 Shields Model’.

*‘The Essential Guide to Forest School and Nature Pedagogy’* (2021) Jon Cree and Marina Robb. This book and the online appendices cover the practicalities of working with human and the more than human world – including risk management processes and working in a person centred ‘therapeutic’ way. The book includes nature-based models on human development and covers a range of topics from working with ‘behaviours’ through to how to work and play with plants, animals, tools and crafts in the natural world.

*‘The Nature Principle – human restoration and the end of nature-deficit disorder’* (2011) Richard Louv. This is the follow on from the international best seller ‘Last Child in the Woods’ and is a call to action for adults in connecting to the natural world. For those working with children the largest child and nature organization was spawned by Richards books and the website for the children nature network is full of activities and resources see <https://www.childrenandnature.org/>

*‘Learning with Nature’* (2015) Marina Robb, Victoria Mew and Anna Richardson. A book full of nature connection activities for children and young people easily adapted for adults. Also see <https://www.theoutdoorteacher.com/> which comes with this course.

*‘Deep Nature Play – a guide to wholeness, aliveness, creativity and inspired learning’* (2015) Joseph Cornell. There are a host of nature based ‘play’ activities and a way of working with ‘flow’ and creativity in amongst Josephs books and resources see <https://www.sharingnature.com/>

*‘Keeping and Nature Journal – discovering a whole new way of seeing the world around you’* (2003) Clare Leslie and Charles Roth. While this is specific this book really helps us tune into the rhythms and subtleties of the natural world, journaling is a very connective and therapeutic practice!

*‘Earthwalks – an alternative nature experience’* (2019) Steve van Matre et al. This book is full of sensory based activities woven together in a flowing way to instill joy, kinship, reverence and a love for the natural world. This book comes from a rich heritage of nature based learning programmes developed by the Institute for Earth Education since the 1970’s, see <http://www.eartheducation.org.uk/>

**Therapeutic and Brain/Body Books and Websites**

Resmaa Menakem – *‘My Grandmothers Hands – racialized trauma and the mending of our body and hearts’* and *‘Rock the Boat – how to use conflict to heal and deepen your relationship’*. Resmee is the author that posed the 5 anchors described in the training. Worth looking at his website and this podcast <https://onbeing.org/programs/resmaa-menakem-notice-the-rage-notice-the-silence/>

Peter Levine – *‘Waking the Tiger – healing the trauma’* his first milestone book

*‘Healing Trauma – a pioneering program for restoring the wisdom of the body’* A recommended handbook with many exercises and accompanying CD. Peter Levine is the founder of the modern somatic therapy movement see [www.somaticexperiencing.com](http://www.somaticexperiencing.com) lots of you tube clips on here.

Babette Rothschild - *‘Revolutionising trauma treatment’* (2021). Babette has introduced a very practical way of working with the Autonomic Nervous system with her internationally reknowned book ‘The Body Remembers’ in 2000. Well worth visiting her website and see some useful videos and ways of working with trauma recovery, see <https://www.somatictraumatherapy.com/>

For those working with children and young people this book written by Levine and Maggie Kline is a must ‘*Trauma through a Child’s Eyes; awakening the ordinary miracle of healing – infancy through to adolescence’*

Amanda Seyderhelm – *‘Helping Children Cope with Loss and Change’*(2020). Amanda is a recognized practitioner when it comes to working with children who suffer anxiety, trauma and loss. She uses play therapy and therapeutic storytelling – this book is full of great tips on ways of working with children in these times. See her website <https://amandaseyderhelm.com/> and her seven steps to working with grief, loss and change.

Tich Nhat Hanh – *‘A Handful of Quiet – happiness in four pebbles’* and ‘*Happy Teachers Change the World’* (co-authored with Katherine Weare). Thich Nhat Hanh has been an inspiration for me for many years . His teachings makes mindfulness and meditation very accessible – worth looking at the website <https://thichnhathanhfoundation.org/>

Margot Sunderland *– ‘Using Storytelling as a Therapeutic Tool with Children’* and *‘The Science of Parenting’.* Margot makes the brain body stuff easy to understand and her storytelling book has lots of tips of working with anxiety and trauma. See the child mental health centre for more of Margot’s offerings <https://www.childmentalhealthcentre.org/>

For current up to date brain body thinking I would recommend these two books;

Bessel van der Kolk – *‘The Body Keeps the Score – mind, brain and body in the transformation of trauma’.* This book delves into detail about the polyvagal theory and pathways to traumatic recovery

Amy Banks – *‘Wired to Connect – the surprising link between brain science and strong healthy relationships’.* This is such an accessible book exploring four pathways and lots of case studies with children;

C – alm (the role of the vagal in the nervous system)

A – ccepting (the role of the dorsal anterior cingulate cortex – in the prefrontal cortex for understanding and accepting others)

R – esonate (the role of mirror neurons in empathy and resonating with others)

E – nergetic (the reward system of the brain/body)

**For working with sensory needs worth looking at;**

Phoebe Caldwell resources see <https://phoebecaldwell.co.uk/> and

Eadaoin Breathnach resources see <https://www.sensoryattachmentintervention.com/> Both excellent websites with lots of free resources