



Nature-based Practice Training Online Content Overview & Access

CLR CONTENT OVERVIEW FOR ONLINE RESOURCES:

Welcome page for registered students:

CLR's Reading list material

- NBP Booklist and websites

Key training documents

- NBPT Course Handbook
- CLR NBP Example Handbook
- Online content overview

UNIT 1 Place: Locate a suitable place

Essential documents

- Countryside Code
- Site appraisal
- Checklist for landowner agreement
- Sample Landowner letter

Ecology and Stewardship

- Nature Legislation and Organisations
- Environmental Impact Template
- Nature Conservation Activities

Research & Benefits

- 21193 – Green Social Prescribing Evaluation – Final Report & Summary 2024
- Mental Health Document (MHAW21)
- Bonus Chapter – The Evidence
- State of Nature UK Report 2019
- Forest Trees and Human Health
- UK Chief Medical officer 2019
- Urban Green Spaces and Health Review
- Ecopsychology Toward a New Story of Cultural and Racial Diversity
- Unsettling Ecopsychology Addressing Settler Colonialism in Ecopsychology Practice

UNIT 2 People: Your clients/participants

Essential documents

- Creating a Safe Container
- Chapter 9: Summary of strategies
- Clothing Advice

Working in a therapeutic way

- Effective communication



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- 11 Body informed Communication Activities
- Glasser's deadly and Caring Habits
- Strategies peoples use for handling challenging behaviour/situations
- Virginia Axline 8 Principles
- Anchors of Somatic Safety
- Applying the Brakes
- Using Connection to Transform Addiction
- Behaviour First Aid Kit
- The Brain's well-being chemicals
- Istatements
- Therapeutic Responses to Stories

UNIT 3 The Practice & Practical: How to set up and facilitate nature-based programmes

Essential documents

- How to access your OUTDOOR TEACHER Resource
- What to wear outdoors
- Basic Kit for Practitioners
- Equipment suppliers List
- Playwork Primer 2010

Essential Practical Health and Safety

- Assessing Risks and Hazards Overview
- Casualty Report Form
- Emergency Plan & Procedures (Generic)
- Sample Weather Policy
- Daily Risk Assessment Check List
- Forest School Information: Ticks
- Blank Activity RBA (Editable)
- Blank Generic RBA (Editable)
- Blank Site RBA (Editable)
- Individual Risk assessment
- Cooking with Fire RBA (Sample Risk Assessment)
- Generic Fire RBA (Sample Risk Assessment)
- Generic Ropes, Swings & Nets RBA (Sample Risk Assessment)
- Generic Tools RBA (Sample Risk Assessment)
- Mill Woods Site Risk Assessment (Sample Risk Assessment)
- Tree Climbing (Sample Risk Assessment)
- Using Fire Steels (Sample Risk Assessment)
- Shelter Building (Sample Risk Assessment)
- Using Saws for Discs (Sample Risk Assessment)
- Wild food and Foraging Risk Assessment RBA (Sample Risk Assessment)
- Woodland Games (Sample Risk Assessment)
- Brighton & Hove Offsite and Adventurous Activities Guidance
- NSPCC Ratios



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Tools and Crafts

- Basic Saw Use
- Coppicing Pruning Thinning Pollarding
Tool Maintenance
- Basic Knife Use and Fixed Blade Knife
- FSW: Safe Use and Storage of Tools
- Common Poisonous Plants at Forest School
- Uses of Timber
- Tool Progression Indicators
- VIDEO – Knife sharpening with Ray Mears
- VIDEO – Knives and Secateurs

Knots and Ropes

- CLR Knots and Swings
- Children's Swings – A Guide to Good Practice
- Ropes, Swings, Dens, Treehouses & Fires
- Ropes
- VIDEO – Using Ropes with all ages

Fire

- Building a Fire
- Back to Basics Scouts Full Edition
- Scouters guide Campfires Camp stoves
- Fire Principles
- VIDEO – Fire Circle Routine

Cooking

- Food Safety in the Outdoors
- Outdoor Cooking Recipe Cards
- Cooking

Plants

- Wildfood and Foraging Risk Assessment RBA
- Common Poisonous Plants that may be found at Forest School by Jon Cree
- Key List of Edible / Green Light Plants

Shelters

- Shelter building sheet
- VIDEO: Using Small Tarps

Songs and Stories

- MP3's and M4A's of host of songs!

Tuning and Soothing Sketching and Writing

- Explorers guide to the lost spells
- Ways of tuning in with simple sketching

Nature-based Activities and Games

- Nature-based Games and Activities



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UNIT 4: The Practitioner

Essential documents

- A handbook on Nature on Prescription
- Trauma and Anxiety Overview
- 9 Ways of Observing
- Babette Rothschild Trauma Signs Chart
- Outdoor Therapy Statement of Good Practice

The human Mammal

- Basic Psychosocial Skills: A Guide for Covid-19 Responders
- Power threat meaning document
- Autonomic Nervous System
- A beginners Guide to Polyvagal Theory
- Babette Rothschild – Mirror Mirror
- Body informed Leadership Somatic Allyship
- Maslow’s hierarchy of Needs
- Porges – Trauma and the Polyvagal Theory
- Porges – Play as Neural Exercise
- Poly Vagal theory diagram
- Using the Breathing Space
- NICAMB nervous system diagram

Nature-centric Models

- Nature Cycles and Nature Centric Models