Online Course Content Overview 2026

Welcome to the Nature-based Practice Training online resources. This overview shows everything available to you, unit by unit, so you always know where to find what you need.

How to use this overview

1. **Start with the key training documents** below: the course handbook explains how the course works.
2. **Work through the units in order.** Each unit opens with its *Essential documents*: read these first.
3. **Use the rest as a library.** The other resources in each unit are there to dip into as your practice grows.
4. **Tick off resources as you go** using the checkboxes, so you can see your progress.

Start here: Key Essential Documents

- Online Content Overview (this document)
- NBPT Course Handbook
- CLR NBP Example Handbook
- Nature-Based Practice Book List and Websites
- A Handbook for Nature on Prescription
- The Nature Connection Handbook

CLR Policies

- Learning Appeals Procedures
- Inclusive Assessment and Academic Integrity Policy
- Complaints Procedure
- CLR Data Privacy Policy

The course at a glance

Unit	Theme	The question it answers	What's inside
1	**Place**	Where will you work, and how do you care for it?	Finding a site; ecology and stewardship; research on the

Unit	Theme	The question it answers	What's inside
			benefits of nature
2	**People**	Who are you working with, and how do you support them?	Creating a safe container; working in a therapeutic way
3	**The Practice and Practical**	How do you set up and run nature-based programmes?	Kit; health and safety; tools, ropes, fire, cooking, plants, shelters; songs, stories and activities
4	**The Practitioner**	What do you bring, and how do you look after yourself and others?	Trauma and nervous system; the human mammal; nature-centric models

Unit 1: Place

Locating a suitable place, and caring for it.

Essential documents

- Countryside Code
- Site Appraisal
- Checklist for Landowner Agreement
- Sample Landowner Letter

Ecology and stewardship

- Nature Legislation and Organisations
- Environmental Impact Template
- Nature Recovery and Biodiversity for Human Health

Research and benefits

- Green Social Prescribing (GSP) Evaluation: Final Report and Summary (2024)
- Green Social Prescribing Toolkit
- DEFRA Changing the Lens Report on Green Social Prescribing October 2026
- Mental Health Foundation: Nature Report (MHAW21)
- Bonus Chapter: The Evidence and Green Interventions
- State of Nature UK Report 2023
- Fix Nature Compendium 2026
- Urban Nature and Health Care Research
- Breeze 2017-2018 Report

- Green and Blue Spaces and Mental Health
- Health, Place and Nature
- RCGP: Towards Greener Prescribing in General Practice
- Wildlife Trusts: A Natural Health Service Report Summary

Unit 2: People

Your clients and participants.

Essential documents

- Creating and Holding Space in the Outdoors
- Chapter 9: Summary of Strategies
- Clothing Advice

Working in a therapeutic way

Communication

- Effective Communication
- 11 Body-Informed Communication Activities
- 'I' Statements
- Therapeutic Responses to Stories
- Consent-based Practice
- Virginia-Axline-Principles

Relationships and behaviour

- Glasser's Theory of Behaviour
- Strategies People Use for Handling Challenging Behaviour and Situations
- Behaviour First Aid Kit
- Virginia Axline's 8 Principles

Regulation and safety

- Anchors of Somatic Safety
- Applying the Brakes
- The Brain's Well-Being Chemicals
- Using Connection to Transform Addiction
- Sensory Characteristics
- Sensory Systems - how nature stimulates
- The brain’s well chemicals

Mirroring

- The Wild Imaginal World (website link)

Unit 3: The Practice and Practical

How to set up and facilitate nature-based programmes.

Essential documents

- What to Wear Outdoors
- Basic Kit for Practitioners
- Equipment Suppliers List 2024
- A Natural Playground. A practical Guide
- Lone Worker Policy
- Missing Persons Policy
- CLR Insurance Guidance for Nature-Based Practitioners

Health and safety

Policies, plans and forms

- Assessing Risks and Hazards Overview
- Emergency Plan and Procedures (generic)
- Sample Weather Policy
- Daily Risk Assessment Checklist
- Casualty Report Form
- Forest School Information: Ticks
- NSPCC Ratios
- Brighton & Hove Offsite and Adventurous Activities Guidance

Blank risk–benefit assessments (editable)

- Blank Activity RBA
- Blank Generic RBA
- Blank Site RBA
- Individual Risk Assessment

Sample risk–benefit assessments

Topic	Sample assessments
Site	Mill Woods Site Risk Assessment
Fire	Cooking with Fire RBA; Generic Fire RBA; Using Fire Steels
Tools	Generic Tools RBA; Using Saws for Discs
Ropes and climbing	Generic Ropes, Swings and Nets RBA; Tree Climbing
Activities	Shelter Building; Woodland Games

Topic	Sample assessments
Plants	Wild Food and Foraging RBA

Skills and crafts

Tools

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

Knots and ropes

- CLR Knots and Swings
- Children's Swings: A Guide to Good Practice
- RBA Activity Form: Rope Bridges and Structures
- Video: Using Ropes with All Ages

Fire

- Building a Fire
- Fire Principles
- Video: Fire Circle Routine

Cooking

- Food Safety in the Outdoors
- Outdoor Cooking Recipe Cards
- Cooking
- CLR Allergy and Anaphylaxis Policy (Draft 2026)
- Food Hygiene Checklist
- Food Storage and Cooking Risk assessment
- 14 Allergens
- Allergen Checklist

Plants

- Common Poisonous Plants that May Be Found at Forest School (Jon Cree)
- Key List of Edible / Green Light Plants
- Wild Food and Foraging RBA (see sample risk assessments above)

Shelters

- Video: Using Small Tarps

Connecting and creating

Songs and stories

- Top 20 Song recordings (MP3 and M4A files)
- Tree stories

Tuning in, sketching and writing

- Lost words and Lost Spells Art and Literature
- Ways of Tuning In with Simple Sketching

Nature-based Activities and Games

- Nature-based Games and Activities

Unit 4: The Practitioner

You, your nervous system, and how you hold others.

Essential documents

- Trauma and Anxiety: A Practitioner's Guide
- 9 Ways of Observing
- Babette Rothschild Trauma Signs Chart
- Outdoor Therapy Statement of Good Practice
- Polyvagal-Theory-PPM Modelling–2026
- Use of Talking Therapy Outdoors

The human mammal

The Nervous System and Polyvagal Theory

- Autonomic Nervous System
- NICAMB Nervous System Diagram
- A Beginners Guide to Polyvagal Theory
- Polyvagal Theory Diagram
- Porges - Play as Neural Exercise
- Using the Breathing Space
- Ecopsychology: Towards a New Story of Cultural and Racial Diversity

Trauma, Needs and Support

- Maslow's Hierarchy of Needs
- Power Threat Meaning Document
- Basic Psychosocial Skills: A Guide for COVID-19 Responders
- Babette Rothschild: Mirror, Mirror
- Body-Informed Leadership: Somatic Allyship

Nature-centric models

- Nature Cycles and Nature-Centric Models