Nature's Way

Project Highlights

- Aimed to provide **innovative outdoor learning experiences** to support **mental wellbeing**, **confidence**, and **life skills**
- Engaged **84 children** and **young people (ages 5–19)** from Barnet
- Took place **June–July 2023**, offering **10 hands-on sessions on a local farm**

Activities included:

- **Nature exploration** (scavenger hunts, planting sunflower seeds)
- **Creative expression** (Polaroid photography)
- **Mindfulness exercises** (identifying feelings, goal setting, releasing negativity)

Project Impacts

- Strengthened **mental health** and **emotional wellbeing** among young participants
- Increased **confidence**, **resilience**, and **life skills** through hands-on experiences
- Addressed the **rising need for mental health support** among children and young people in Barnet
- Ensured **equal access** through free participation, benefiting families from diverse backgrounds

Quotes from the Project

"My favourite part about being on the farm was absolutely everything. I was a little bit nervous when we got here but now I don't want to leave. I want to plant vegetables with my mum and work here when I am older."

— Participant

"The Nature's Way project was an invaluable resource for the children who visited the farm. It allowed them to express themselves while experiencing new things in a safe environment."

— Project leader (Christy)

Pathways & Continuation

- Plans to **expand** to more schools and young people in Barnet.
- Encourages participants to **keep gardening** and **connecting with nature**.
- Builds **long-term engagement** and **resilience** through ongoing outdoor learning.