

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Introduction to Nature Connection

Unit Reference Number: K/651/7580

Level: One (1)

Credit Value: Three (3)

Minimum Guided Learning Hours: 25

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand nature connection and its benefits	1.1 Define 'nature connection'
	1.2 Define 'nature contact'
	1.3 Outline three benefits of being connected to nature
	1.4 Describe own relationship with nature
2. Understand the five pathways to nature connection	2.1 List the five pathways to nature connection
	2.2 Identify one nature-based activity for each pathway
3. Be able to participate in nature connection activities	3.1 Explain the concept of 'moments, not minutes' in nature connection
	3.2 Demonstrate own participation in four nature connection activities

Indicative Content	
LO1	<p>AC 1.1 Learners must show understanding that 'nature connection' means feeling part of the natural world, noticing it, caring about it, and having a personal relationship with it.</p> <p>AC 1.2 Learners must show understanding that 'nature contact' means spending time in nature and using the senses. This could include seeing, hearing, touching, smelling, or moving through nature.</p> <p>AC 1.2 could include: reduce worry, stress and anxiety, improve mood and</p>

	<p>wellbeing, and encourage people to look after the environment; feeling calmer after a walk outdoors or wanting to protect local wildlife.</p> <p>AC 1.3 could include: how often they notice nature, how they feel when they are outside, and whether they enjoy activities like walking, gardening, or spending time with animals.</p>
LO2	<p>AC 2.1 Learners must list the five pathways to nature connection: Senses, Emotion, Beauty, Meaning and Compassion.</p> <p>AC 2.2 could include:</p> <p>Senses – noticing birdsong, feeling the texture of tree bark, smelling flowers, watching clouds move across the sky</p> <p>Emotion – expressing gratitude for nature, feeling joy or calm in green spaces, reflecting on a sense of awe during a sunset, sharing favourite natural places with others</p> <p>Beauty – photographing flowers, creating art inspired by natural scenes, collecting beautiful natural items (e.g., leaves, stones), decorating a space with natural objects</p> <p>Meaning – finding personal meaning in nature, reflecting during a walk in nature, practising mindfulness in natural settings, using nature metaphors in storytelling</p> <p>Compassion – helping wildlife, feeding birds, picking up litter during a walk, volunteering for conservation projects</p>
LO3	<p>Learners must show understanding that connecting with nature is about quality of attention, not time spent. Learners must explain the concept of ‘moments, not minutes’, explaining how a short, meaningful moment of connection (e.g. noticing the details of a leaf) can be as powerful as a long period of time outdoors. Learners will understand connecting with nature is about the quality of the nature contact, not time spent outdoors.</p> <p>AC 3.2 see IC for AC 2.2</p>