Changing lives through learning

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Urban Nature and Community Wellbeing

Unit Reference Number: T/651/7593
Level: Two (2)

Credit Value: Three (3)

Minimum Guided Learning Hours: 20

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand challenges and benefits of urban nature connection	1.1 Identify two challenges of connecting with nature in urban areas
	1.2 Identify two benefits of connecting with nature in urban areas
2. Understand how urban nature initiatives improve community wellbeing	2.1 Give two examples of how individuals connect with nature in urban environments
	2.2 Identify one urban nature initiative
	2.3 Create a case study of an urban nature initiative
3. Be able to participate in urban nature activities	3.1 Participate in two urban nature activities
	3.2 Reflect on how participating in the activities affected own wellbeing

Indicative Content	
LO1	Learners **must** be introduced to the differences between urban and rural environments and how these differences affect opportunities for connecting with nature. **AC 1.1** Learners **must** be able to identify **two** challenges of connecting with nature in urban areas, such as lack of green space, pollution, noise, safety concerns, or limited access to wildlife. **AC 1.2** Learners **must** also identify **two** benefits of connecting with nature in urban areas, including reduced stress, improved mental health, opportunities for social connection, enhanced local pride, or better environmental awareness.
LO2	**AC 2.1** Learners **must** explore how nature connection can happen in urban

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	environments. Learners **must** be able to give **two** examples of ways people can connect with nature in urban environments, such as visiting parks, joining community gardens, observing wildlife, participating in tree-planting events, or using green rooftops and walls. **AC 2.2** could include: transforming unused spaces into parks, creating green architecture, designing community-focused green spaces. **AC 2.3** Learners **must** create a case study of **one** urban nature initiative. Learners **must** describe the initiative's aims, outline the types of activities offered, and summarise how the initiative has helped to support community wellbeing, such as; by reducing stress, encouraging social interaction, or improving pride in the local area.
LO3	**AC 3.1** Learners **must** participate in two urban nature activities. These could include community gardening, park walks, wildlife observation, outdoor mindfulness sessions, planting flowers or trees, or taking part in local green volunteering events. Where learners do not have access to urban parks, they may complete activities in shared green spaces that reflect urban environments, such as town gardens or school grounds. Learners will show understanding that urban environments can make nature contact, meaning direct physical and sensory experiences of nature, more difficult. However, nature connection, which is about how a person feels about nature, can still be fostered even in urban environments through everyday experiences. **AC 3.2** Learners **must** reflect briefly on how taking part in the activities affected their own wellbeing. Reflections could describe benefits such as feeling calmer, more connected to nature, experiencing improved mood, or feeling more positive after the activities.

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