



REWILDLING YOUTH
EDUCATION FOR FREEDOM

Level 2 Award in Nature Connection and Wellbeing (Adults)



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Welcome Note

Thankyou for taking the time to learn about Rewilding Youth and our Level 2 Nature Connection and Wellbeing qualification.

This Level 2 qualification provides a structured pathway to develop practical skills, self-awareness, wellbeing and mindfulness in nature.

This course is ideal if you are already working with or want to work with children and young people outdoors. You may be a teacher, a youth worker, a child-care worker or a teaching assistant who wants to learn the benefits of nature connection and explore ways that you can take your work with children and young people outside.

You don't have to be working with children and young people to do this course - it's ideal for parents, students...anyone who wants to learn more about the power of being in nature.

Research shows that connecting with nature can reduce anxiety, improve mood, and increase motivation to protect the environment, yet until now, there's never been a formal qualification in this area.

About Rewilding Youth

Rewilding Youth is a Not For Profit Community Interest Company that is passionate about providing inspirational opportunities for young people and communities living in urban environments to get outside and have fun connecting with this beautiful world around us.

We are, like most people, really concerned about the ways that us humans are damaging our environment and we have done a lot of research into how best to combat this.

We use youth work, place-based learning, wild therapy and play theory to facilitate outdoor learning activities and immersive nature based experiences all with the aim of connecting young people and communities to the natural world around them.

You can find out more about how we work on our website (www.rewildingyouth.co.uk) and through our social media (@rewildingyouth).



What you will gain from the Level 2 Award in Nature Connection and Wellbeing

- **A nationally recognised qualification**

A formal, GCSE-equivalent award regulated through Ofqual —providing real recognition for nature-based and wellbeing learning.

- **Support for your own mental health and wellbeing**

Learn evidence-based tools like mindfulness, grounding, and reflective practice to manage stress and improve resilience.

- **A deeper personal connection to nature**

Take part in meaningful outdoor activities and reflections that help you slow down, reconnect, and feel grounded.

- **A pathway into green careers**

The green economy is the second fastest growing sector after tech. This course introduces key sustainability topics and prepares you for work of further studying wellbeing, education, or environmental roles.

- **Confidence in environmental awareness and behaviour change**

Understand how eco-anxiety affects us, explore practical conservation, and reflect on how your habits and values can support a more sustainable world.

Overview

The Level 2 Award in Nature Connection and Wellbeing qualification is the first of its kind in the UK, offering a unique opportunity to gain a formal award while developing personal wellbeing, practical skills, and pro-environmental behaviours.

Units:

- **Unit 1: Understanding Nature Connection**
- **Unit 2: Measuring Nature Connection**
- **Unit 3: Urban Nature and Community Wellbeing**
- **Unit 4: Pro-nature Conservation Behaviours and Green Jobs**

THE THERAPY
ADVENTURE

EXAM CENTRE

Unit Content

Unit 1: Understanding Nature Connection

This unit introduces the concept of nature connection and its role in physical and mental wellbeing. Students will explore the five pathways to nature connection through practical activities, learn about the neuroscience behind mindfulness and grounding, and review research on eco-anxiety.

Unit 2: Measuring Nature Connection

Students will learn how nature connectedness is measured and what factors influence it. They will assess their own nature connection using established scales, reflect on their results, and set goals to deepen their relationship with nature. The unit also explores the real-world applications of measuring nature connectedness in areas such as mental health, education, and conservation.



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Unit Content cont.

Unit 3: Urban Nature and Community Wellbeing

This unit focuses on the challenges and benefits of engaging with nature in urban environments. Students will analyse urban nature initiatives, participate in nature-based activities, and reflect on how these experiences impact their own wellbeing and sense of community.

Unit 4: Pro-Nature Conservation Behaviours and Green Jobs

Students will explore how nature connection influences pro-environmental actions and conservation efforts. They will measure their own conservation behaviours, engage in a hands-on environmental change. The Unit also introduces green jobs and the importance of nature connection in sustainability-focused careers.



How will the course be delivered?

Delivery:

Delivered via our own online learning platform which you can access at any time.

- 1 Online Induction session
- 8 Live online sessions (2 per Unit)
- 4 Online Tutorials (1:1)
- 4 Activity days at our Rewilding Space

Access to online resources - Journals/Vlogs

A complete range of activities to build your portfolio

Timescale:

Over 16 weeks, you'll take part in calming outdoor activities, learn how nature supports the brain and nervous system, and explore evidence based tools like grounding, reflection, and mindfulness.

How is the course assessed?

All assignments are portfolio-based - there are no exams. Instead learners complete a range of creative, reflective, and practical tasks that build up over the 16 weeks.

You might be asked to:

- Take part in nature-based activities (such as mindfulness walks, sensory tasks, or community projects)
- Capture evidence of your experiences using photos, journals, drawings, or written reflections.
- Complete short written tasks explaining what you've learned about wellbeing, the brain, or environmental behaviour.
- Reflect on your personal nature connection, including how it affects your wellbeing and values.
- Create a case study of an urban nature project or conservation campaign.
- Use simple tools to measure your own nature connectedness and track changes over time.
- Plan and take part in a conservation activity (this could be something small, like planting or litter picking)
- Set goals to improve your own nature connection and pro-environmental behaviours.

All tasks are designed to be accessible and flexible - you can complete them in your local area, at home, or during time in nature with family, friends, or support staff

Entry Requirements

Any adult (over the age of 18) is able to enrol on the Level 2 Award in Nature Connection and Wellbeing.

Pricing

The Level 2 Award in Nature Connection and Wellbeing (Adults) costs £595.

The cost is required to be paid in full upon enrolling on the course.

How to enrol

You can enrol for your place now on our website or by emailing [Hello@rewildingyouth.co.uk](mailto>Hello@rewildingyouth.co.uk)



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Contact Information

For additional information or enquiries, please
reach out to us.



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www.rewildingyouth.co.uk