

# TRAINING



*nurturing wellbeing, building resilient, creating community*

## Current Courses

- **Risk Benefit Assessment** – how to risk assess a natural environment/woodland & how to risk assess activities which may be seen as hazardous, such as tree climbing, and the benefits for children’s learning & development within them.
- **Facilitating free play in a natural environment** – Ideas and activities to support mental & physical health, skills development, confidence and resilience.
- **Linking outdoor play to the Curriculum for Excellence** – games, activities & resources to support development in literacy, numeracy, science, art, music etc.
- **Youth Leader training** – games and activities to build confidence in taking your group outdoors, encouraging participants to be active, reduce screen time and connect with each other and nature.
- **Fire** - On this one-day course, you will learn how to safely light, manage and extinguish fires while working with a group.
- **Campfire cooking** - Spend a day in the woods, cooking and eating a variety of sweet & savoury snacks and meals. Coming soon – Outdoor Food Hygiene.
- **Staff skills and confidence** – we offer a range of skills training to build confidence in taking groups outdoors, such as erecting a shelter, knot tying skills, fauna & flora identification, cooperative games etc
- **Nature Connection & Sustainability** – we come to your site and work with you to improve your Outdoor Learning provision, such as developing the school grounds and using your local natural area to support outdoor play & learning.

## Qualified Instructors

Our qualified trainers have a wealth of experience in working with groups of all ages in the outdoors.

Nature Unlimited offer bespoke training, tailored to the needs of your group.

Contact us to discuss your requirements. [info@natureunlimited.scot](mailto:info@natureunlimited.scot)