

# Wellbeing, Careers & Planning for the future

At Rosliston Forestry Centre or at your own school/ setting

For any group eg  
Schools / Colleges,  
Workplace,  
Families—just ask us  
about your group!



Think like a tree

To book or for more information:  
Environmental Education Project  
Email: [rosliston@southderbyshire.gov.uk](mailto:rosliston@southderbyshire.gov.uk)  
Call: 01283 535039  
Rosliston Forestry Centre  
Burton Rd, Rosliston Swadlincote Derbyshire DE12 8JX



Environmental Education Project  
at Rosliston Forestry Centre

## What is 'Think Like a Tree' (TLAT) and how it can help young people plan for their future and careers:

TLAT is a planning & design tool using nature and focuses on lessons we can learn from the natural world.

These sessions involve being outdoors, exploring nature with some sensory and mindfulness experiences, through which young people discover and discuss natural principles. We look at how nature can teach us about being resilient, working together, celebrating our own unique attributes, caring for each other, the environment and our community and how to lead happier, healthier lives.



## What is Forest Bathing and how it can be used to promote well being



Forest Bathing or Shinrin Yoku is a wellbeing practice where you take a slow, short walk, involving sensory activities amongst the trees. These activities can improve mental health, reduce stress, boost your immune system, increase resilience and creativity and improve concentration. It can be used to promote calm before exams and help young people who may struggle with anxiety.



Think like a tree



Supported by the  
National Forest



at Rosliston Forestry Centre

## Why Choose Wellbeing sessions with us?

The Environmental Education Project have been running education sessions at Rosliston Forestry Centre and outreach at other sites for 30 years.

All our wellbeing courses are run by trained facilitators, with over 47 years of teaching experience working with schools and groups in the indoor &

### Here's what participants thought of wellbeing sessions they took part in with the Environmental Education Team

*"Inspired to try and learn more from listening to nature"*

*"Nice to take a view from another perspective. Using nature as a reference to better oneself"*

*" [Enjoyed] Spending time with the kids in a calm environment"*

*"Surrounding yourself with nature is a great way to pause, reflect and refocus."*

*"Really liked this course as it provides you with a new way of viewing situations. Obviously lots to learn from trees."*

*Time to be still, notice the smaller things"*



*"There is a wealth of research from around the world, particularly Japan, which proves that being in a forest, or wooded area, really can have a healing effect. It has been shown that trees and plants in these environments release antimicrobial essential oils, called phytoncides. Phytoncides protect plants from germs and have a host of health benefits for people. These oils can boost mood and immune system function, they have been shown to normalise blood pressure and heart rate, as well as improve stress, anxiety, concentration, sleep and stimulate creativity....In some countries like Japan, forest bathing is already recognised as a clinical therapy and is available on prescription." The Forest Bathing Institute*

### What we offer—Your Wellbeing courses at Rosliston Forestry Centre:

One-off sessions or courses of up to 6 sessions designed to fit the time you have available

**Cost: £75 per hour**

**Group size: up to 20 people.**

**Or we can offer a mixture of led and self-led activities for larger groups—contact us to discuss your needs.**

#### Curriculum links for schools:

KS2 (year 6) Living in the wider world: L4, L5, L6, L25. & L30

KS3 Health and Wellbeing H1, H2 Relationships R15, R16 Living in the wider world L2

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