

Rooted

Notice • Restore • Reflect

Illustrative Programme & Example Session Plans

Rooted Connections is designed as a flexible year-long programme rather than a fixed course. Activities vary in length from short 90-minute local sessions to longer immersive experiences, enabling people to participate in ways that feel achievable for them. Participants may attend individual sessions or return throughout the year as confidence, curiosity and connections grow.

Each experience follows the same NatureWell-informed principles of grounding, nature connection, curiosity, choice and reflection, while responding to the changing seasons and the needs of the group.

An example of how the year could ebb and flow with the seasons

Season	Theme	Example Activities	Intended Outcomes
Spring	Notice	Blossom walks, birdsong, nature journalling, sensory mapping, photography	Curiosity, grounding, confidence in local green spaces
Early Summer	Connect	Canal walks, meadow exploration, creative reflection, family/intergenerational picnic	Social connection, belonging, shared experiences
High Summer	Experience	Oxford SUP Club blue-space sessions, mindful waterside walks, nature sketching	Access to blue spaces, confidence, wellbeing
Autumn	Belong	Colour walks, natural art, gratitude, fungi and seed collecting (responsibly)	Seasonal awareness, appreciation of local ecology
Winter	Reflect	Bare tree walks, storytelling, noticing wildlife, reflective journals, fireside/community café conversations	Reflection, resilience, ongoing connection

Following Naturewell Principles

- ✓ Grounding
- ✓ Nature Connection
- ✓ Curiosity
- ✓ Choice
- ✓ Reflection
- ✓ Restoration • Relaxation • Revitalisation

Assessing Outcomes

Rather than measuring achievement against fixed outcomes, facilitators will gather evidence through:

- participant reflections
- optional sharing
- observation of engagement
- creative responses
- brief wellbeing check-ins
- participant feedback

Why different session lengths?

Rooted is intentionally designed to offer different types of experiences throughout the year. Short sessions provide an accessible first step for people who may feel anxious, have limited time or are new to outdoor activities. Longer experiences allow participants to deepen relationships, explore different places and engage more fully with creative and reflective activities as confidence develops.



Rooted

Notice • Restore • Reflect

Example Session Plan: SPRING

Title: Signs of Spring - Slowing Down to Notice

Aim

To create opportunities for participants to slow down, notice seasonal change and develop a stronger sense of connection with themselves, others and the natural world.

Intended Outcomes

By the end of the session participants may have:

Personal

- Experienced moments of calm and restoration
- Increased awareness of thoughts, feelings and bodily sensations
- Developed confidence spending time outdoors

Social

- Shared observations and stories
- Built connections with others through gentle conversation
- Felt welcomed and included

Ecological

- Noticed seasonal changes in the local environment
- Increased appreciation for local wildlife and habitats
- Practised respectful engagement with nature

Facilitator Notes

Rather than directing participants towards "correct" answers, facilitators use open invitations such as:

What are you noticing?
Has anything surprised you?
What feels different today?

Participants are always free to observe quietly without sharing.



Session Journey - 90 mins

Time	Facilitator	Participant Experience	Resources
10 mins	Welcome, refreshments, check-in and introduce today's invitation	Arrive, settle and meet others	Tea, journals
10 mins	Guided NatureWell grounding using the senses	Slow down, notice breathing and surroundings	Grounding script
35 mins	Gentle guided walk with noticing prompts	Observe colour, texture, sounds, wildlife and signs of seasonal change	Prompt cards
20 mins	Creative reflection through sketching, writing or collecting observations	Choose a personal way to respond to the experience	Journals, pencils
10 mins	Group reflection and optional sharing	Listen, connect and reflect with others	Conversation prompts
5 mins	Gratitude and invitation for home practice	Leave with one small noticing activity to try before the next session	Home practice card

Rooted

Notice • Restore • Reflect

Example Session Plan: BLUE SPACE

Title: The Rhythm of Water – Finding Calm Through Blue Space

Aim

To encourage participants to slow down alongside water, exploring how movement, sound and reflection can support relaxation, emotional regulation and a sense of perspective.

Intended Outcomes

By the end of the session participants may have:

Personal

- Experienced feelings of calm and relaxation
- Increased awareness of how water influences mood and wellbeing
- Identified personal strategies for finding moments of stillness

Social

- Shared quiet moments of observation
- Built connections through gentle conversation and shared experiences
- Felt supported within the group

Ecological

- Developed appreciation for local rivers, lakes or canals
- Increased understanding of caring for blue spaces
- Felt more connected to local natural environments

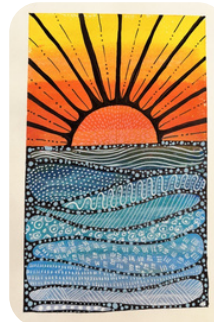
Facilitator Notes

Encourage curiosity rather than interpretation.

Questions might include:

- What do you notice about the movement of the water?
- What draws your attention today?
- How does being near the water affect how you feel?
- What might you take away from today?

Participants choose whether to keep their creation, photograph it or return the materials to nature.



Session Journey - 3 hours

Time	Facilitator	Participant Experience	Resources
20 mins	Welcome, refreshments, check-in and introduce today's invitation	Arrive, settle, meet others	Tea, journals
15 mins	Guided NatureWell grounding beside the water	Slow down, notice breathing, sounds and surroundings	Grounding script
40 mins	Gentle waterside walk with noticing prompts	Observe reflections, movement, wildlife and changing light	Prompt cards
60 mins	Choice-based blue space experience	Mindful observation, sketching, photography, journalling or optional supported paddleboarding with Oxford SUP Club	Journals, sketchbooks, paddleboards (optional)
30 mins	Creative reflection and optional sharing	Reflect on how water influenced thoughts, feelings and wellbeing	Conversation prompts
15 mins	Gratitude and invitation for home practice	Leave with one simple blue-space practice	Home practice card

Rooted

Notice • Restore • Reflect

Example Session Plan: AUTUMN

Title: Gathering What Matters – Nature, Change and Reflection

Aim

To explore the changing season as an opportunity to reflect on growth, gratitude and the natural cycles of letting go and renewal.

Intended Outcomes

By the end of the session participants may have:

Personal

- Reflected on personal growth and change
- Increased self-awareness through creative expression
- Experienced moments of gratitude and acceptance

Social

- Shared stories and listened to others with curiosity
- Strengthened feelings of belonging
- Developed confidence through shared creativity

Ecological

- Increased awareness of seasonal change
- Appreciated the value of natural cycles
- Connected creatively with natural materials

Facilitator Notes

Encourage curiosity rather than interpretation.
Questions might include:

- What are you ready to let go of?
- What has helped you grow this season?
- What would you like to carry forward?

Participants choose whether to keep their creation, photograph it or return the materials to nature.



Session Journey - 6 Hours

Time	Facilitator	Participant Experience	Resources
30 mins	Welcome, refreshments, seasonal check-in and grounding	Arrive, settle and connect with the group	Tea, journals
75 mins	Guided seasonal walk with noticing prompts	Observe colour, texture, seasonal change and gather inspiration	Prompt cards
45 mins	Nature journalling and reflective writing	Personal reflection through words, sketches or quiet observation	Journals, pencils
45 mins	Shared lunch and informal conversation	Build relationships and a sense of belonging	Lunch
120 mins	Creative studio session inspired by the morning	Create prints inspired by natural forms, textures and patterns using traditional Indian Printing Blocks	Printing materials, inks, printing blocks
45 mins	Reflection circle, gratitude and home invitation	Share reflections (optional), celebrate creativity and identify one way to continue noticing nature	Conversation prompts, home practice card