



‘Outdoor Wellbeing’ with Gillian Watt – Wellbeing Practitioner

We (adults and children) all have five basic needs: Survival, Belonging, Power/Self-Worth, Freedom and Fun. Currently, in day to day life those basic needs can be forgotten about, disregarded and ignored. ‘And Breathe in the Outdoors’ aims to nurture those five basic needs in a Forest School based approach to Wellbeing.

My outdoors’ sessions endeavours to address the five basic needs as follows:

Survival – Participants work together and alone to build dens, erect tarpaulins, gather materials to make a fire, then cook/bake over the fire.

Belonging – The ethos within the sessions is always to be inclusive. The aim is to nurture a sense of belonging for everyone taking part. That means different things for different people.

Power/Self-worth – It is hoped that all participants experience a sense of achievement, accomplishment, pride, importance and an outer sense of being heard, respected, feeling competent and attaining recognition. Participants have a say in the planning of sessions, so that the activities are relevant.

Freedom – Freedom is the need for independence and autonomy; the ability to make choices, to create, to explore, and to express oneself freely; to have enough space, to move around and to feel unrestricted in determining choices and free will. These outdoor sessions encourage and support participants to move freely and to create and share independent thoughts.

Fun – We all need fun! Fun includes experiencing enjoyment, laughter, relaxation and learning.

The aim is to actively promote an environment where adults and children have an opportunity to feel that their five basic needs are being met, because if these needs are not being met, we can all ‘behave’ in a way that is perhaps not helpful.

Gillian is an Educator and Wellbeing Practitioner.

AndBreathe123

Email: gillianwattwellbeing@gmail.com

Website: www.andbreathe123.com

Phone/Text: 07394290630

Social Media: @gillianwattwellbeing