



Prince's Trust

# URBAN NATURE AND WELLBEING

<b>NAME</b>	
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# **URBAN NATURE AND WELLBEING**

Welcome to this workbook, we will be looking at the natural environment we find around us, taking inspiration from the job of Theo Blossom an Urban Nature professional who works at the Natural History Museum and taking a look at our own wellbeing!

## **AS YOU WORK THROUGH THIS BOOKLET, YOU WILL:**

- 1. Watch a case study on Theo Blossom as he explores the urban nature in London**
- 2. Explore why green space in the city is important for our wellbeing**
- 3. Discover what wellbeing means to you**
- 4. Set goals on how you can look after your own wellbeing**

[15 MINS]

# ACTIVITY 1: URBAN NATURE WITH THEO

**Name:** Theo Blossom

**Profession:** Young People Programme Developer, Urban Nature Project at Natural History Museum



[Watch Theo's Video here.](#)

In Theo's video, he talks about his passion for the urban nature, enjoying it through photography. Theo finds being outdoors great for his wellbeing, immersing himself in the green spaces around the city.

Urban refers to a town or city and rural refers to the countryside.

Below is a quiz to test your knowledge on the role nature plays in the urban environment – give it your best shot and check your answers at the end – no cheating!

**1. Green spaces within cities are commonly referred to as:**

<input type="checkbox"/>	Green hearts
<input type="checkbox"/>	Green lungs
<input type="checkbox"/>	Green brains

2. 40% of the world population of birds migrate in-between seasons, that includes how many different species of bird:

<input type="checkbox"/>	1,000
<input type="checkbox"/>	4,000
<input type="checkbox"/>	6,000



3. What percentage of the UK population live in urban areas?

<input type="checkbox"/>	30%
<input type="checkbox"/>	60%
<input type="checkbox"/>	80%



**4. The 'urban heat island effect' refers to what:**

<input type="checkbox"/>	Heat trapped in built-up areas
<input type="checkbox"/>	Heat produced when a plane takes off
<input type="checkbox"/>	Heat bubbles made by people

**5. Hotter temperatures in our cities caused by people, transport, industry, and shops can damage the water cycle, this happens because:**

<input type="checkbox"/>	Hot pavements heat up the rainwater which drains into streams, rivers and lakes. This changes the water temperate which harms marine life.
<input type="checkbox"/>	Pollution can disrupt the weather so less rain fall occurs due to the heavy smog blocking the clouds.
<input type="checkbox"/>	With so many people in one place, there is less water to share which means not as much water makes it to the streams, rivers, and lakes.

**6. A simple and eco-friendly way to reduce urban heat islands is to:**

<input type="checkbox"/>	Plant more tress and have more green spaces
<input type="checkbox"/>	Use more air-conditioning to cool buildings down
<input type="checkbox"/>	Get people to live outside the city so it is less crowded and limit transport use



**7. Green spaces in our cities are important for:**

<input type="checkbox"/>	Reducing air-pollution by absorbing carbon dioxide
<input type="checkbox"/>	Creating ecosystems for insects and birds that keep trees healthy
<input type="checkbox"/>	Helps to absorb heat and keep temperatures low
<input type="checkbox"/>	Improving our wellbeing through reducing stress levels
<input type="checkbox"/>	Providing a better quality of life by having a place to play and socialise
<input type="checkbox"/>	All the above!

**8. Spending just \_\_\_\_ minutes in a park, even if you are not exercising is enough to improve your wellbeing.**

<input type="checkbox"/>	5 minutes
<input type="checkbox"/>	20 minutes
<input type="checkbox"/>	60 minutes



[20 MINS]

# **ACTIVITY 2: WELLBEING – FEELING COMFORTABLE, HAPPY & HEALTHY**

**As humans, we all require the same 5 basic needs for survival:**

- Food, water, shelter, oxygen and sleep!

**Wellbeing however, is an overall sense of wellness that is achieved by having a balance of 3 key elements:**

- Physical – regular exercise, eating a balanced diet
- Mental – how we think and feel about ourselves
- Social – relationships with friends and family, our lifestyles, beliefs, and values

Unlike the 5 basic needs that every human requires, when it comes to wellbeing, what may be right for one person is completely different to another, this is because we all have our own unique goals, likes and interests.



## FOR EXAMPLE:

**Sam** loves to play football, enjoys fast food but only occasionally, writes a journal to keep track of daily thoughts and likes to spend time around friends and family in the evenings.

Whereas...

**Robin** walks to school every day with mates, likes cooking balanced meals with family and spending time alone reading and watching films in the evening.

Both **Sam** and **Robin** have balanced wellbeing but in different ways that suit them as people.

**Using the shield below, place images or words inside the shield that make you happy and healthy:**

- Your interests/passions
- Favourite things/places/foods/books/TV shows
- Life goals/relationships/hobbies
- Anything that represents you!





[20 MINS]

# ACTIVITY 3: MY WELLBEING TOOLKIT

As you have found in your wellbeing shield above, there are many things that bring you a sense of happiness and health.

It is important to check in with yourself regularly to make sure you are in a good place physically, mentally, and socially to keep a healthy balance of your wellbeing.

In EACH box below place: 3 activities you enjoy doing, how often you take part in this activity and why this activity is good for your personal wellbeing.

## PHYSICAL WELLBEING KIT

*Tip: walking around the park and sometimes exercising with mates – 3 times a week, this gives me headspace and time to socialise.*



**MENTAL WELLBEING KIT**

*Tip: I read most evenings before bed – 5-7 times a week, I find it relaxing and it settles me into a good sleeping pattern.*

**SOCIAL WELLBEING KIT**

*Tip: Spending time with friends, going for food – 2-3 times a week, it makes me happy as we share any issues we are having and support each other.*

[15 MINS]

## ACTIVITY 4: MY WELLBEING GOALS

So far, we have created our wellbeing shield, showcasing all our favourite feel good things and have addressed our top 3 activities we like to do regularly for our wellbeing.

Like most things in life, our wellbeing will go up and down as we progress through life, facing challenges and achievements.

Therefore, it is important to check-in with yourself often to make sure you are finding a balance in your physical, mental, and social wellbeing elements.

In this activity we are going to set a short and a long-term goal for one of our wellbeing elements you feel you would like to improve.

Goal setting is a fantastic way of giving you long-term vision and short-term motivation.

Your short-term goal should be realistic and the first step towards your long-term goal which you aim to achieve in 3 months' time.

### **Example:**

**Short-term goal: To increase my physical wellbeing by jogging 3 times a week**

(Actions would be to make a timetable and keep track each session over the 3 weeks, tracking distance, time and how it feels afterwards)

**Long-term goal: To be able to run a 10km distance**

(Actions would be to make sure to track the distance in the weekly jogs and continuously challenge on each run to go a little further each time)



**WELLBEING ELEMENT I WILL BE FOCUSING ON:**

**MY SHORT-TERM GOAL TO COMPLETE IN TWO-THREE WEEKS  
TIME:**

**I WILL ACHIEVE THIS GOAL BY TAKING THESE ACTIONS:**



## MY LONG-TERM GOAL I WANT TO COMPLETE IN 3 MONTHS TIME:

## I WILL ACHIEVE THIS GOAL BY TAKING THESE ACTIONS:

### Top Tips for Achieving your Goals:

1. **Keep it Real** – make sure you are setting a realistic goal; it is always best to start small and build up gradually.
2. **Visualise!** – write your goals out and stick them where you will see them daily to keep you focused.
3. **Reward** – make sure to give yourself a pat on the back each time you achieve something new along your journey to reaching your goal.
4. **Keep a Track** – each time you contribute something to reaching your goal, keep a note on what you did to track your progress.
5. **Motivate Yourself** – make small milestones for yourself each week, set an aim to what you want to achieve towards your goal.

# FINAL REFLECTIONS AND NEXT STEPS!

**Congratulations! You have completed this work booklet by:**

- Watching Theo's video and completed the urban nature quiz (answers: 1b, 2b, 3c, 4a, 5a, 6a, 7f, 8b)
- Creating your wellbeing shield, showcasing all the things that represent your personal wellbeing
- Learning what the 3 key elements of wellbeing are, physical, mental, and social
- Identifying your wellbeing toolkit and what activities you participate in that give you a feel-good factor!
- Setting a short and long-term goal for a wellbeing element of your choice to go away and work towards in the next 3 weeks to 3 months

## NEXT STEPS!

Continue focusing on your wellbeing and checking in with yourself, keep focused on the short and long-term goals you have set in this booklet. Remember, your wellbeing is continuously changing and adapting to new circumstances and environments. Take time in nature in your local parks and see whether it makes you feel calmer and more relaxed like Theo!

If you ever need support or advice, check out these great organisations:

[The Mix](#)

[Shout Crisis Text Line](#)

[Samaritans](#)

[Cove](#)

# WE'RE HERE FOR YOU



Prince's Trust

 [princes-trust.org.uk](https://princes-trust.org.uk)

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0800842842 (9am-9pm daily)

Live chat (9am-9pm Monday - Friday)

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