The Natural Change Project

Bankhead Academy, Aberdeen
Lifelong Learning
Behaviour Change and
Knowledge Transfer to Students
Content

1. What is “The Natural Change Project”

- A Unique Way to Live In A More Sustainable Way?


- Implications For Teaching. Behaviour and Knowledge Transfer to Students.

Roseleen Shahley - Presentation on 21.01.09
What is the Natural Change Project?

Set up by WWF: Research first of its kind.

• Uses Eco Psychology to motivate people to live in a more sustainable way.

• Inspires lifestyle change by absorption in nature, not by telling people what to do.

• Participants from wide range of sectors to aid the communication of project results.
A Unique Approach To Live In A More Sustainable Way?

• No statistical, factual base on sustainable development given to participants.
• No telling people how to live a more sustainable lifestyle.
• Absorb people in nature to enable them to gain a deeper understanding and relationship with nature.
• Through wilderness experiences, visualisations and greater observation of nature, be aware of deepest human needs and emotions.
The Natural Change Website

www.naturalchange.org.uk

Important Features

Role of Psychotherapist
Action Researcher
Research only over half way through.
Research Report will be published in May 09.
Blogging – experiences shared, provides important data and involves the public.

Group Ethos – values, relationships, trust, security, care and respect. Essential part of the process.
A Teacher’s Experience of Eco Psychology Techniques

- Heightened awareness of the senses.
- Different ways to communicate with nature.
- More aware of the basic needs of humanity.
- Drive to make sense of life experiences.
- Our place and purpose in the environment.
- Slowing down from the frantic pace of life.
- Crucial role of Personal, Social, Health Education in schools. (Mental, physical, social, emotional)
- Try to see the world through a child’s eye.
A Teacher’s Experience of Eco Psychology

**Behaviour Changes**

Less use of the car. Plan its use more.
Keep cover for the birds in the garden.
Addressing the energy efficiency of a 1870’s house.
Driving desire to share environmental experiences with the young.
Building more PSHE / Eco Psychology work into our environmental programme in school.
Knowledge Transfer to Students

Keeping Teenagers With Us!!!!

• Environmental work must contain more opportunities for deeper relationships with nature.
• Increased discussions with students on sustainable lifestyles. (Values Base)
• Global Perspectives on sustainable development required. UNEP Tunza Conferences. Children meet the young from other countries and share experiences.
• Curriculum For Excellence initiatives and P.S.H.E curriculum important for bringing continuity and management of sustainable approaches.
• Developmental stages important: Mental, physical, social, emotional well being of the young.
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UNEP - Tunza Case Study

• UNEP Conference in Korea. August 2009
• Prepare the students for this with some Eco Psychology approaches.
• Build up the group ethos through Environmental activities which enable them to absorb themselves in nature.
• Values based. PSHE elements addressed.
• Life long experiences for the students.