



Nature Ninjas: Quick Guide for Facilitators

Nature Ninjas is an activity-based programme linked to a seasonal calendar and the **NHS Five Steps to Mental Wellbeing**;

- Take notice
- Be physically active
- Keep learning
- Give to others
- Connect with other people

The resource is divided into three pathways to support different learning needs:

- **Pre-formal (Hands)**
- **Semi-formal (Heart)**
- **Formal (Head)**

Before starting, review the activities for the appropriate season; Autumn, Spring or Summer, and select the pathway that best suits your students.

Getting Started

1. **Print the student record sticker sheet** (one per term).
 - Activity images are intentionally small to allow space for tracking stickers.
2. **Print the stickers**, designed for a 3 x 7 sticker sheet.
3. **Award stickers** as students' complete activities to track their progress.
 - Five Steps to Wellbeing stickers can also be awarded throughout the programme.

We hope you enjoy using these resources and inspiring a new generation of enthusiastic Nature Ninjas!

