1. How would you define ‘resilience’?

2. If you were going to assess resilience holistically, which domains would you consider?

3. Have you had times when you have felt more vulnerable? What were the influencing factors that made you feel that way?

4. Who or what helped you feel more resilient again?

5. With the individuals you work with in outdoor settings what are the most common influencing factors affecting their resilience?

6. In which ways do you think the natural space you provide promotes the resilience of the individuals you work with?

7. What strategies do you use to build trusting relationships with the individuals you work with?

8. Can you think of a situation in your practice where strength of the relationship you had formed with an individual made a significant difference to the individual?

9. Is free play important in your practice? How do you promote it?

10. What do you find are the barriers to free play in your practice?

11. Forest School can be a powerful intervention helping vulnerable individuals become more resilient. Do you have examples from your own practice where the growth of resilience was evident?

Were you able to record this and include it in your evaluation of your project/programme?

12. What questions do you have about promoting resilience in Forest School settings? Please feel free to contact us if you need more information, advice on how to develop your practice, understanding of working with vulnerable individuals.

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