



This special badge can be earned by completing the following:

1. Explore a local green space in or near Barnet.
2. Learn a nature-connected skill, such as fire lighting or shelter building.
3. Explore how nature helps mental health. Complete an activity focused on mindfulness in nature.
4. Take part in a project to re-green a local urban space, or to improve an existing green space in Barnet.
5. Learn and use 10 natural terms (e.g. Squirrels might identify rivers and moss, whilst Explorers might identify types of trees or constellations).
6. Review your efforts achieving this badge. How did reconnecting with nature make you feel? How will you stay connected? What are the barriers to accessing nature in Barnet and what could you do to change this?

All sections can earn this badge, and as always feel free to adapt requirements to suit each young persons abilities.