



High Weald Hero Update

Autumn Term 2020



BOOK NOW for our award-winning, **FREE, COVID-safe outdoor sessions**

Join more than 80 schools across the High Weald AONB and help your pupils connect with the special landscape around them. *The ideas below can be tailored to you...*

Mindful walks for wellbeing:

Walking in nature improves mental and physical health. On these relaxing walks, we will:

- Take time to notice what is around us
- Foster curiosity and a sense of wonder
- Create a connection with nature.



Get going on your John Muir Award:

As a delivery partner for this national environmental award, we can:

- Help with your proposal
- Deliver sessions
- Suggest ideas for activities linked to the landscape.

Learn more at www.johnmuirtrust.org



Scientific study:

- Seasonal change
- Evolution
- Plant ID
- Habitats / life cycles.



Historical welly walks:

- Saxon
- Stone Age
- HW through Time
- Tudor.



Mapping skills:

- OS maps,
- Route navigation
- Grid references
- Keys.



Art and poetry workshops:

Explore and create art or poetry inspired by the landscape.



★ **WE'RE AWARD-WINNING!** The High Weald Hero education programme has won a CPRE Sussex Countryside Award in the 'Connecting People and the Countryside' category. The awards celebrate projects that enrich and support the Sussex countryside.



Countryside Awards 2020

Join our private Facebook group for High Weald Hero teachers: facebook.com/groups/highwealdheroes

*Learn about my latest projects with schools * Share ideas * Ask questions *Discuss with your peers



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Find more learning resources at www.highweald.org/learn-about/education