



INFORMATION PACK

It's no secret stress and anxiety are major issues in our world today.

That is why Wild Exposure is on a mission to empower youth and communities by using the best-known natural remedy – mother nature.

'We believe this is a vital missing link to our wellbeing and feeling truly connected'

Ro Privett – Wild Exposure Director

Our Incursions

Wild Incursions is an independent school initiative empowering youth, schools and communities with a range of 'getting back to nature' activities. To help engage and inspire that all important curiosity and sense of wonder.

Primarily focusing on secondary school students, we are providing these activities as a one off or part of an ongoing nature connection program customised to your school or family's needs and interests.

Why Wild Incursions?

This isn't just another program. Wild Incursions offers a fresh and experiential experience that is unique. Together with students, we recognise and connect with the little pockets of nature in our *own backyards*, and in our *own local community* through thought provoking and meaningful activities. As a teacher for many years, we have recognised the need for these activities and we are passionate to make a difference.

Connecting to the natural world is finding a connection to ourselves

Our Why

Having a connection with nature is beneficial for the well-being of both humans and the natural world. It helps people relieve stress, feel happier and more connected in general. Being both happy and connected makes people feel healthier and nurtures their growth and fulfilment. Our ancestors and those before them knew the importance of nature. It is vital for our wellbeing. So many of us have lost that connection. It is time to re-connect to nature. To re-connect to our own true inner self.

Our Technique

Curiosity, engagement and wonder. As professional teachers and outdoor educators we have witnessed countless how these three traits are the cornerstone of re-connecting with nature. Taking the students outside the home or the classroom and engaging in fun and wholesome activities – naturally. Wild Incursion's staff can either facilitate the lesson for you (depending on location) or provide it as an E-Lesson.

www.wildincursions.com.au

Some of our Incursions:

We have an array of incursions for you to choose from! Two examples are:

Nature Orienteering

Your schoolyard is surprisingly full of so many natural wonders. So why not discover and showcase them to your students with a challenging treasure hunt that is nature orienteering! Students have to navigate around a pre-set course that has nature 'markers'. They are then required to engage and answer questions about that particular natural feature. Exercise and nature connection all in one!

Bug Blitz!

Bugs are everywhere. They are, by far, the most common animals on our planet but we barely see them! We venture outside and discover what bugs are hiding amongst our buildings and backyards. Armed with magnifying glasses and equipment to spot them, it's a whole new world to discover!

Other Incursions include:

How cool is your school?	Earth dance	Caveman Crusades	Bird Language
What scat is that?	Sock it to nature	River of Dreams	Nature Hammock

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One of our popular E-Lessons:

In conjunction with our award winning Documentary, click on the image below for a video preview of our inspiring 'connection to nature' E-lesson!

It's Only Natural Study Guide:

A 13 page lesson featuring:

- an action packed 25 minute documentary about nature connection
- enlightening short films featuring Bob Brown & The Wilderness Society
- discussions and exercises about the importance of nature in our lives
- nature conservation topic: Franklin river campaign

The message of nature connection is becoming quite widespread throughout a lot of today's media. Magazines, online articles and TV shows to name but a few. A lot of environmental movements are also pushing this message in varied and novel ways. One example is Nature Re. They use a lot of fun and satire to get their message across.

Click on the image below or this [link](#), to watch their short video

DISCUSSION QUESTIONS:

Did you like it? Why or why not? In your opinion, does this satirical video better capture the connection to nature message? Do you agree with its approach?

There are many research articles and scientific studies that back up the claimed benefits of nature. Can you locate some of these articles? Discuss and investigate the methods they have used to draw these conclusions. Do these conclusions seem accurate?

One [U.S. study](#) of 12,000 adults and children in the United States has shown that many people have lost a close connection with nature. Can you find other similar studies that concur with this hypothesis?

Richard Louv, author of *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder (NDD)* is a leading authority on nature connection. He is currently working with the World Health Organisation (WHO) to implement a global approach to nature connection. One of his quotes is, "Time in nature is not leisure time; it's an essential investment in our children's health (and also, by the way, in our own)." Can you find scientific studies or evidence that this is indeed the case?

Do these conclusions have to be proven scientifically for people to actually believe in the benefits of nature connection? Discuss.

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It's Only Natural Study Guide Preview

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Facts:

- Children today spend only half the time their parents did playing outside
- Our society and teens are more stressed than ever
- So many children feel very alienated from nature
- Studies of students in U.S.A show that schools that use outdoor classrooms and other forms of experiential education produce significant student gains in all subjects like social studies, science, language arts, and math
- Health professionals all over the world are recommending 'nature time' for both prevention and treatment of almost all of the common mental health issues

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Proven Benefits:

- Immediate relaxation – removing stress and anxiety
- Enhanced state of mind – concentration and capability to make clear decisions
- Calms the nervous system
- Balanced hormones and emotions
- Providing a more optimal learning mindset for students
- Better relationships between students and teachers
- A school or home full of happier, healthier and more connected people

About Wild Incursions:

Wild Incursions was created from the synergy between many young, passionate leaders with the determination to help society re-connect to what's truly important.

Nature played a vital role in my healing myself (Ro Privett) from serious illness. It helped me come alive and I continue to engage with nature every day. It is now my dream to share that story and practise amongst every young person.

I, Ro Privett, am a passionate fellow, driven to make a difference. I hold qualifications and experience in both Environmental Science and Outdoor Education as well as hold a Diploma of Education. Skilled in Rite of Passage (ROP), holistic tracking methodology/ native connections and mindfulness, emotional intelligence methodology as well as student mentoring. Working extensively as an Outdoor Education teacher, I desire to support adults and youth through awareness, education and action.

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How do you bring Wild Incursions into your home or school?

Simply register online or contact us - www.wildincursions.com.au

Feedback from Teachers

“Ro has a unique gift. He is able to engage with young people from all walks of life and inspire them to make meaningful change. His passion is palpable, his experiences inspiring and his drive to reconnect people with the natural world is infectious.”

Dan Davies

Gippsland Grammar

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Contact us

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‘If we survive this mess, it’s because we put our kids in nature’

Jon Young

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