

Pembrokeshire Outdoor Health Project - 6-week Programme Plan / Proposal
EXAMPLE TEMPLATE – THE MADE-UP BUSHCRAFT COMPANY

	Brief session plan and link to “5 ways to wellbeing” opportunities Connect, Be Active, Take Notice, Learn, Give	Any other notes/comments
<p align="center">Week 1</p> <p align="center">“Welcome to the Woods” and “Learn how to make fire”</p>	<ul style="list-style-type: none"> • Meet and greet, introductions, hot drink (Connect) • Tour of the woodland site, including identification of trees and their common uses (Learn, Be Active, Take Notice, Connect – with Nature) • Learn to build a fire, including collecting fire wood, different fire lighting equipment/techniques (Learn, Be Active, Connect – with other participants, Give – through creating fire to share warmth, group be able to make hot drinks on) • Hot drink / snack (Connect) • Reflect with the group/individuals – what have they/haven’t they enjoyed. (Take Notice, Connect) 	
<p align="center">Week 2</p> <p align="center">“Introduction to woodland craft – Tools and Feather sticks”</p>	<ul style="list-style-type: none"> • Meet and greet (Connect) • Make a fire - encourage participants to use their fire-lighting skills. (Connect, Give). • Make hot drink on fire (Connect, Give) • Introduction to woodland tools, Safe use of tools (Learn, Be Active, Take Notice, Connect – with others in the group through shared experience) • Make feather sticks, for use in fire-lighting (Learn, Give) 	

	<ul style="list-style-type: none"> • Make a Simple wooden spatula (Learn, Take Notice, Connect – with others through shared experience) • Hot drink / snack (Connect) • Reflect with the group/individuals – what have they/haven't they enjoyed (Take Notice, Connect) 	
<p>Week 3</p> <p>“Making Charcoal & Charcoal Drawing”</p>	<ul style="list-style-type: none"> • Meet and greet (Connect) • Make fire – encourage participants to use their fire-lighting skills, feather sticks, charcoal, charcloth etc. (Learn, Connect, Give). • Make Hot drink on fire (Connect, Give) • Brief history of charcoal – uses, why it was/is important. (Learn.) • Make charcoal & charcloth (Learn, Connect – with others through shared experience) • Use charcoal to make sketches e.g of environment (Take Notice, Learn, Connect – with the natural environment and with others through shared experience) • Hot drink / snack • Reflect with the group/individuals – what have they/haven't they enjoyed (Take Notice, Connect) 	
<p>Week 4</p> <p>“Woodland Craft – Peg making”</p>	<ul style="list-style-type: none"> • Meet and greet (Connect) • Make fire – encourage participants to use their fire-lighting skills, feather sticks, charcoal, charcloth etc. (Learn, Connect, Give). • Make Hot drink on fire (Connect, Give) • Learn about “green wood”. (Learn, Connect – with nature) • Gather green wood for pegs (Take Notice, Be Active, Connect – with nature) • Make wooden pegs (Learn, Connect – with others through shared experience) 	

	<ul style="list-style-type: none"> • Hot drink / snack (Take Notice, Connect) • Reflect with the group/individuals – what have they/haven't they enjoyed (Take Notice, Connect) 	
<p>Week 5</p> <p>“Woodland Craft – Wooden pot making”</p>	<ul style="list-style-type: none"> • Meet and greet (Connect) • Make fire – encourage participants to use their fire-lighting skills, feather sticks, charcoal, charcloth etc. (Learn, Connect, Give). • Make Hot drink on fire (Connect, Give) • Gather wood for pots (Take Notice, Be Active, Connect – with nature) • Make wooden pots (Learn, Connect – connect with others through shared experience, connect with own creative self) • Hot drink / snack (Take Notice, Connect) • Reflect with the group/individuals – what have they/haven't they enjoyed (Take Notice, Connect) 	
<p>Week 6</p> <p>“Woodland Craft – Wooden board / small sign.”</p>	<ul style="list-style-type: none"> • Meet and greet (Connect) • Make fire – encourage participants to use their fire-lighting skills, feather sticks, charcoal, charcloth etc. (Learn, Connect, Give) • Make Hot drink on fire (Connect, Give) • Make and decorate wooden board / wooden sign – to take home or for use in the woods (Take Notice, Learn, Connect – connect with others through shared experience, connect with own creative self, Give) • Hot drink / snack (Take Notice, Connect) • Programme evaluation. Reflect with the group/individuals – what have they/haven't they enjoyed – discuss next steps opportunities. (Take Notice, Connect) 	