

Families are guided through fun, flexible hands-on activities to open up conversations about climate change,

## connecting to nature and making small, sustainable changes.

Whilst this course is delivered online, it is not about sitting in front of a screen! You will receive a weekly activity pack, full of themed ideas to try at times to suit you. From waste free picnics, to upcycling projects to forest bathing, we will support you to adapt the activities for your family, There will be one introductory zoom session on Saturday 15th January at 11am to start the course off.

For more information and to reserve your place contact Rebecca on 07525 120117 or communityforestservices@gmail.com

## EXPLORING SMALL CHANGES TO HELP OUR BIG PLANET