

## An a Good Place





NATURE AS OUR TEACHER



WEAVING CONNECTIONS



SHARING EXPERIENCES



BUILDING TRUST



Over the past three years, we've invited small groups of high school students to connect with nature and each other, through hands-on experiences in local landscapes. They chose their own path: weaving, nature journaling, propagating native seedlings, learning from Wiradjuri Elders, exploring Indigenous Culture and simply having fun outdoors.

## The results speak volumes:

- 3 56% now spend time in nature EVERY DAY (up from 25%)
- 91% said they now enjoy spending time in nature (up from 69%)
- Reports of feeling tired, nervous or depressed dropped by 34% 100% felt safe in the group.

This is more than a programit's a powerful shift in adolescent wellbeing, belonging and connection









