










North Star Nature Center: NBL Programming Agreements



In an effort to support students and educators to become used to the expectations of NBL learning, our team tries to follow these agreements with every Nature Based Program we lead and/or support. We invite you to adopt and adapt any of these when you do NBL on your own with your students. You can expect us to:

-  **Recognize that Nature Based Learning is a right that should be afforded to every student.** All children have the right to spend time outside in their local environment, learning from and engaging with their natural community.
-  **Walk the space beforehand.** Doing this allows us to map out our path, take note of any dangers or hazards, and see if there is anything interesting we should point out to students.
-  **Begin with an opening circle.** Everyone participating is invited to join the circle and whoever is leading has an opportunity to introduce themselves and the topic or activities, as well as set the tone and expectations.
-  **Give a moment of gratitude.** The program lead will begin by showing gratitude for the participants, weather, the space, etc.
-  **Make time for planned activities as well as unstructured exploration, discovery and play.** Ideally, this planned vs. unplanned time is 50/50, however, allowing for even 5 min of student-led discovery is great.
-  **Practice mindfulness.** This can look like many different things such as pausing to listen to the birds or wind, grounding your feet to the earth, taking a few deep breaths, or smiling in the sunshine. Using your senses to bring yourself into the present moment helps us to focus on the task at hand, as well as relax our minds and bodies so we can do our best.
-  **End with a closing circle.** At the end of a program, everyone is invited back to a circle where there is an opportunity to share experiences, discoveries, and new questions. Everyone can share, or just a few.
-  **Provide an opportunity for participants to give thanks.** It is important to us that students and adults alike take a moment to recognize the gifts that nature provides us.
-  **Leave with a question or story to inspire further discovery.**



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