

3. Did the Award give additional opportunities to take part in group activities?

Children	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Don't Know <input type="checkbox"/>
Families	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Don't Know <input type="checkbox"/>
You	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Don't Know <input type="checkbox"/>

Give an example:

Children
Families
You

4. Did the Award give additional opportunities to spend time outside with nature?

Children	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Don't Know <input type="checkbox"/>
Families	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Don't Know <input type="checkbox"/>
You	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Don't Know <input type="checkbox"/>

Give an example:

Children
Family
You

5. Did the Award give you opportunities to include any of the 'star' approaches within the Resilience Framework on page 40 of the Natural Health Award pack?

Yes ☐ No ☐

Give examples:

.....
.....

6. Any other comments:

.....
.....



On completing the Award

If you have completed the Award, congratulations and well done! Hopefully you have found it both enjoyable and rewarding.

We have produced stickers and certificates to acknowledge completing the Award. You can use these to give children an opportunity to have their involvement recognised and celebrated.

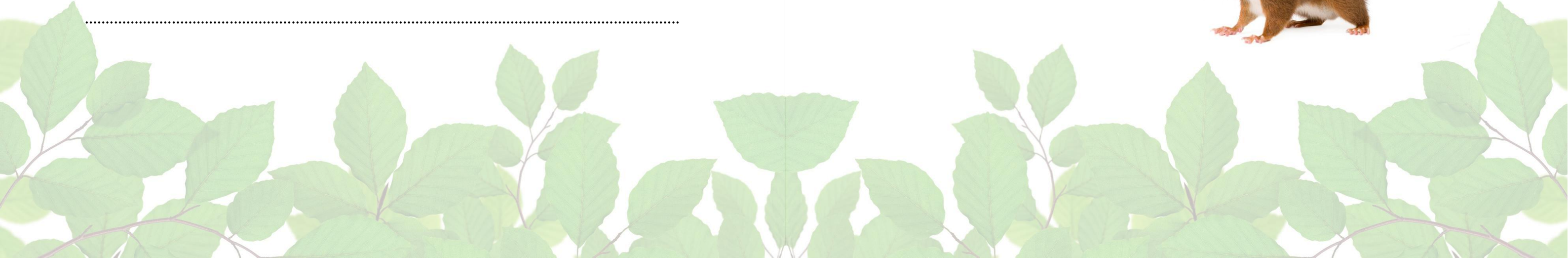
All children benefit from having their achievements marked. However it is recognised that 'vulnerable' children in particular greatly benefit from having 'opportunities to shine'.

This does not have to be an additional activity: You could incorporate an award ceremony in 'Core Activity 1' under the 'Connect' section.

You can also request certificates for the person/people who have facilitated the Award. They can have both a 'Certificate of Completion' and a 'Facilitator's Certificate'.

This form enables you to request certificates and stickers for everyone who took part. There are also some questions that we would be grateful if you took the time to complete. They are to help us evaluate what impact taking part in this Award has had on participants, their families and the facilitators' lives.

If possible please involve the children and families when completing the questions.



It is anticipated that participants will have improved their levels of physical activity, their sense of wellbeing will have increased and they will have a greater interest and awareness of the natural world. It is hoped that the facilitators and even the families lives will have been positively affected by taking part.

Once you have completed this form, please send it to:

NHS Forth Valley
Health Improvement Service
Unit 2, Colquhoun Street
Stirling
FK7 7PX
or email: fv.naturalhealthaward@nhs.scot



We will then arrange to have your certificates and stickers sent to you.

It is also hoped that having participated in the Award, you will be inspired to continue to spend time outdoors enjoying nature.

Please check out some of the ideas for further activities on pages 49 and 50 of the Natural Health Award pack.

Remember that you can repeat the Award as often as you like. You can keep it interesting by devising new activities to fill your proposal with. You could do an Award for every season and devise activities around this, or you could concentrate on visiting different areas such as the National Parks.

Alternatively you could consider one of the other awards involving nature that are on offer.

Please check them out to see if they suit the age, stage and ability of the children, young people or adults who are planning to take part. Some of these awards are listed below.

- The Woodland Trust Green Trees School Award - for nurseries, primary and secondary schools.
<https://www.woodlandtrust.org.uk/support-us/act/your-school/green-tree-schools-award>
- John Muir Award - individual awards are aimed at people 10 years and above. Families including younger children can also take part by working towards a family certificate.
<https://www.johnmuirtrust.org/award>

Certificate request form (please complete)

Name:

Address:

Number of certificates required: participant facilitator

Number of people: over 18 under 18 under 5

Improvement in mental wellbeing can be displayed through positive changes such as:

- * getting on better with others
- * better concentration
- * sleeping better
- * coping better with challenges
- * increased confidence
- * calmer behaviour
- * more willing to try new things
- * smiling or laughing more

1) Were any changes like these experienced or reported to you during or after involvement in an activity?

Children	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Don't Know <input type="checkbox"/>
Families	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Don't Know <input type="checkbox"/>
You	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Don't Know <input type="checkbox"/>

Give an example:

Children

Families

You

2. Did participating in this Award help the children, their families or you take part in more active play activities?

Children	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Don't Know <input type="checkbox"/>
Families	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Don't Know <input type="checkbox"/>
You	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Don't Know <input type="checkbox"/>

Give an example:

Children

Families

You