



# Noticing nature – linking nature with wellbeing

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# Why explore connection to nature?



ECHO-O LAB

## Global societal challenge

- 1 in 5 sixteen+ year olds experience symptoms of anxiety and depression
- 10% of 5- to 16-year-olds have a clinically diagnosable mental health condition
- Wellbeing declines between 10-12 years

Children with anxiety disorders are unlikely to access support services.

- 1 in 5 access mental health services



Spending time in nature is associated with physical fitness, learning and attention, wellbeing & mental health.

Social prescribing nature?

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Reports indicate that 90% of UK population is in urban environments and that children growing up in urban environments are less likely to enjoy the natural environment, have less contact with green areas and native wildlife.





# Past work has shown us ...

Evaluation of a hands-on engagement in 21-week nature engagement programme

With >500 child participants, we found positive increases in mood, wellbeing, resiliency & connection to nature.

- Mood, wellbeing, and connection to nature; improvements in particular for those initially low in connection to nature (Harvey et al., 2020)
- Perceptions of biodiversity, which is associated with improvements in wellbeing (especially when perceived greater trees and fewer insects than existed over time) and resilience (when perceived greater number of invertebrates and animals over time; Montgomery et al., 2022).



Royal Botanic Gardens  
**Kew**

Exploring role of engaging in  
biodiverse landscapes on  
connectedness to nature,  
mental health and wellbeing

Research Collaboration



Nature Connectedness describes an individual's sense of their relationship with the natural world.

# Environment you spend time in may matter... Royal Botanic Gardens Kew

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**WETLANDS**  
**Wetlands Boardwalk**



**WOODLANDS**  
**Pearcelands Wood**

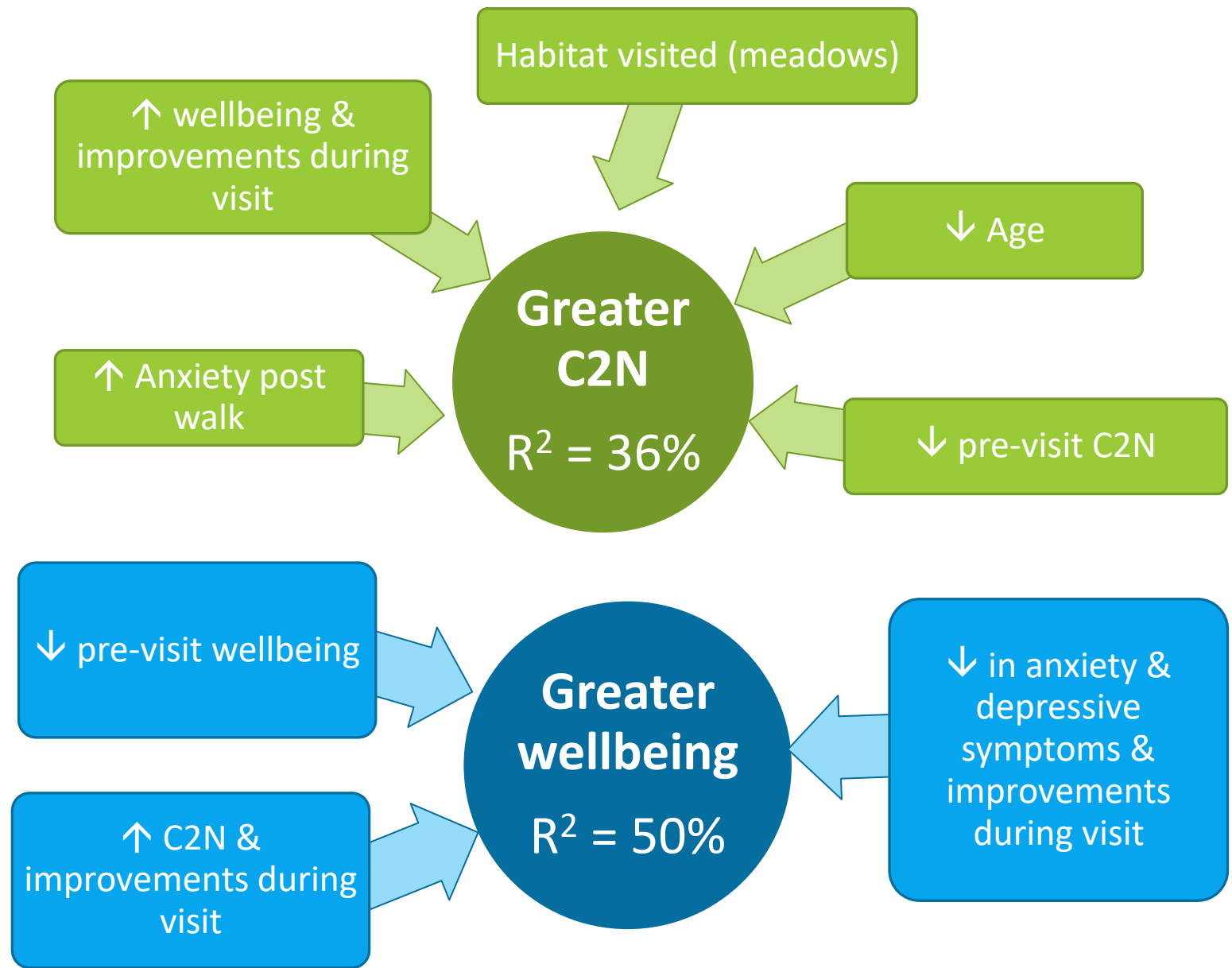


**MEADOW**  
**Corination Meadow**

# Outdoor engagement: Reports from 599 young people

Percent reporting frequency of spending time playing outdoors	Percent reporting frequency of visiting parks	Percent reporting levels of satisfaction with amount of time spent outdoors.
30% Every day	9% Every day	28% Would like to spend a lot more time outdoors
29% Most days (4-6 days per week)	16% Most days (4-6 days per week)	24% Would like to spend more time outdoors
26% Some days (2-3 days per week)	29% Some days (2-3 days per week)	43% Spends the perfect amount of time outdoors
8% Not very often (1 day per week)	21% Not very often (1 day per week)	3% Would like to spend less time outdoors
5% Rarely (couple days per month)	22% Rarely (couple days per month)	3% Would like to spend a lot less time outdoors
2% Never	4% Never	







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Thank you for  
listening



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Use your 5 senses and take time to reflect on what you notice.



If you close your eyes, do you notice anything different?

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