

# THE HIVE'S CHILDREN'S UNIVERSITY CLUB

## SPRING 2026



## NATURE AND THE ENVIRONMENT



### Contact With Nature

CU Learning Provider: Forestry England

Although designed for forests, these sheets can be completed in any outdoor space where there are trees. Some of the activities can be completed back inside when you have finished exploring.

Nature connectedness

Having a deeper connection to nature has been shown to be great for our health and wellbeing. Research has revealed that we can increase our connection through five pathways:

1. Sensory contact with the natural world.
2. Finding an emotional bond with, and love for, nature.
3. Taking time to appreciate the beauty of nature.
4. Thinking about the meaning and signs of nature.
5. Showing compassion and care for nature

Healthy connections activity sheets

The suggested age ranges for these activity sheets are:

- A forest feeling - 4 to 7 years olds.
- Wellbeing warriors - 7 to 11 years olds.
- Mindful moments - 11 to 14 years olds

<https://www.forestryengland.uk/family-activity/healthy-connections-activities>

**Credits 2 hours**  
**Skills: Problem solving and Adapting**

### The Countryside Code Challenge

CU Learning Provider: Pawprint Challenge

The Countryside Code team at Natural England are excited to work with Pawprint Family to help us spread the message of the countryside code and give more people the confidence to explore the outdoors. These amazing activities and challenges are a fun way to learn how to **protect, respect and more important of all enjoy the outdoors!**

This challenge pack includes 40+ activity ideas to help you learn and spread the word of the Countryside Code.

Challenge packs comprise of 4 sections: games, food, craft and other.

Suggested challenges for different age groups:

- 5-7 Years : Complete 1 challenge from each of the 4 sections.
- 7-11 Years : Complete 1 challenge from each of the 4 sections + 1 more of your choice.
- 11-14 Years : Complete 1 challenge from each of the 4 sections + 2 more of your choice.
- 14-18 Years : Complete 1 challenge from each of the 4 sections + 3 more of your choice.

<https://pawprintfamily.com/free-printable/the-countryside-code-challenge-pack-new.pdf>

**Credits 2 hours**  
**Skills: Problem solving Creativity and Teamwork**