

## Mindfulness in Woodland Settings – OCN Level 3

### Learning Outcomes

### Assessment Criteria

The learner will:	The learner can:
1. Understand the benefits of mindfulness to human health and wellbeing.	1.1. Describe key elements of human holistic wellbeing. 1.2. Explain key benefits of mindfulness to human health and wellbeing.
2. Know basic principles of mindfulness practice.	2.1. Explain basic principles of mindfulness practice.
3. Acquire a set of tools to practice mindfulness.	3.1. Describe a set of tools for practising mindfulness. 3.2. Explain how to use the tools to create a mindful experience. 3.3 Practice mindfulness and describe the mindful experience.
4. Understand how woodland settings can enhance mindfulness.	4.1. Explain how the woodland environment can help promote human wellbeing. 4.2. Explain how a woodland environment promotes mindfulness.
5. Understand how mindful practice can benefit woodlands.	5.1. Explain how mindfulness can promote safety and good practice in a woodland setting. 5.2 Explain how the reflection and sensitivity of mindfulness practice can benefit woodland. 5.3 Describe three mindful activities that can benefit a woodland.
6. Understand how mindful practice can create healthier, more harmonious group working.	6.1. Explain the value of mindfulness in a leadership role. 6.2. Explain the benefits of mindfulness in group dynamics and relationships.
7. Understand the legal obligations and duty of care when using mindfulness with groups in woodland settings.	7.1. Explain the responsibilities of leading mindfulness activities in woodland settings. 7.2. Describe instances where it may be inappropriate to teach mindfulness. 7.3 Explain legal obligations and duty of care to the woodland environment.