Nature-Based Education Glossary

Nature Education — Learning *about* nature and the living world, including plants, animals, and ecosystems.

Nature-Based Education — Learning *in* a natural environment, where people have the chance to interact with and experience nature.

Care Farming — The use of agricultural settings to provide social, therapeutic, and rehabilitative services to people who may face mental health challenges and/or are in need of additional support.

Horticultural Therapy — The use of gardening and growing food to promote mental health and wellbeing. This approach supports physical and psychological health while enhancing communication, cognitive skills, and social connection for individuals who may face mental health challenges or require additional support.

Social Prescription — Supporting people's mental health and/or wellbeing by connecting them to community services, groups, and activities.

Nature on Prescription — Supporting people's mental health and/or wellbeing by connecting them to nature and the natural world. Also called "green social prescribing."

Green Education — A broad education that emphasizes sustainability through knowledge and practices essential for environmental preservation, with a focus on fostering a transition to a green economy.

Ecoanxiety — The distress caused by the negative consequences of climate change where people are experiencing worry about their future.

Flourishing — A state of thriving and positive growth, where individuals or communities are content and engaged in life both as an individual and within a community.

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