

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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NeurOX YPAG is a group of young people who work with researchers at the University of Oxford to develop methods for working with young people to understand their views in mental health research and interventions.



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