

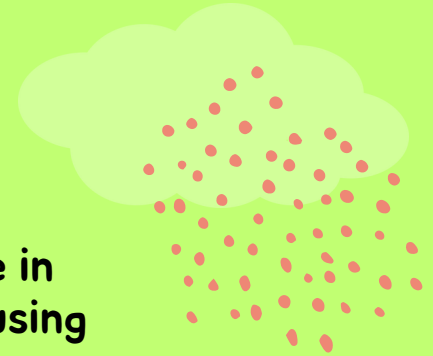


Outdoor Learning and sustainability

By Melanie Foxall



Introduction



This outdoor workshop is designed to engage young people in experiential learning by creating sustainable bird feeders using recycled or natural materials. Outdoor learning provides young people with opportunities to explore, be curious, and participate in hands-on activities.

Engaging in wildlife-related activities encourages empathy and kindness, fostering a sense of responsibility and a closer connection to nature.

Louv (2013) highlights that as young people spend less time in nature, it can negatively impact their well-being and mental health, reinforcing the importance of meaningful outdoor experiences. This workshop aligns with the five pillars of Youth Work by promoting voluntary participation, inclusion, and personal development while connecting with and contributing to the natural environment (CWBYS, 2018).

25 minutes Eco friendly bird feeder workshop



Quick Step Guide

We will require the following items:

- Recycled toilet rolls
- Bird seed
- Almond butter (or other substitutes such as peanut butter or lard)
- Gardening string
- A butter knife
- A shallow tray

1. **Prep the Seeds:** Spread the birdseed into a flat tray.
2. **Thread the String:** Loop the string through the tube or, alternatively, make a small hole at one end of the toilet roll and thread the string through it to prepare for hanging later.
3. **Spread the Butter:** Coat the toilet roll with the butter using a buttering knife. Be careful while doing this.
4. **Get Rolling:** Roll the sticky toilet roll into the seeds, ensuring it is fully covered.
5. **Find the Perfect Spot:** Take your time to look for the ideal place to hang your feeder. Appreciate your work; you've just given back to nature.

To conclude

This outdoor learning and sustainability workshop is designed to demonstrate how simple and low-cost outdoor activities can be for young people, while providing a meaningful and fun learning opportunity. By engaging with nature and wildlife, young people are encouraged to develop empathy and environmental awareness.

Through practical activities and time for reflection, this session supports well-being and emphasises that even the smallest actions can have a positive impact on both young people and the environment.

RISK BENEFIT ASSESSMENT

Location / Activity:	Wellbeing area within Carmarthen University / making bird feeders	Date:	27/04/26
Assessor:	Melanie Foxall	Review date:	

The boxes in the table below will expand as you type into them; pre-entered text is simply for illustration. You should delete irrelevant items and replace with text relevant to your circumstances.
 Your overall risk rating – Low, medium or high – is based on your judgement about whether the BENEFITS of the activity or opportunity outweigh the RISKS.

Experience exploring outdoor space in photograph	How will young people BENEFIT from this activity?	Hazards and associated risks	Who is at risk?	PRECAUTIONS in place to reduce the risk of injury	Overall risk after precautions RATING: L/M/H
	The young person exploring food textures, smells, and the useful benefits when making bird feeders.	Allergies such as nuts	All	Verbally and in writing, confirm allergies with all participants before starting, and offer alternatives to allergens like nuts.	L
	Exploring water	Drowning	All	Verbal Safety reminder about the dangers of the water. Everyone should be mindful and aware of their surroundings. Staff must remain alert.	L
	Freedom to explore	Trip hazards	All	Check the area before the session, if possible. Remove any hazards if you can. Provide a safety warning about trip hazards.	L

Session PLAN

DATE: MAY 18TH 2026

Session description

To offer young people the chance to explore the outdoors and foster meaningful connections with wildlife, we will create bird feeders to be displayed in the well-being section of Carmarthen University.

ACTIVITY

DURATION

bird feed making

20 minutes

Session Debrief

5 minutes

Session Goals

Have a great time while educating in a non-formal way about how we can contribute to nature while appreciating its beauty. Take the opportunity to relax, reflect, and enjoy a positive session.

Risks

The risk of young people becoming bored or facing challenges needs to be considered. Conducting a thorough weather and risk assessment can help cover all potential risks.

Focus Area

Focus on the well-being and needs of the young individual while fostering a professional yet enjoyable atmosphere for everyone participating in the session.

NOTES

Gather verbal feedback on the session to enhance future development.

NEXT STEPS:

Review the feedback and outcomes from the session.

References

CWVYS (2018) *Youth Work in Wales: principles and purposes*. Available at: <https://www.cwvys.org.uk/wp-content/uploads/2018/11/YOUTH-WORK-IN-WALES-PRINCIPLES-AND-PURPOSES.pdf> (Accessed: 28 April 2026).

Jeffs, T. and Ord, J. (2017) *Rethinking Outdoor, Experiential and Informal Education*. Routledge.

Louv, R. (2013) *Last child in the woods: saving our children from nature-deficit disorder*. Atlantic Books.

Youth, U. (2023) *Outdoor Learning Policy Report*. Available at: https://www.ukyouth.org/wp-content/uploads/2023/10/Outdoor-Learning-Policy-Report-4_compressed.pdf?trk=public_post_comment-text (Accessed: 28 April 2026).