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Creative Journal.

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Outdoor Adventure Education

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I acknowledge the use of ChatGBT <https://chatgpt.com> on 29 April 2026 to check my work using the prompt(s): 1. Spell check and grammar check these references do not do anything else, using Harford . I confirm that I have not presented any AI generated text as my own work. I confirm I have copies of my drafts, notes, and other resources I used before, and after the use of AI tools which I may be asked to provide in evidence.

This is my creative journal that I have progressed with throughout the year.

I have found this process very beneficial in regards to reflecting on how I see, live and feel when I'm emersed in the great outdoors. I have also have gained a great perspective on how these approaches can be used in creative ways throughout the outdoor adventure education sector and how I plan to use them in my journey to becoming a facilitator.

Throughout my journal I look at different concepts and psychological practices and expand on them using my own reflection and academic research.

LOG 1 - MICRO ADVENTURES.

Journaling Microadventure

DATE: / /

CHOOSE AND EXPERIENCE A MICROADVENTURE (SHORT, LOCAL, DOES NOT HAVE TO BE OVERNIGHT, NOT DANGEROUS, THAT INVITES YOU TO FEEL SLIGHTLY UNCOMFORTABLE OR CHALLENGED). PLEASE CONSIDER RISKS AND BE SAFE:



- SHARE YOUR PLANS WITH AT LEAST 1 PERSON
- TAKE APPROPRIATE CLOTHING, GEAR, WATER & SNACKS

1. WRITE DOWN YOUR FIRST THOUGHTS AFTER READING THIS INFORMATION

Notice sentences or phrases in your inner conversation, images, predictions of what could happen, judgements (to the activity, to yourself), or others.

I'm excited to go out on a new adventure! The great outdoors has always lead me to feel a sense of peace and at the same time a true sense of wonder.

2. COME BACK TO THIS JOURNAL LOG WHEN YOU START YOUR MICROADVENTURE

When you leave your home or the halls to embark on your microadventure, write down your experiences below so we can reflect later. Add keywords, write freely, or record your responses using your mobile (voicnote or video)

ADD NOTES AT THE START, DURING THE EXPERIENCE, AND RIGHT AFTER FINISHING.

Emotions, Feelings	Thoughts, Inner conversations	Bodily experiences (physiological responses)	Behaviours (actions, choices, changes)
Wonder	a sense of peace	Hunger	caution
Grounded	Thought of the past	strain	sensible
Intrigued	Future	tiredness	
Acceptance	Being in the moment		

3. COMPLETE THIS SECTION AFTER YOUR MICROADVENTURE (WHEN YOU RETURN HOME).

Allowing some time after your microadventure will help you look back and reflect more on your experiences.

- Looking back at your initial thoughts and your notes from the microadventure experience, what changes can you notice between your initial thoughts about this activity, and the things that actually happened? Any similarities or differences?

I came home with the same outlook I had at the start, a new place always makes me feel alive and it did that

- In what ways did I challenge myself? Were there moments of uncomfortability, indecision, or changes I made during the experience? Write down what you notice about this.

I challenged myself by hiking a long distance. I was uncomfortable but manageable

- If I find myself in a similar situation in the future, what could I modify in my inner language and thoughts (previous and during the experience)? Would that modify my experience?

I would modify how I can drift away with my thoughts, I will try to become more grounded

4. THIS SHORT EXPERIENCE AND REFLECTION SHOWS ME THAT WHEN I FACE A CHALLENGE, I TEND TO ...

Complete it as fast as possible and not be present

5. AS AN OUTDOOR FACILITATOR, THESE REFLECTIONS HELP ME REALISE THAT...

Staying in the moment brings better reflection

After my long distance hike across the Brecon Brecon's, i found that the concept of micro adventures has grown on me.

Given the nature of micro adventures, this helped me reflect on my own experience whilst engaged with the great outdoors. It has allowed me too feel a sense of playfulness as Young (2018) found in his study.

Whilst reflecting on my Micro Adventure from a neurological standpoint, I can see how I was able to maintain a more well rounded subjective well-being (Pomfret, Sand and May, 2023) and have a clearer outlook on my past present and future.

LOG 2 - HUMAN NATURE EXPERIENCE.

Journaling Human-Nature Experience

DATE: / /

1. WHILE GROWING UP, HOW CAN YOU DESCRIBE YOUR EXPERIENCE OF THE NATURAL WORLD?

My experience of the natural world was wonderful growing up. My mother was a animal activist so I was exposed to a variety of truths regarding how we treat our planet and its animals

2. TODAY, AS AN OAE STUDENT, HOW HAS THIS EXPERIENCE OF THE NATURAL WORLD CHANGED FOR YOU? WHAT IS DIFFERENT?

I see a broader and compelling side to the natural world.

I still have empathy for all living things on the planet and a real fire in my belly to try to help.

3. FIND AND BRING TO THE GROUP:

- A natural element that could represent your answer to Q1.
- A natural element that represents the support that nature provides you today.
- A natural element that could represent how you feel your connection with nature
- A natural element that represents your relationship with nature during this activity.

4. LISTEN TO THE STORIES YOUR PEERS SHARE. WRITE DOWN ANY KEYWORDS THAT STAND OUT FOR YOU FROM THEIR NARRATIVE, RELATED TO THEIR EXPERIENCE OF NATURE (BEFORE AND NOW).

Playful and Exhiting

5. DISCUSS YOUR KEYWORDS WITH THE REST OF THE GROUP. FIND COMMONALITIES AND THEMES FROM WHAT WAS SHARED. WRITE DOWN THE THEMES YOU CAN IDENTIFY.

After chatting to the rest of the group, I found we had the same sense of exiltment and wonder

6. EXPLORE THE FINDINGS FROM SCHWEITZER, GLAB & BRYMER (2018). WHAT SIMILARITIES CAN YOU FIND FROM THIS RESEARCH WITH YOUR EXPERIENCE AND YOUR GROUP ANALYSIS?

I can see the same sense of connection with the great outdoors

I can also see the same sense of wellbeing and what that gives each individual

This log has been a truly wonderful practice to partake in. My reflection on the human experience and the connection to nature has left me with a sense of belonging and togetherness when reflecting with me peers.

Reflecting from a phenomenology stand point, that is to say, a lived experience (Connelly, 2010). I can see the benefits of grounding myself in nature and how the benefits of doing so can support mental health conditions through human-nature experience and connection as well as a sense of safety in nature that my peers also reflect (Schweitzer, Glab and Brymer, 2018).

LOG 3 - To return to my trees.

Journaling

Dod yn ôl at fy nghoed

(To return to my trees)

DATE: / /

1. WANDER FOR A FEW MINUTES AMONG THE TREES. FIND ONE THAT YOU FEEL COMFORTABLE "CONNECTING" WITH - EXPLORE YOUR SURROUNDINGS AND "YOUR" TREE WITH YOUR SENSES... BREATHE SLOWLY... TAKE SOME MINUTES TO CONNECT WITH YOU AND WITH THE TREE BEFORE CONTINUING.

- "Return to your trees", write down things that stand out from your environment and your chosen tree - What do you notice? What do you like / dislike? *You will not need to share this with the group.*

My tree has a sense of feeling grounded and connected to the forest. There is nothing I dislike about it.

- Now, "return to your senses" - write down what you notice about yourself by connecting with the tree, by the act of writing, by taking some minutes to follow these prompts. Notice your sensory experience, your feelings, your thoughts. Write down some ideas so you can better reflect on this later. *You will not need to share this with the group.*

I spend the majority of my spare time in nature, walking forests and reflecting on life.

This feels normal to me, it feels safe, supportive and a new sense of energy I get from the tree

2. AFTER YOUR INDIVIDUAL RESEARCH AND OUR GROUP DISCUSSION ON THE BIOLOGICAL, PHYSIOLOGICAL, NEUROLOGICAL AND COGNITIVE BENEFITS OF THE OUTDOORS / ADVENTURE...
 - Are there any benefits from "Dod yn ôl at fy nghoed" (activity of connecting to your tree), that you can identify happening for you? Write them down.

A sense of safety, a lowering in anxiety and stress

I feel a sense of belonging

- Think about your experience across the different age groups we have discussed - and your vision how you will experience the next life stages - and write down your reflections on: What role has nature had (or can have) in supporting me throughout my life stages?

Childhood	Youth	Adults (18 +)	Senior years (65+)
a place of wonder	a place to escape	a place to come home too	A place to never forget

3. AS AN OUTDOOR PROFESSIONAL / FACILITATOR, TO RETURN TO MY TREES

Dod yn ôl at fy nghoed

MEANS TO ME...

My reflection on this creative journal is something very close to my heart. I spend each morning at sunrise in my local forest to reset my self as I struggle to sleep each night.

What this means to me in regards to my personal life is seeing how nature can effect us both physically and psychologically. To be amongst the trees, to move slowly and to be present in the moment has been shown to have health benefits such as lowering cortisol, improve sleep and improve the body's ability to create natural killer cells (Li, 2010).

The benefits of green spaces, especially in urbanised areas can have similar effects, improving well being and over all mental and physical health in deprived areas (Twohig-Bennett and Jones, 2018) something I will take with my as I expand my journey through outdoor adventure educator as a facilitator.

CONCLUSION.

The time spent in this module has been an eye opening experience. I have learnt a great deal regarding psychological approaches and how to implement them. From the escapism and grounding of microadventures (Young, 2018) I have learnt how such small actions can have large impacts on both my physical and mental health.

The human-nature connection concept is something I will implement in my teachings moving forward as I progress through my facilitator journey, the sense of safety and compassionate connection (Schweitzer, Glab and Brymer, 2018) you feel when participating in these practises will be extremely beneficial in both my personal life and my teachings.

I think what I have gained most from the module is the sense of feeling a true connection to the natural world and how it can benefit our mental health and wellbeing (Twohig-Bennett and Jones, 2018). Although the teachings have been hands on rather than purely from an academic view point, I believe this has brought me a true sense of what it means to facilitate in the outdoors.

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