

Building resilience in nature with Be You

Video transcript

In a classroom situation, there's always routines, there's always transitions, there's always other children that they need to share their space with.

When they're out at Bush Camp, children have that sense of wonder, that sense of freedom that this whole open space is their space. It's just their environment where they can just be.

Hello everybody and welcome to Bush Camp. We have come into this land, and we have to protect all the creatures that live here.

So that means we don't harm anything, if we see an ant, we let the ant go, if we see a spider, we stop and let it go.

I would love to pay my respects to my elders past and present, and to all other Aboriginal, palawa, and Torres Strait Islander people who are here with us today on this beautiful, beautiful land in lutruwita.

This land, it's under Mount Wellington, kunanyi in the palawa language.

Bush Camp was originated from some of the discussions and projects that we had within our Discovery services.

How do we support children with their emotional wellbeing in our environment?

What does that look like? We understand the importance of children learning through playing in nature and the benefits of being on country.

Mental health and wellbeing of children is better when they're in the bush. They learn how to regulate, they learn how to play together in a social situation.

They learn how to solve problems using natural materials and working together as a team.

And that's something that we're able to showcase when we go to Bush Camp, children are free to just be children.

There is no agenda to their environment. They can climb trees, they can slide down banks, they can go into the creek.

It empowers children to support each other through cooperation. It's all about these life skills that if I slip over, I can get back up and then I can try again.

Challenging behaviours from children, dealing with transitions and building resilience, are all topics that are dealt with really well in Be You. And really in a very accessible and straightforward way.

Being outdoors and having unstructured free play reduces stress and anxiety for educators and children alike.

So having the Bush Camp spaces where we can have those freer, unstructured opportunities to explore in nature is just a phenomenal resource.

Why don't you collect some sticks around us?

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Oh, yeah. What about remove some of them and make it bigger? No. It'll collapse.

We've got to put the stuff over the top so it's like waterproof so water won't get in.

I'm Jaxon and I'm from Sacred Heart. I'm Louis and I'm eight from the school Sacred Heart.

Bush Camp is fun so far, outside more, independence. And joyful. Yeah, more than going inside sitting down. It's nicer. And I'm cool to get some fresh air. Yeah.

We work closely with the Be You modules in regard to gratitude, appreciation, connection with the land.

How do we support children's mental health, wellbeing, children who has anxiety, who suffers depression? Be You captures a lot of that.

I am Amaliah and I'm seven years old. My name is SaetByeol, I am six years old.

We met at vacation care. I like being here because we can find fossils, and some could even like have dragon scales or dinosaur scales. I like finding fossils. We have been finding weird stuff.

We also decided that we wanted to embrace the importance of what this land was about too, being kunanyi, in palawa area.

We wanted to celebrate the Aboriginal culture that Tasmanian Aboriginal culture, and also have that history of what this land really means to them.

The importance of the land, why we need to respect the land, why we need to look after the land and the people that lived on it and how we can utilise it.

For a long time now I have held an incredibly important belief, luwutina ningimpi and nungampi manta.

Which means 'children are the elders of the future', and you are.

And it is our responsibility and our privilege to support you and guide you and foster and nurture alongside you, the amazing, brilliant, incredibly intelligent, empathetic people that you are becoming.

Since being at Bush Camp, it's that sense of celebrating our philosophy about children allowing them to imagine and discover and explore their own land that they play on, the storytelling that they want to share.

And I think it's really important that sometimes we reflect and stop and listen to a child and the way they think, what they see, because they see things through different lenses and being at Bush Camp they're able to explore those experiences for themselves.

This is where you can hear a child's voice rather than an adult's voice. It's refreshing.

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