

## **Roots and Wings - Nature based Rites of Passage for girls March - May 2020**

Roots and Wings will be starting on March 7th 2020 at Wilderness Wood. It will be a rite of passage process for girls aged 11 - 13 yrs. We will be meeting 9 times from March until May and will have 2 overnight camps during that time. The camps will be 2 nights each and the other sessions are afternoons.

The aim of Roots and Wings is to be a place of support, refuge, fun, learning, connection and guidance during the period of transition from childhood towards adolescence. The course will culminate in an intentional rite of passage experience. This will be a solo fire quest, taken alone but collectively.

### **Some examples of activities we will be doing during meet ups:**

Playing games in the woods

Awareness activities - using all the senses, e.g - 'foxwalking' silently in the woods, playing blindfold games to connect us to our hearing.

Time for reflection - journal writing

Art and Craft projects

Drama and storytelling

Singing together

Drumming

Rituals

Thanksgiving/Gratitude practice

Time in Silence

Physical movement

Talking circles - time to share, ask questions, laugh and cry!

Speaking about menstruation, women sharing their experiences

Conflict resolution

Speaking from the heart and listening from the heart

Sit spot - time alone in nature

Naturalist skills

Plant knowledge and Foraging

Bushcraft skills & Survival techniques

Camping  
Walking & Tracking

## **The broad aims, outcomes and impacts of Roots & Wings:**

### **Sense of Self**

The girls will be able to identify their personal beliefs and values. They will have a stronger sense of themselves, becoming more able to take responsibility for themselves. They will be more able to identify their unique strengths, challenges and passions which will help them to set longer term goals and visions. They will have a stronger sense of agency over the choices they make in their lives and feel confident to present themselves and their gifts to the world.

### **A place in community**

They will practice and strengthen their interpersonal skills, including healthy communication, leadership and decision making. The girls will have the opportunity to practice these skills with each other and then with their families. This process will enable them to understand and accept responsibilities in their own families and communities.

### **Love of Nature**

They will be able to demonstrate a range of outdoor skills and knowledge and have a deep appreciation and connection with the natural world. This connection will foster a deeper sense of responsibility to the Earth and love of nature, establishing a life line to the sanctuary that nature can always provide us.

### **The Sacred**

This could also be referred to as 'awe and wonder', 'meaning' or 'purpose'. The girls will be able to recognise this aspect of life and see that they can have their own unique personal relationship to it, which they can grow and deepen into. They will also respect others relationship to this aspect and that it might be different to their own.

## **Roots and Wings dates and fees 2020:**

- March 7th - Afternoon session - 2.30pm - 6.30pm
- March 14th - Afternoon session - 2.30pm - 6.30pm
- March 21st - Afternoon session - 2.30pm - 6.30pm
- March 28th - Afternoon session - 2.30pm - 6.30pm
- **April 24th - 26th - Camp out at Wilderness Wood**
- May 2nd - Afternoon session - 2.30pm - 6.30pm
- May 9th - Afternoon session - 2.30pm - 6.30pm
- May 16th - Afternoon session - 2.30pm - 6.30pm
- **May 22nd - 24th - Final camp out and fire quest**

The total cost is £500, which includes 7 afternoon sessions, 4 nights camping and all food and materials. Participants will also need to become members of Wilderness Wood in order to participate. The extensive member benefits can be found at

<http://wildernesswood.org/wp-content/uploads/2014/05/MembershipInfo2019.pdf>

Contact Emily at [emilyanddan@wildernesswood.org](mailto:emilyanddan@wildernesswood.org) for more information on membership.

In order to secure a place for your daughter, a deposit of £150 will need to be made. The remainder is due before the start date on March 7th.

If required, different payment schedules can be arranged according to people's needs. Please get in touch with me to discuss if necessary.

I very much hope you and your daughters choose to join us on this journey. If you have any questions or concerns, please contact:

Kathryn Jordan

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