



Helen Henry

Outdoor Life Coach

SEPTEMBER 2021 NEWSLETTER

LATEST NEWS

HAPPY PLANET FESTIVAL

This is the last festival for me, this year and it was such a wonderful event. Running over 2 days, without camping and luckily good weather for Saturday and some of Sunday. I ran a session on Wild Children; Parenting in the Outdoors. As a mother and a childminder the outdoors is my complete sanity. Whenever everything seems to be going wrong or arguments are starting, the doors are opened and they go and run around. The fresh air and movement dispels that grumpiness almost instantly, especially playing chase!

At my talk we discovered what they could do and how they could use the outdoors to their advantage. The fact that an open space does not have to be scary. Being in an enclosed playground isn't necessarily a safer space.

We talked about using the local streams, fields, woods or the zoo. Looking after pets; walking dogs, mucking out rabbits, and horses. Understanding how the children were learning independence, ability to calculate risk whilst climbing trees, learning about nature, animal tracks, droppings, types of flowers and trees.

Looking under logs on bug hunts and creating beautiful works of art in the environment. I shared how we used sticks to learn to write our letters, numbers and name in the sand or mud and went on scavenger hunts learning to count what they had found.

The beauty of the outdoors is it doesn't even need to be structured because they can create their own fun, let them lead the way...



5 TOP TIPS

To show courage:



- #1. Speak up for yourself
- #2. Make that phone call you have been putting off
- #3. Speak up for someone else
- #4. Smile at someone you don't know
- #5. Take a chance to make a change



CELEBRATE

BOB!

I would like to introduce you to Bob, Bobbles or Bobbie!! He is our new loan pony. I didn't realise how much I was missing having that connection with a pony, going up every day to get outside, look after him and have some time out. I love it and I am lucky enough to have found this absolute beautiful one in a million. Not only does he allow me to have as much fun as I want but he is gentle and careful for the kids to learn to ride on. Freya went to her first show at the weekend jumping around a course and he looked after her the whole way.

I am telling you this mainly to say don't forget what makes you really happy.

Lockdown has stopped lots of activities from happening, don't just let them be something you did in the past now. Get up and go singing, dancing, climbing or whatever it is that you love.

The other thing is to think what you loved as a child and could you do it again now? I keep toying with the idea of buying roller skates again but they always surprise me that they are much more money than I remember!!



What to look out for next:

- *Monthly Women's Soul Hike; to have some time out to find your headspace, move forward with your goals and peace of mind.*
- *Come and join me for a beautiful group walk at the Ashridge Estate.*
- *Book on different days of the week to accommodate work and family commitments.*
- *All fitness abilities welcome.*
- *2 hours for £27*
- *Please Book below:*

<https://bookhrhlifecoach.as.me/soulhike>

If anything in this newsletter resonates with you, and you want to chat, drop me a reply to this email.

Thank you,
Helen