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Research Adventures
with my bear
Tracy Hayes

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cumbria.ac.uk
Me and my PhD

‘A Creative Exploration of Young People’s Relationship with Nature.’

• Creative approach
• Everyday language
• Making use of stories

If you’re sitting comfortably...

I’ve listened to & observed people’s stories, and created new stories based on these experiences.

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Lexi’s Tale: Being, not doing

We meet at her local coffee shop, along with a practitioner from the project she attends. Once we’ve chosen our drinks we sit on the comfy sofas, at the far end, furthest from the door. I explain more about my project, that I’m trying to find out what young people like to do outside...
Responding to Lexi’s story

In pairs/small groups:

• What is your initial response to the story?
• Does it resonate with your experiences?
• How would you support Lexi to enjoy being outside?
Where do the Bears fit in?

‘Adventure Bears’:
• designed to be played with outside
• gifted with a short story making links to playing outside.
• 1st Adventure Bear called ‘Aporia’ - he is easily confused, tends to walk around in circles and become lost.
• Way of making connections, getting/focusing attention – emphasising fun, playfulness and comfort
Talking about nature

Within your work as an outdoor educator:

• Do you talk about nature?

• What do you say?

• How do you address concerns about nature?
Being adventurous

Lexi’s words:
“You should think about people’s abilities when planning activities, when I can’t do something that others can, I think they’re going to laugh at me, it makes me upset and not want to go out.”
My discoveries

• Inclusiveness
• Responsiveness
• Playfulness
• Creativeness
• Kindness
• Comfort and belonging

I found my self...

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What’s next?

Poster outlining my plans in dining room
I welcome opportunities for:
• Collaboration
• Comments
• Feedback
• Guidance