

Hayes, Tracy ORCID: <https://orcid.org/0000-0002-6330-6520> (2017) Research adventures with my bear. In: European Institute for Outdoor Adventure Education and Experiential Learning International Seminar (EOE 2017), 28 June - 2 July 2017, Plymouth Marjon University, UK. (Unpublished)

Downloaded from: <http://insight.cumbria.ac.uk/id/eprint/3111/>

*Usage of any items from the University of Cumbria's institutional repository 'Insight' must conform to the following fair usage guidelines.*

Any item and its associated metadata held in the University of Cumbria's institutional repository Insight (unless stated otherwise on the metadata record) may be copied, displayed or performed, and stored in line with the JISC fair dealing guidelines (available [here](#)) for educational and not-for-profit activities

**provided that**

- the authors, title and full bibliographic details of the item are cited clearly when any part of the work is referred to verbally or in the written form
  - a hyperlink/URL to the original Insight record of that item is included in any citations of the work
- the content is not changed in any way
- all files required for usage of the item are kept together with the main item file.

**You may not**

- sell any part of an item
- refer to any part of an item without citation
- amend any item or contextualise it in a way that will impugn the creator's reputation
- remove or alter the copyright statement on an item.

The full policy can be found [here](#).

Alternatively contact the University of Cumbria Repository Editor by emailing [insight@cumbria.ac.uk](mailto:insight@cumbria.ac.uk).

# Research Adventures with my bear

Tracy Hayes

tracy.hayes@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.

# 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.
- 1<sup>st</sup> 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...



# What's next?

Poster outlining my plans in dining room

I welcome opportunities for:

- Collaboration
- Comments
- Feedback
- Guidance

