

Nature & Human Wellness eeCourse Capstone Project

Your project can be specific to your particular interest within the intersection of nature and human wellness, and should aim to include the following:

- Integrates some of the science, theories, or benefits you learned about throughout this course around the importance of human and nature connection
- Tells a story - people who see your final product will walk away with a deeper understanding of the link between nature and health
- Provides/suggests actionable items to increase nature access and connection within your particular practice or community
- Incorporates your specific interest, passion, or expertise in the broad field of human and nature connection
- Meets the standards of your practice (example, lesson plan aligns with state standards, action plan aligns with community engagement best practices, etc)

Your final capstone project can take on whatever form or template works best for you, considering your interests, goals, and settings. Example templates can include any of the following to help you synthesize your learning and share the message of the benefits of nature to humans:

- Creating an infographic
- Creating a slideshow presentation
- Creating a lesson plan designed to foster nature connection for health and wellness
- Creating an action plan or nature wellness kit for increasing nature-based interventions in your community of practice
- Writing a science communication article, breaking down the science of a particular concept within nature and human connection, and providing strategies to viewers to increase their nature connection

Upon completion of each module, you will be prompted to add to your capstone project with guiding questions and capstone related assignments. Your capstone project will need to be submitted by the end of the course date in order to receive your course certificate. It's important to note - rather than being busy work, we hope that this project will be a meaningful tangible product you can create during this course and use to improve your own community of practice. Because of this, please reach out to your moderators with any questions or thoughts you may have regarding your specific capstone project along the way. The course was designed to empower you with knowledge and strategies for increasing nature connection, and we're here to support your efforts!