

ABOUT US

Hi, I'm Leon Dove, owner of Bright Spark Bushcraft. With over twenty-five years experience working with young people across mainstream and SEND settings, I've seen how positively they respond to learning and playing in the great outdoors. As an NCFE Level II Bushcraft Instructor, Level III Forest School Practitioner, and MTQ48 Psychological Resilience Practitioner. I looking forward to working with the young people in your care.



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Educational Visits No. 1244**

THE MISSION

**To enrich mind body and soul
through adventures in nature.**

Physical Health & Fitness:

Activities like hiking, carrying gear, and building shelters improve cardiovascular health, strength, and endurance.

Mental Well-being:

Immersing in nature reduces cortisol levels and stress, offering a break from technology that enhances mental clarity and mood.

Self-Reliance & Confidence:

Learning to survive in the wilderness, such as finding food or navigating, boosts self-confidence and prepares individuals to handle emergencies.

Practical Life Skills:

Participants learn valuable skills including fire-lighting, tool usage, knot-tying, and foraging, fostering resourcefulness and creativity.

Connection with Nature:

It fosters a deeper appreciation for the environment and encourages conservation, often in a low-impact, sustainable way.

Social Development:

It builds teamwork, communication, and leadership skills.



ADVENTURES IN NATURE



***take a break from the
digital world***

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ESSENTIAL BUSHCRAFT ACTIVITIES

- Firecraft
- Shelter Building
- Tool Use
- Knots
- Navigation
- Nature ID
- Archery
- Arts & Craft



THE FOUR PILLARS OF MENTAL TOUGHNESS

- **CONTROL:** THE EXTENT TO WHICH A PERSON FEELS THEY ARE IN CONTROL OF THEIR LIFE AND EMOTIONS.
- **COMMITMENT:** THE ABILITY TO STICK TO TASKS AND MEET DEADLINES DESPITE DISTRACTIONS OR OBSTACLES.
- **CHALLENGE:** HOW AN INDIVIDUAL VIEWS CHANGE AND RISK—EITHER AS A THREAT OR AN OPPORTUNITY TO GROW.
- **CONFIDENCE:** BELIEF IN ONE'S OWN ABILITIES AND THE INTERPERSONAL CONFIDENCE TO DEAL WITH OTHERS.

MENTAL TOUGHNESS IS CONSIDERED A PLASTIC TRAIT—MEANING IT CAN BE DEVELOPED WITH TARGETED INTERVENTIONS, MAKING THE MTQ48 NOT JUST A DIAGNOSTIC TOOL BUT ALSO A FOUNDATION FOR PERSONAL AND ORGANIZATIONAL GROWTH.

Participation in Bushcraft activities doesn't need to be formally recognised or assessed, although it can often be beneficial.

CERTIFICATION OF ACHIEVEMENT

AQA UNIT AWARD CERTIFICATES ARE AVAILABLE FOR ALL BUSHCRAFT ACTIVITIES AND RELATED SKILLS SUCH AS COMMUNICATION AND TEAMWORK

ASSESSMENT

The **MTQ48** is a widely used psychometric tool designed to assess mental toughness in individuals aged **10 and above**. In young people, it is primarily used to evaluate how they handle stress, pressure, and challenges. On its own it's a valuable way of promoting self awareness or it can be used before and after to evidence the effect of multiple sessions.

