

The Re-rooted Project

Rooted in Nature CIC employs experienced and qualified outdoor practitioners who have experience of working with challenging behaviour and complex needs.

In the summer season we have qualified instructors to take young people on inspiring and challenging adventures on the Norfolk Broads by canoeing, kayaking and stand up paddle boarding!

Our ethos is based on William Glasser's Choice Theory. Choice theory states that:

- all we do is behave,
 - that almost all behaviour is chosen, and
 - that we are driven by our genes to satisfy five basic needs: survival, love and belonging, power, freedom and fun.
- External control is destructive to relationships. Therefore, to develop connection which is key to relationships we create an environment of caring habits: supporting, encouraging, listening, accepting, trusting, respecting and negotiating differences.



**Adventures
are the
best way to
learn!**

We will advise where appropriate that learners are supported by a parent/ carer during the initial settling in or introduction period and will be set at the pace of the learner. Building meaningful relationships is of highest importance and is fundamental to the best experience for the learner.

Breakfast and lunch will be included. Transport for activities will be provided when required. We are currently unable to provide transport for the start and end of the day.



**Rooted
in Nature**

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