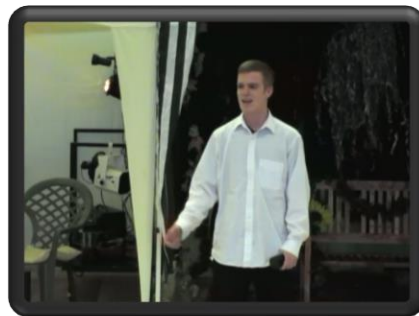


Stepping Stone 12 - HET Eco – therapy.

At the end of Tommy's story in WILLOW, he was 10 years older and he was living a wonderful life on a narrow boat taking young people to the WILLOW Animal Sanctuary so they could befriend the animals, learn how to help them best and to be in nature. On the way there, he would tell them about his story and how HET had helped him.

Although this story was written in 2005 by a children's writer, to be made into an educational production, it was based on a real WILLOW tree in a healing Centre that I used to run. It was written about the work I had started in schools with HET. However, what was really strange was that I actually found myself 3 years later, in a real life WILLOW animal sanctuary.....



From June 2008 till July 2009 I lived and worked with my HET colleagues setting up a family retreat called, coincidentally, 'Willow Bridge' in Glastonbury, Somerset, England. We offered residential breaks for families who were in crisis over behavioural problems, for them to come and learn our HET techniques. We also set up a mini Eco village and animal sanctuary with lots of really fun projects to do together as a family. The idea is that when they went home they could stay in touch with us and follow through with all the new things they learned with us during their stay.

It was for this programme that we won the 'Rediscover Your Heart Award – For the inspiration and empowerment of young people' in 2009

This experience at Willow Bridge provided the background to the alternative curriculum for young people who are unable to reach their potential due to difficulties with coping in classroom environments. This experience has been framed in this stepping stone and we call it 'HET ECO



It was hard work building the Willow Bridge retreat but me & Ruby got plenty of Green Exercise

Therapy.'

Throughout this book, I have included examples of the Willow Bridge experience. We hope you can use them as a basis for your own mini Eco Village at home.

An explanation into what Stepping Stone 12 is all about:

The purpose of this HET Stepping stone is to create an alternative curriculum / learning programme that is fun, family based and involves children being in nature and learning through their interaction with nature. It aims to bridge the 'Home – School' divide and is ideal to use if:

- you are a professional working with a child who is having difficulties coping in a classroom and possibly on a modified timetable,
- If the child is excluded from school as an alternative approach to re-engage this young person in the FUN of learning.

- It is also helpful for parents who are coping with having their child excluded from school and need to set up a programme of projects to support their learning from home
- It is an ideal programme for home educators.

So, whatever the situation, this programme will be helpful to you. When you use the HET Eco Therapy model and work through the programme, it is important to remember your child is the focus of all the approaches and projects and the one who is the key player in the project. They will just need your support to build this up around them depending on their age and ability level.

This programme can be adapted to use with any age right up to the grown up 'kids' in the family aka 'adults'!

Well, what is an Eco – therapy?

Eco-therapy is a bridge between our inner and outer environments. It is about how we feel inside and what we can do about it, by taking care of what is outside of us.

We have all experienced times when we are in calm peaceful environments and feel better for it. Compare this to very stressful and chaotic circumstances going on around us when everything inside us including the way we think and feel is also in turbulence.

Through taking part in projects that take us out into nature we learn how to take care of our Planet Earth, we are also indirectly taking care of ourselves. When we nurture nature, we nurture our personal nature too! We become more relaxed, happier and uplifted inwardly.

When we are feeling stressed or troubled, taking time out in nature will always ease the heart, mind and the soul, creating better thoughts and feelings all round.

There are many ways in which we can make connections with nature and by using the 'HET principles,' we can translate them into taking care of our environment. For example, when we do HET, we are working with clearing our own inner toxins at the different levels and layers within us. These have built up since childhood and shape our inner world of the way we see things, the patterns we create on life and our emotional state that reflects in our behaviour. So when we start clearing the external toxins from our outer environment as well, we can consciously be aware that



we are applying the same techniques inwardly, it works both ways. We clear up inwardly and outwardly, for a healthier way of life.

Everything in our external environment is sending messages and signals to us via our senses. These make inward connections and act as triggers to our past experiences and memories (many of which may be hidden or subconscious). The emotions around this then define what we do about it and in response; this affects our behaviour, which in turn affects the external environment again. Here is a constant interaction inwardly and outwardly with

In the film, Tommy found he cleared his thoughts and feelings of anger when he cleared rubbish from the Centre garden



When you draw 'Pat's Garden', you can follow up with consciously placing certain things in your garden to change your life perspective

each affecting the other reacting and interacting together to create our 'world'.

When we understand these principles and we knowingly put our actions, thoughts and feelings into nurturing whatever is around us, those nurturing feelings are reflected right back inside us, when we project them outwardly again, things become a lot better!

There are all kinds of hidden benefits involved in HET Eco therapy too – like saving money, having a better diet, making new friends, starting new hobbies – the list is endless.

When we cooperate with other people in these activities and projects, the effect is amplified, a process known as 'synergy.' It means that when everyone works together for the same positive end, what is achieved together is far greater than if we added up all the contributions of everyone, if they went and did their own thing on their own.



Green Teen Parties at Willow Bridge



HET PHEW coach Allan Jones and Ruby building the 'Green Mile' for exercising at Willow Bridge, using all recycled materials

In PHEW – Physically Holistic Exercise Workout we explore the benefits of 'Green Exercise' – where we take all the feel good effects produced when we exercise with the positive feelings we get in nature and combine them with fantastic results.

Essex University have researched these effects by comparing how a group of 20 MIND members felt after a 30 minute walk in the country with a comparable indoor walk in a shopping centre.

Those who took the country route reported decreased depression and increased self esteem whilst the shopping walkers felt more depressed, tense and had lowered self esteem.

In fact, there is now a recognisable condition known as 'Nature Deficit Disorder.' In his book "Last Child in the Woods" by Richard Louv, he presents powerful research findings linking lack of time spent in nature by children with rising rates of obesity, attention disorders and depression. He defines a distinct correlation between, spending time in nature and a decrease in the symptoms of AD/HD. Studies show that people who live in cities and who are consequently deprived of nature are associated with higher crime rates, depression and other urban sicknesses.

For city dwellers this need not be about abandoning hope but making the most of clumps of trees, parks etc. Urban wild life trails with children can explore urban birding, back garden wildlife etc. windowsill gardening, planting flowers that attract butterflies—and many more options that we look at in the HET Eco therapy projects.



Going on nature walks and collecting items to make a secret garden indoors inside a cardboard box, can be great fun.

So what are the HET principles of Eco therapy?

When we do HET, we look at our perceptions of the past that follow us through life and influence our thoughts and feelings in the present. When we change the way we see our past experiences it changes the present and the future – this is therapeutic **recycling**. During the HET process the client is taken through the approaches and tools of how to look back at past experiences, difficulties or traumas in order to change perspective – this is changing the 'Brown stuff' to compost – perceiving the bad times as the time of growth that it took to grow out of the situation. This is **RECYCLING** the past – in HET terms – therapeutically.

When we see and understand dynamics between people and how people's personal perceptions are projected onto others and how others own this 'stuff' and react to it– we can recognise that we do not need to invest our energy in other peoples issues and create our own dynamics with them – This is in fact therapeutic **energy saving**. The second level of the HET process is to recognise the dynamic in relationships and situations going on around us whereby those involved are running their negative patterns and projecting their core issues on to everyone else around them. When we don't see this happening, we engage in these issues and we interact with and open ourselves up to that other person's issues. This reinforces their patterns and beliefs around whatever is playing out and this also reinforces our own perceptions. A classic example of the old get out clause, saying "It wasn't me – it was them, their fault – they made me do it." This is the process of passing the 'Brown stuff' parcel to someone else to open for us. When we recognise that our own buttons are being pressed so to speak, then we don't need to engage in this. We know it is a situation that is just reflecting our own stuff right back at us, and we are able to work through our own processes to heal it – this in HET terms, is **ENERGY SAVING**.

When we clear our blocks from the past and we can move forward into creating the life we want and reach our full potential then we are empowered and start becoming therapeutically **sustainable** and achieving a level of **self sufficiency**. The third level of Eco –project involvement which matches the HET process is in reaching that place where all the experiences, patterns, issues and dynamics that have held us back in the past and which have prevented us from ‘real- eyes-ing’ our own vision, and becoming who we truly are meant to be, have been released. When we have worked through the HET programme we can reach a place of being able to manifest the life we want for ourselves instead of manifesting a distortion of that life through the blinkers of past misperceptions. This is reaching the level of ‘**SUSTAINABILITY**’ in ecological terms. It is when we become personally **EMPOWERED**, in other words we are not relying on other people to provide the shortfall of what we fail to give ourselves.

To sum it up:

Quite simply HET has created types of projects that fit into these 3 principles and each project is extended into 3 layers or levels:

So.....Based on the above HET principles, the eco projects are divided into 3 categories:

Recycling; Energy saving; Sustainability.

The project categories of ECO therapy, (i.e. relationship with the environment) relate closely to the HET process (i.e. relationship with ‘self’).

Each project can be expanded on 3 levels: to do at home, in the school (or workplace) and in the community.

So, we can see that the Eco activities correspond to the stages of HET. We can teach children as individuals, how to go through these processes by taking them through a project at each level and explaining the inner and outer meaning of what we are doing here. We can then empower them to bring other family members on board too. When we extend HET to a family level this is reflected through the projects that are worked at together on a family level, in the home. Again, the child can extend these projects to a wider level again in school and families can expand on the same project in the workplace. The project can be even extended to a local neighbourhood or community scheme level.

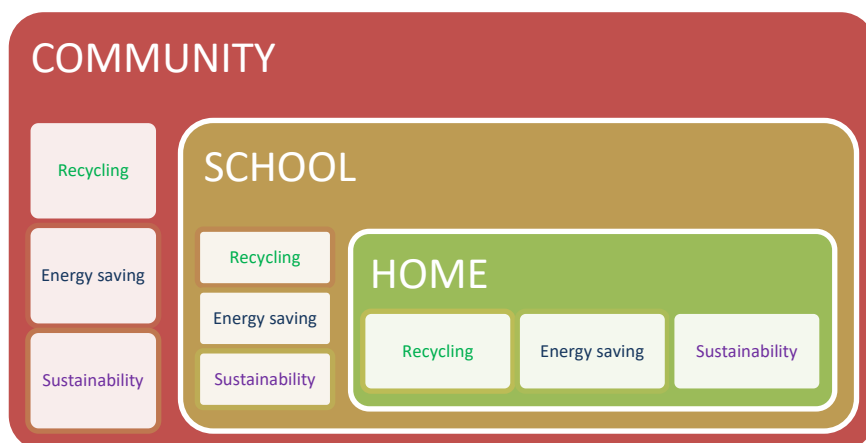


This integration of eco projects on 3 layers has a holistic counterpart. It represents the integration of the ‘Mind, Body, Spirit’ process – where the ‘essence’ of who we truly are is reflected through our mindset, our emotional state and our physical embodiment of that experience, Just as our physical expression is shaped by our bones, muscles and skin.

Carrying out the HET projects in this way can be a fun based, intergenerational process involving all members of the family and friends. We can measure our success in this Eco Model by filling in a chart of our commitment and successes. This success can be recorded in the following ways:

1. When we complete a project at an individual level (this includes your child starting and working through an Eco project and may also include other individual family members who become involved) (HOME level)
2. When the child works together with the family in the home **and then**, takes that project into school (or the workplace) and establishes a similar project in that environment (SCHOOL level)
3. Finally, as the family group working together take that project and develop it in the local community. (COMMUNITY level)

USING AN ECO CHART:



All our HET Eco projects fit into one or more of the three categories of RECYCLING, ENERGY SAVING and SUSTAINABILITY

Each HET Project can then be extended in the home, school, workplace or community / neighbourhood environments.

A little bit like Os and Xs (noughts' and crosses!) – The grid can then be completed with a view to getting s in each box

So the goal is to complete as many projects as possible in each of the categories (recycling, energy saving and sustainability) and at each of the levels (home, school / workplace, and community).

These projects can then be written about, photographed, filmed etc and shared on your HETwebsite page.

GETTING STARTED - Here is a little planning activity to get you started on this:

ECO Project – Starter game

This is all about how we take care of our planet. Just like we need to take care and look after ourselves, an important part of doing just that thing is to take care and look after our environment and our planet.

To appreciate how we are part of everything around us and everything around us is part of us; we need to become more aware of being kind to our environment. By respecting and loving the environment, we are respecting and loving ourselves.

The following activity requires you to create your own environmental care plan. Have a go at answering the following questions. Give yourself a for everything that you already do!

Let me know when you have completed it and I will send you a special thank you from one of Willow's Helpers!

When you have done this design a questionnaire for your friends to do with you. This time you might like to add some more of your own questions.

When you have done that – have a go at planning a 'Help the planet' Action promise plan. You can plan this with your family, or friends.

Please collect some evidence of what you are doing in your promises – this can be pictures or stories – I will post them on HETwebsite to celebrate.

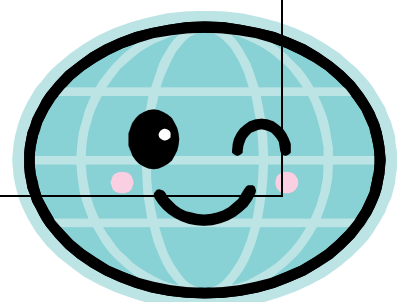
Here are some simple questions to get you started. When you write your own you can make it as comprehensive or as basic as you like:



- How often and when do you recycle items that you no longer need / use?
- How do the consumer items, which you buy, help protect the environment?
- What do you do voluntarily to help the community
- Do you use public transport / walk / cycle?
- How do you conserve energy? E.g., *buying energy saving light bulbs.*
- What biodegradable alternatives do you use?
- What plants, herbs, vegetables, fruits, trees, etc., do you grow?
- How do you keep the environment tidy?
- How much time a week do you spend walking / appreciating nature around you?
- How do you help the wild life?

ENVIRONMENTAL CARE PROMISES

| WHAT I DO TO HELP THE PLANET ALREADY | HOW I CAN IMPROVE WHAT I DO TO HELP THE PLANET |
|--------------------------------------|------------------------------------------------|
| | |

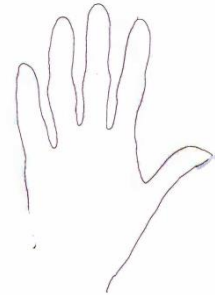


Now you can take one of these ideas and make it in a project.

How to prepare an ECO project with your child:

It is important to sit down with your child and explain that you are going to work together to help the planet. Obviously, how you put this across will depend on your child's age and level of ability. But the emphasis needs to be that we have to look after our environment to stay well and healthy and we have to work together in special ways to do this.

It is helpful to go through the 'Helping Hands' activity with your child to set in place a structure for all the projects. This is quite simple. Get your child to draw around their hand on a piece of paper.



When you have done that – write your child's name across the palm and on each finger, write the name of someone that your child and you, both agree could help them with their projects. *(This can help to also expand your child's friendship group. You can extend the idea to have 'Green Hour' Meetings at your home to work on projects together.)*

- One can be the name of a family member
- One can be someone a school.
- One can be a friend
- One can be a neighbour
- One can be a local business or a workplace – perhaps of a family member.

This part of the planning sets out a personal network to assist your child with the eco programme.

So let's get started with a project:

For example, referring back to our recycling projects:

To recycle things and use things in a new and different way when we have finished with them. Ask your child if they have anything or can think of anything at home that is no longer used.

- How can it be recycled? Or used differently?
- How about a family competition?
- Who can come up with the most innovative idea in your family?
- Take a photo – post it on our website?
- Have a competition at school / work for whoever can come up with the most inventive and creative recycled project of the week.
- Create new things out of old ones. Like this example of using old wellies as flower pots on the patio Use ring pulls of cans to create pieces of artwork.
- Paint old bottles with new designs
- Make creative and pretty containers out of old ones and make your own creams and cosmetics to put in them



An effective way to use outgrown wellies



Fun making natural cosmetics

- Make natural household products and package them in recycled containers which you can decorate
- Visit charity shops and buy an article of clothing... add bits of old jewellery or buttons to it and make it a cool trendy designer label of your own – have fashion shows with your friend to share good ideas and swap clothes.
- Find new uses for old things like pen tides for your desk from old cardboard boxes and decorate them with photos of your friends
- Hold a ‘Loved again’ auction in your neighbourhood or school for recycled things or artworks made from recycled things and raise money for a local animal sanctuary or rescue centre.
- Think of your own projects and post them on HETwebsite to help inspire other families. Tell them how to do it

So, here is a project based on one of the ideas from above and a good example to get going with:

PROJECT 1

RECYCLING:

Background to the project:

We throw one third of the food we buy away each week – a waste of food and a waste of money – 6.7 million tonnes of food is wasted each year.

How about visiting this website with your child -

<http://www.lovefoodhatewaste.com/>

- From this website you can find out some interesting and useful information. How about asking your child to have a go at putting that information together as a poster that you can put up in your kitchen at home (*or designing for school, try and get your child’s class teacher involved, so that you child has a responsibility for this in class,*) with the aim of saving food?

For example instead of doing a major shop once a week. Go into a shop every day for that day’s food and look at the reduced produce that is going out of date that day. Save money, save waste and use it in an interesting recipe.

Daisy our HET Pet pig with ADHD and attitude costs a lot to feed. She has been sponsored by a local supermarket who would normally burn the waste produce that goes out of date. Instead of burning it, they give to Daisy so she can eat for free and we are able to carry on making the films and writing the stories for the HET Pet programme.



A typical healthy meal for Daisy!

Usually about 3% of a supermarket’s sales are lost in waste produce. Instead of wasting this produce it could be composted instead of being burnt.

- Notice how many members of your family take notice of your poster and follow the suggestions for saving food. If not, why not? How can you persuade them to change their ways?

Together as a family you can design a project that you could take back to schools / workplace?

For example – what happens to the waste food from the school or workplace canteen? How can that waste food be used differently?

Together as a family you can design a project that you can involve everyone in within the neighbourhood community?

For example:


Together you can design a project – such as COMPOSTING

This would come under the recycling area....

Do a little research on the internet to find out how to compost. Many areas will now provide you with a compost bin for the garden.

Your child can start it off by:

- Organising the collecting of food scraps from the kitchen (you can get small plastic bins to keep this in. It shouldn't include meat or cooked food though!)

Here is an example of a poster we used at Willow Bridge: 

Not only did we have Daisy to look after but we had some rescue battery hens too!



Rescue battery hens and Daisy – Normally the survival rate for rescue hens isn't good but ours had The Bach Flower Remedies to help them with shock and they all survived.

PLEASE COMPOST THESE ITEMS

- Tea bags
- Egg shells
- Coffee grounds
- Kitchen paper
- Uncooked food scraps - veg peelings & fruit - please can these be put in Daisy's bin
- Small bits of cardboard/paper packaging

PLEASE DO NOT COMPOST THESE

- Cooked food – give to Daisy/hens
- Meat
- Dairy – for Daisy/hens
- Plastic
- Glossy paper
- Bread – For Daisy/hens/ducks
- Cakes (anything cooked really)

We really need to make as much compost as possible, and it cuts down on the amount of waste going into landfill

Find out about the different types of composters that are available. They can be very simple or very grand – chose what system would suit your needs best. For example, you might need a very different type of composter at home to school because there is far more waste food at school.

Some of them like rotating composters produce compost far more quickly.

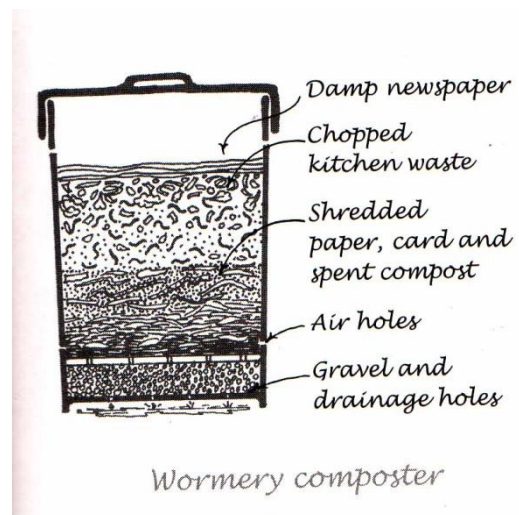
Here is an example of a simple composting system

- Collect paper and cardboard (who is going to be responsible for this job? What does it involve?)

Make compost areas – by intermingling wet and dry wastes the only preparation needed for paper and cardboard is to ball it up or scrunch it) so it forms irregular shapes that keep air pockets open so don't layer it flat.

With added fibre (Guinea pig poo is GREAT for this! So another way to recycle here.... As we had the rescue chickens at Willow Bridge, they made a very valuable contribution to the compost heap!). These animals are vegetarian so not dispose of cat and dog mess in your compost heap as they are meat eaters. Do not put meat oils or dairy products into the composter as these do not break down very well.

And will attract the wrong kind of creatures to your compost heap. With the right things in your compost heap it soon explodes into life with creepy crawlies. You can always put a few worms in there too!!!



You will find that fine brown crumbly compost material accumulates at the bottom of the heap!

Here is a list of things to put in your compost heap:

- eggshells
- grass clippings
- horse or cow manure
- rabbit droppings
- vegetable peels
- straw
- leaves
- rotting fruits of vegetables
- shredded newspaper
- weeds (but watch for seeds)
- used coffee grounds
- seaweed



An interesting project is to research different types of composter. Which do you think is the best and why?

We need compost because it is full of nitrogen and goodness that is needed to grow strong healthy vegetables and plants. Just like we need to eat healthily, plants do as well. The problem with the way food is grown commercially today is that it is often deplete of the essential minerals and trace elements that comes from well prepared compost. So, to grow healthy food from home which links in with our projects in Stepping Stone 4 - Diet and Nutrition, we need a good source of compost... plus you can pass on the spare compost to gardeners and growers. Find someone who has an allotment. You may be able to trade your compost supply for some home grown vegetables. You may need a lot for this though so how about getting some of your neighbours involved in the composting project too?



Try to find someone who has an allotment and swap compost for vegetables

When you have a good supply of compost you can start to mix it with some soil and you can start to use it for growing plants. How about growing lavender? – Let it flower – dry the flowers – put them in a little cloth bag which you can design and make – and pop it under your pillow to help you sleep better!!!

What a wonderful gift to make for people or you could sell them on to raise funds to help an animal sanctuary or rescue home for animals in your area. Like the one that we had at Willow Bridge, where Ruby lived for a while and where she met Daisy, our pig with ADHD and attitude!

DEVELOP YOUR PROJECT:

- Now who in your family can help you with this project?
- What could they do?
- Work out who can do what and when and chart their progress

EXPAND THIS PROJECT:

- Can you organise a way to compost waste food from school, from the canteen?
- Can you use this to grow plants or vegetables at school?
- Can you get a neighbourhood composting campaign going? Each member of your family could get a friend in the neighbourhood on board with this – have a ‘compost buddy’. Compost can be bagged up for neighbourhood use.

How to record your project on your ECO chart:

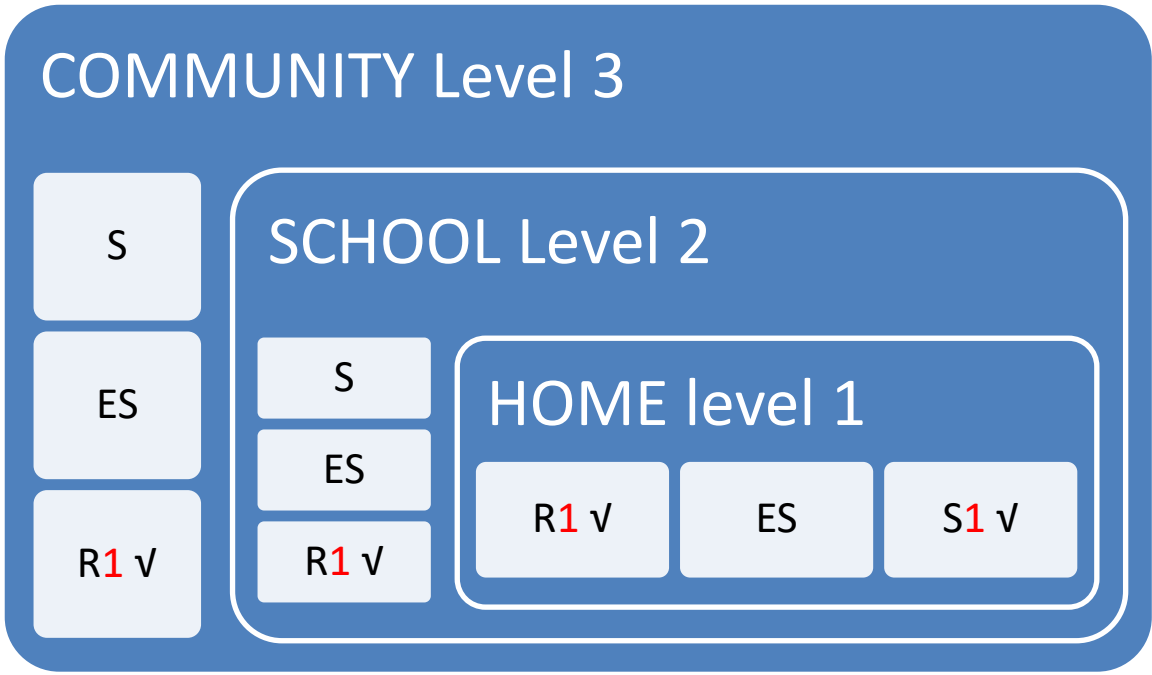
Well you can see that this project is all about recycling and it is the first one that you are doing so it can be recorded as **R1** (Recycling 1) on your chart and as you are starting it off at home, it goes into the Home Box at level 1

Let’s say that your child has got some members in their class to start a composting system with the canteen staff at school that would be recycling at level 2 **R2**

Let’s say the family get a small composting scheme going in with other families, who live in your street that would be project 1 recycling in the community at level 3 **R3**!

Let’s say the recycling system at home produced the compost that was used to grow some vegetables – for example some tomato plants on the windowsill – that would be project 1 at home, but in self sufficiency or sustainability so would be marked down as **S1**.

In this case, the chart would look like this:



The next page has an Eco therapy chart for you to complete together.

COMMUNITY Level 3

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SCHOOL Level 2

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HOME Level 1

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How to expand your project to different levels:



SELF SUFFICIENCY AND SUSTAINABILITY

At Willow Bridge, not only did we have the rescued battery hens from a nearby animal sanctuary that came to live in our hen coop. They thanked us by giving some lovely fresh eggs every day!

But we also grew our own vegetables. The families that visited us helped us out with planting, growing and looking after the food. They would also help prepare it and eat it and took seeds back to start off their own growing programme at home.



This is a starter pack of projects that our visitors took home with them. These ideas are listed on the website



Taking ideas from our allotment garden, it is possible to grow some great veg at home



You don't even need a big garden. You can grow herbs in pots and use them in cooking or find out how they keep us well as medicine, by doing our children's herbal course.

This can be as simple as growing tomatoes and peppers for example on your window sill, which you can do even if you live in a flat. To planning out a garden designed to grow your own produce using cloches and cold frames or even raised flower beds. At Willow Bridge we built our own poly tunnel which was huge! But, you can get them small enough to grow vegetables and fruit in your own back garden. This means that you can extend the growing season and grow some tropical fruits too!



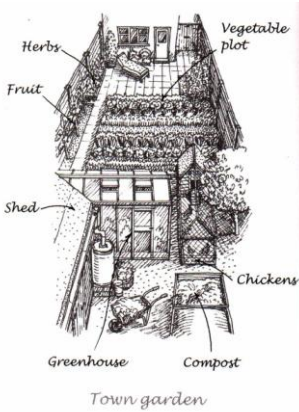
A poly tunnel will extend the growing season and enables you to grow more exotic foods like grapes

So how about:

Redesigning your garden to grow food for your family?

This could involve the whole family in planning and discussion

How could you utilise your window sills, patio or decking pots or window boxes?



Are there any allotments available in your area?

How about offering to use someone else's garden who can't or doesn't want to use their garden for themselves? You could grow there and share the produce with them.

This is a great idea for neighbours who do not have the time or health to manage their garden properly?

Is there a community project you can organise to work with piece of derelict or disused ground?



Families learned about healthy cooking

It really is possible to achieve this - we did!



And healthy eating together

How about designing your own recycled green house for example?

Here is a design of how that can be done from recycled plastic bottles that you can collect from school / work / neighbourhood and then you could create your own green house out of them:



Perhaps you could get sponsorship from a local business?

At Willow Bridge we asked local businesses for their help but always offered something in return. We held family breaks for company employees to visit us and do Eco projects that they could take back to the workplace.

A lot of businesses like to advertise so that people know what they are doing. If the business is helping families, or animals or the environment, we would like to link their business and websites through our Eco page.

Here is an example of a project that a local business near you might be interested in helping.

Some businesses will donate resources or even allow their staff some work time out to raise funds for local causes.




One of the projects that we had at Willow Bridge was to build a yurt. This is a Mongolian 'live – in' tent. It is round, easy to put up together and can be a place that your school or community can use as a regular focus to meet or share information from about your Eco projects. If a business helped you with this project they may like to advertise their company on the canvas of your yurt at parents days or sports days at school for example, or any other community focus events.



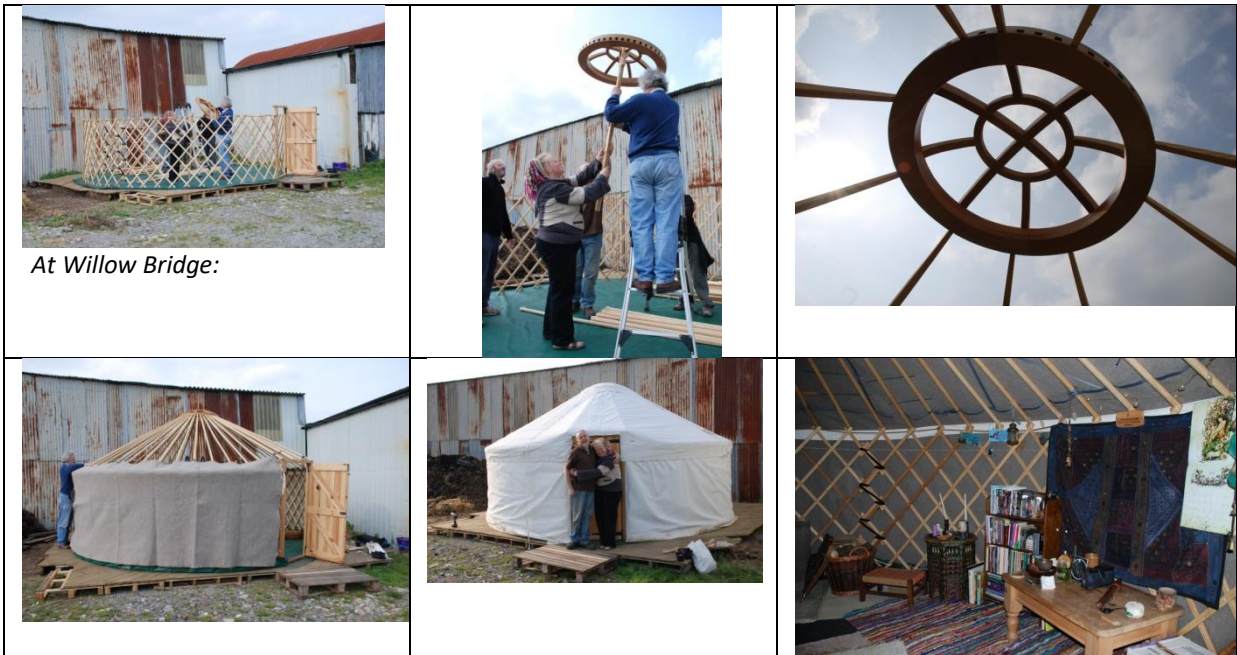
If you email us we can give your details of the costs and where you can get a yurt from.

lin@Hetwebsite.com

Some projects with a yurt...

| | | |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  |  |  |
| <p>Our visitors had great fun learning how to build a yurt</p> | <p>Ideal for special events!</p> | <p>A yurt is a great meeting place for snacks, chats and planning Eco projects!</p> |

Putting up a yurt takes about 2 hours.



HOW TO PLAN A PROJECT:

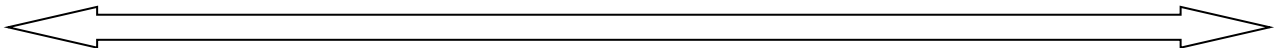
So, for older children we can break down the project into a time line and put some tasks in as steps along the way:

| What my project is about | What are the steps along the way | Who can help and be involved in this project | What are the results and what can I use as evidence for achieving this |
|--------------------------|----------------------------------|----------------------------------------------|------------------------------------------------------------------------|
| | | | |



My project Time- line:

Project start

Project finish



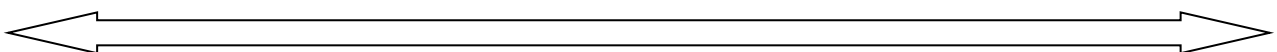
Here is an example of how to complete one:

| <i>What my project is about?</i> | <i>What are the steps along the way?</i> | <i>Who can help and be involved in this project?</i> | <i>What are the results and what can I use as evidence for achieving this?</i> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>This is the rainbow food project from HET Stepping Stone 4 Diet & Nutrition.</p> <p>It is about a group of 7 of my friends growing and cooking a different coloured food from each colour of the rainbow.</p> <p>When this is done they each get a rainbow friendship bracelet, which I make for them to say thank you</p> | <p>Get packets of seeds for foods which are red, orange, yellow, green, blue, indigo, violet.</p> <p>Invite 6 friends to be part of the rainbow friendship group.</p> <p>Explain project to them and how to plant seeds.</p> <p>Tell them they have to prepare a rainbow meal (A meal which includes all the colours of the rainbow and include the food they have grown for all the group to share.</p> <p>Get some coloured beads and make a friendship band for each member of the group.</p> | <p>Mom - can get the packets of seeds and some pots and compost.</p> <p>My sister can make some clay beads and paint them in different colours of the rainbow, Use some braid and I can thread the rainbow colours together to make a rainbow braid.</p> <p>My friends moms can help them get a meal. They can help them with the recipes and ingredients.</p> | <p>The food growing in pots or in the garden - we can take pictures.</p>  <p>We can write the recipes up and take pictures of the meal before we eat it.</p>  <p>Each of my friends gets a rainbow friendship braid as a reward for preparing the meal on the day that they do it.</p> |

My project Time- line:

Project start

Project finish



March.....Growing.....June - Septcooking meals.....Aug 31st rainbow party

Different Projects and Eco games are constantly being added to the site: –

www.HETwebsite.com/ecoprojects

So please share your projects and your successes on there and link in with other families from around the world!

This is really easy to do - click onto the following link to learn how to upload films and photos onto the site:

<http://www.hetwebsite.com/how-to-use-this-site/>






Don't forget to share the projects, tips and suggestions that you have designed for yourselves.











You might like to join in a project with some of the other site members or even set them a challenge!!!



If you are planning an alternative curriculum/ learning programme to work through with your child or a group of children, I have included below an example programme from some of the Eco projects we ran for the residential retreats at Willow Bridge.

| | Eco project 1 | Eco project 2 | Eco project 3 | Eco project 4 | Eco project 5 |
|-----|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| DAY | yurt build  | Oven Build  | Organic Growing programme  | Animal Sanctuary Programme  | Therapies + Making natural products  |
| EVE | Cooperative games Initial Consultations Rewards | Cooperative games The Garden Within | Cooperative games Bach Blends | Cooperative games Massage + relaxation |  |

The following programme is the outline for The HET therapy and Eco project Stepping Stone Programme

| | TITLE – HET MODULES | HET ACTIVITIES | ECO Projects |
|----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| Stepping Stone 1 + 2 | <p>Family questionnaires, setting goals and measuring progress</p>  <p>Behavioural Coping Strategies – Working with reward charts and Willow</p> | <p>Starting the personal Reward charts Contracts Diaries Willow the DVD + interactive materials</p> <p>Working with the ‘Pat’s Garden’</p> | <p>Recycling projects Code R</p>  |
| Stepping Stone 3 | <p>Emotional Management – using the Bach Flower Remedies</p>  | <p>Using the Bach Flower remedies - An understanding and getting started!</p> | |
| Stepping Stone 4 | <p>Diet, Nutrition, lifestyle, Fitness + Well Being</p>  | <p>Elimination diets Monitoring diets Supplements /Life style analysis</p> | |
| Stepping Stone 5 | <p>PHEW physically holistic energetic workouts</p>  | <p>Personal Fitness Coaching family members Children as coaches + personal targets</p> | ↓ |

| | | | |
|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Stepping Stone 6</p> | <p>Working with Core issues – Core issue remedies</p> <p>Muscle testing</p>  | <p>What is a core issue?</p> <p>Personal analysis</p> | <p>Energy Saving Code ES</p>   |
| <p>Stepping Stone 7</p> | <p>Negative Patterns: the garden, Willow's helpers and Universal frequency</p>  | <p>Universal frequency materials</p> <p>Willow's helpers</p> |  |
| <p>Stepping Stone 8</p> | <p>Relaxation: auricular candle therapy</p>  | <p>Auricular candle Therapy: Giving and getting a treatment.</p> | <p>Sustainability Code S</p>   |
| <p>Stepping Stone 9</p> | <p>Aromatherapy</p>  | <p>Hand massage; peer massage, safety and understanding oils. Measuring 'feel good'</p> |  |

| | | | |
|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| | | | |
| Stepping Stone 10 | <p>Rainbow Journey: Visual perception and colour therapy and colour diets</p>  | <p>Practical – the rainbow Journey + using the materials</p> <p>Relating rainbows to HET</p> | |
| Stepping Stone 11 | <p>Family Patterns: Or- Kids, Amino Acid Codes and past influences.</p>  | <p>Working with Or-Kids materials to support the family dynamics.</p> <p>Amino codes and cellular memory</p> <p>Unconscious awareness – The building Foundation.</p> | |
| Stepping Stone 12 | <p>Evaluating our success with Eco projects and the tool box for life.</p> | <p>Self empowerment</p> <p>Bench Marking</p> <p>The tool box for life.</p> | |

For Stepping stones 1 - we are changing the way we feel, or think or do something differently to how it was in the past. When we do these therapies, it is helpful to talk about how we are recycling – the experiences we have, we find a different use for the experiences we had. Instead of them being unwanted and hurtful experiences perhaps or even bad habits of the past, we can look at them as being a bit 'messy' perhaps but now being how we can grow stronger, growing through the compost. Looking at it differently is recycling our perspective.

Good talking reference points for this are Pat's Garden and Tommy's situation in Willow.

The stepping stones which help with this are obviously identifying goals (1), setting rewards (2), emotional management (feeling better about things - 3), diet and nutrition (4) and exercise (5)

When we are working through core issues (6) and negative patterns (7), we are not investing our energy in old worn out patterns that repeat throughout our lives and we can talk about not owning other people's issues. They are about understanding that the people who have the most pain mistakenly feel that projecting that onto others will make them feel better, when of course this is not the case and it actually makes it worse for them, but we have to not own this stuff by re-acting to it. This is not engaging other people's core issues and negative patterns and creating a 'dynamic' with our own.

The sustainability projects go alongside the stepping stones that empower us to do things for ourselves, like relaxation techniques in Stepping Stones 8, 9 &10, for example. Things make us feel a certain way, but we are able to do something which very positive to help us not react to it, unwind, do things differently to relieve the stress and have better outcomes, without having to rely on other people.

Obviously this is a general overview to give you a picture of how the HET Eco Therapy works, the situations and circumstance of how you can draw these parallels is going to vary for the individual concerned. However you can refer any questions or queries to the website or your coach or therapist or tutor.

Details of these projects and other projects are being regularly posted on www.HETwebsite.com/ecoprojects