


Session title	Wellies and Wellbeing	
Key question	How does this environment make us feel?	
Session description	Mindfulness in the wild for those who want to explore our relationship with the natural world beyond school science. Through a sequence of six child-centred activities, discover a rainbow in a leaf, the shape of birdsong, the scents of the meadow in your very own mixture and more. Join us for this creative adventure into our wonderful wetland.	
Key Stage	KS2	
Duration	1 hour 20 mins	

Curriculum links	<p>KS2 Citizenship</p> <ul style="list-style-type: none"> <li>▪ What affects mental health, and how to make informed choices</li> <li>▪ Feel positive about themselves</li> </ul>
Learning outcomes	<p>All learners will...</p> <p>Feel relaxed and in-tune with the wetland environment and its wildlife.</p> <p>Feel confident about expressing how they feel outdoors amongst plants and animals.</p>
Key vocabulary	Habitat, environment, wellbeing.

Session Outline	Time
Introduction	5 mins
Learners are given a brief introduction to Martin Mere wetlands. They walk to the starting point of the activity.	
Activity: The Earthwalk	1hr 15 mins.
<p>Learners all take part equally in the sequence of activities, scaffolded and shared by the group leader and supported by other adults.</p> <p>The Earthwalk starts with the children being allowed to take part in a special show by bringing along the most beautiful leaf they can find as their ticket.</p> <p>They then use their tickets as the stars of the event, framing them against the sky to pass them round in a circular slide show, discovering colours, shapes etc. After the show, the leaf tickets are all put in a bag for safekeeping.</p> <p>We move on to find all the colours of the rainbow in the snippets of nature all around us and exhibit them in a special gallery area.</p> <p>Using our veils of silence (one per child) we move on to the magic listening tree, where we practice using our ears and not our eyes. The children then take a carpet square to find a tranquil spot to record the sounds of the wetland by drawing them on little music cards.</p> <p>After sharing some sounds, they children paint a picture backwards by taking little fragments of the habitat and positioning them on the sticky reverse side of their sound pictures.</p> <p>To celebrate the end of their experience, they collect nose cocktails to crush, smell and share in little pots, then sniff a toast all together in a circle, to something of the children's choosing.</p> <p>Just before they leave the woodland, they find their leaf tickets again, to take away, recycle or give back to nature.</p>	
Learners either walk back for lunch or continue on their own with their teachers.	