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| 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           | KS1                                                                                                                                                                                                                                                                                                                                                       |                                                                                     |
| Duration            | 1 hour 20 mins                                                                                                                                                                                                                                                                                                                                            |                                                                                     |

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| Curriculum links  | KS1 Citizenship <ul style="list-style-type: none"> <li>▪ To recognise, name and deal with feelings in a positive way.</li> <li>▪ To realise that people and other living things have needs and that we have responsibilities to meet them.</li> <li>▪ What improves and harms their local environment and some ways people can look after it.</li> <li>▪ How to make simple choices that improve health and wellbeing.</li> </ul> |             |           |
| Learning outcomes | Most learners will...                                                                                                                                                                                                                                                                                                                                                                                                             |             |           |
|                   | Feel relaxed and in-tune with the wetland environment and its wildlife.<br>Feel confident about expressing how they feel outdoors amongst plants and animals.                                                                                                                                                                                                                                                                     |             |           |
| Key vocabulary    | Habitat                                                                                                                                                                                                                                                                                                                                                                                                                           | Environment | Wellbeing |

| Session Outline                                                                                                                                                                                                                                                                                                                             | Time       |
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| Introduction                                                                                                                                                                                                                                                                                                                                | 5 mins     |
| Learners are given a brief introduction to Martin Mere wetlands. They walk to the starting point of the activity.                                                                                                                                                                                                                           |            |
| Activity 1: Find a beautiful leaf                                                                                                                                                                                                                                                                                                           | 15 minutes |
| Learners select the most beautiful leaf they can find and use it as their ticket to the 'special show'. They 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. |            |
| Activity 2: Rainbow colours                                                                                                                                                                                                                                                                                                                 | 15 minutes |
| Learners (between them) find all the colours of the rainbow in the snippets of nature all around us and exhibit them in a special gallery area.                                                                                                                                                                                             |            |
| Activity 3: Magic listening tree                                                                                                                                                                                                                                                                                                            | 15 minutes |
| Using our veils of silence (one per learner) we move on to the magic listening tree, where we practise using our ears and not our eyes. The children take a carpet square to find a tranquil spot to record the sounds of the wetland by drawing them on music cards.                                                                       |            |
| Activity 4: Sticky pictures                                                                                                                                                                                                                                                                                                                 | 15 minutes |
| Learners 'paint a picture backwards' by taking little fragments of the habitat and positioning them on the sticky reverse side of their sound pictures.                                                                                                                                                                                     |            |

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| Activity 5: Smell cocktails                                                                                                                                                                                                                                                                                                               | 15 minutes |
| <p>To celebrate the end of their experience, learners collect nose cocktails to crush, smell and share in little pots, then sniff a toast all together in a circle, to something of their choosing.</p> <p>Just before they leave the woodland, learners find their leaf tickets again, to take away, recycle or give back to nature.</p> |            |