

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	KS2 Citizenship - What affects mental health, and how to make informed choices - Feel positive about themselves		
Learning outcomes	Most learners will...		
	Feel relaxed and in-tune with the wetland environment and its wildlife. Feel confident about expressing how they feel outdoors amongst plants and animals.		
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 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.	
Activity 5: Smell cocktails	15 minutes
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.	

Just before they leave the woodland, learners find their leaf tickets again, to take away, recycle or give back to nature.	
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