

Session title	Wetlands for Wellbeing - Homes for Nature	
Key question	How can we help nature and how can nature help us?	
Session description	Use mindfulness, storytelling, and sensory approaches to improve children’s wellbeing whilst inspiring a love of nature. Discover the habitats at London Wetland Centre and use compassion and creativity to create the perfect home for nature. A great way to encourage learners to talk about things they observe and develop care and concern for living things and the environment.	
Key Stage	EYFS	
Duration	60 minutes	

Skills Developed	Teamwork – Cooperation and communication. Empathy – For the natural environment and each other. Imagination – Develop imaginative abilities through nature connection. Self-awareness – What we can do to help ourselves feel better. Self-reflection – Being aware of how something makes us feel and expressing it.
Early Learning Goal Links	Understanding the World Explore the natural world around them, making observations of animals and plants. Personal, Social and Emotional Development Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly. Be confident to try new activities and show independence, resilience, and perseverance in the face of challenge. Gross and Fine Motor Skills Demonstrate strength, balance and coordination when playing. Use fine motor techniques like pinching and manipulation of objects. Expressive Arts and Design Safely use and explore a variety of materials, experimenting with design, texture, form, and function.

Session Outline	Time
Introduction: Why are wetlands important?	
Learners explore what wetlands are and how they provide homes for lots of different plants and animals.	5 mins
Activity 1: Where do animals live?	
Learners explore different animal homes and how they provide food, shelter, and water.	10 mins
Activity 2: Create a home for nature	
Learners construct a log pile and make a seed bomb to take back to school.	30 mins
Activity 3: Sit Spot	
Learners take a quiet, contemplative moment, observing the world around them.	5 mins
Activity 4: Reflection	

Learners reflect on how doing the activities and spending time in nature made them feel.	5 mins
Plenary	
Learners discuss how important London Wetland Centre and wetlands in general are.	5 mins