

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	KS2	
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.
Curriculum links	KS2 Science Explore everyday phenomena and relationships between living things. They should be encouraged to be curious and ask questions about the world around them. Living things and their habitats – Year 4 Recognise that environments can change and that this can sometimes pose dangers to living things. Explore examples of human impact (both positive and negative) on environments. Evolution and Inheritance – Year 6 Observing and raising questions about how living things are adapted to their environments. PSHE Ability to talk about their own and others' emotions. Benefits of physical exercise and time outdoors for mental wellbeing and happiness.

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. They think about how they can appreciate nature where they live.	5 mins