

Session title	Wetlands for Wellbeing - Nature Art	
Key question	Can we create art from nature?	
Session description	Use mindfulness, storytelling and sensory approaches to improve children's wellbeing whilst inspiring a love of nature. Learners get hands on outside with natural materials, drawing inspiration from natures beauty, textures, and patterns to create their own unique temporary works of art.	
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. KS2 Art Develop techniques and use of materials, creativity and experimentation. 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 plants and animals. They discover why they're so important for humans as well.	5 mins
Activity 1: Body Bending	
Learners work as a team to create sculptures of different living things using their body.	10 mins
Activity 2: Ephemeral Art	
Learners create their own temporary piece of art using natural materials.	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