

Session title	Wetlands for Wellbeing – Nature Explorers	
Key question	How does nature make us feel?	
Session description	Use mindfulness, storytelling, and sensory approaches to improve children’s wellbeing whilst inspiring a love of nature. Explore different natural materials and use your imagination to consider how different animals move around.	
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. Move energetically, such as running, jumping, dancing, hopping, skipping, and climbing. Negotiate space and obstacles safely, with consideration for themselves and others. Use fine motor techniques like pinching and manipulation of objects.

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. They discover how different animals move around wetland habitats.	5 mins
Activity 1: Find me game	
Learners are challenged to find different natural objects with a variety of textures.	10 mins
Activity 2: Obstacle course	
Learners construct an obstacle course using natural material as a team. Learners then take on the perspective of an animal and build an obstacle course for their animal.	20 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