

Session title	Wetlands for Wellbeing – Nature Painting		
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. Get hands on outside in nature and create a mud painting masterpiece inspired by nature's beauty.		
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 and drawing pictures 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 and using tools like paint brushes. Expressive Arts and Design Safely use and explore a variety of materials, tools, and techniques, 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 plants and animals. They discover why they're so important for humans as well.	5 mins
Activity 1: Find me game	
Learners are challenged to find natural objects with different textures.	10 mins
Activity 2: Mud painting	
Learners create their own artwork using mud as a natural paint.	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