

Session title	Wetlands for Wellbeing – Nature Spotters	
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. Discover a variety of birds that call the wetlands their home. 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	KS1	
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	KS1 Science Experience and observe phenomena, look more closely at the natural world around them. They should be encouraged to be curious and ask questions about what they notice. Use simple equipment to observe closely and use ideas to suggest answers to questions. Living things and their habitats Explore and answer questions about animals in their habitat. 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: How to use binoculars	
Learners are shown how to use binoculars.	10 mins
Activity 2: Guided bird walk	
Learners discover more about birds from all over the world from our collection. They enter the Wildside and are encouraged to notice 3 good things in nature.	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