

Session title	Wetlands for Wellbeing – Spells for Nature	
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 the magical side of wetlands through the creation of a potion to help protect nature.	
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. 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 why they're so important for humans as well.	5 mins
Activity 1: Find me game	
Learners are challenged to find different natural objects.	10 mins
Activity 2: Potion Making	
Learners find out more about the uses of plants and create pinch pots to collect natural materials for the potion. Then learners find a spot to pour out their potion and make a wish for 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.

5 mins