

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	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. Plants Explore a variety of plants through observation and comparison. 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 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. They think about how they can appreciate nature where they live.	5 mins
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