

Session title	Wetlands for Wellbeing – Wild Hideaways	
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. Learners will have the opportunity to design and construct their own bird hide using natural materials. Then they will put them to the test to see which birds they can observe in our woodland area.	
Key Stage	KS2	
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	KS2 Science Explore everyday phenomena and relationships between living things. They should be encouraged to be curious and ask questions about the world around them. Living things and their Habitats – Year 4 Recognise that environments can change and that this can sometimes pose dangers to living things. Explore examples of human impact (both positive and negative) on environments. Pupils should observe and raise questions about their local environment. 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: Listening walk	
Learners practice walking quietly, listening for birds.	5mins
Activity 2: Hide making	
Learners use taught techniques and their imagination to create a bird hide in small groups using rope, tarpaulins, sticks and other natural materials.	30 mins
Activity 3: Testing the hides	
Learners spend some time in their hide having 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.	7 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.	3 mins