

The Calming Power of Nature



It's wonderful spending time going outdoors. I'm sure most of you would rather be outdoors than indoors. I bet lots of you have fun playing in the garden, going for walks, picking up treasures in the woods, splashing in muddy puddles, collecting sticks and maybe even building a den. The good news is that spending time outdoors in a green space has huge benefits in supporting your wellbeing. So that's what you are going to do today!

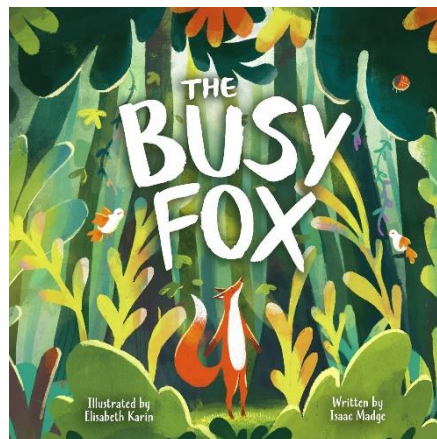
Your task

Your task today is to spend some time outdoors in a green space carrying out either of the activities I have listed below or carrying out one of your own.

1. Spring Scavenger hunt- Can you find all the items on the list whilst on a walk? (sheet on website)
2. Tiny treasure hunt- What tiny treasures can you collect and fit in to a match box whilst out

exploring in the woods or your garden? (guidance on website)

I hope you have lots of fun doing carrying out these activities. I would love to see what task you decided to do, so please post some photographs on dojos to show me what you did and we can share your activities in the afternoon wellbeing session too. This afternoon I will also read you the book 'The Busy Fox' to reinforce the positives benefits of spending time outdoors in green spaces.



Optional Weekend Challenge

Den building – Can you build a den using natural materials you find? (guidance and ideas on the website)