

Session Outline

KS1 & 2: Wild Wellbeing (*Mindfulness Session*)

This outline is a general guide for what to expect during your session with us. Activities and session structure may vary depending on weather conditions and other circumstances.

National Curriculum links: Identify and name a variety of common wild and garden plants, including deciduous and evergreen trees.		
Learning Objectives	Session outline	Evaluation of Learners progress
<ul style="list-style-type: none"> • Explore the life of trees in a variety of media and activities. • Understand that trees are living things, like ourselves. • Learn how trees communicate. • Explore some of our own emotions, meditate and discuss how to respond positively to negative thoughts. 	<p>Introduction The class will have a brief welcome and introduction to the day. We will discuss what constitutes a living being and that both humans and plants are living creatures.</p> <p>Activities Students will engage in a number of activities designed to create a peaceful and mindful environment, encouraging play and exploration with their senses. We will discover how trees communicate and explore some of the variety of species that surround us. Depending on the season and location, other activities may include bark rubbing, leaf art or leaf printing.</p> <p>The underlying theme in this session is mental wellbeing and mindfulness, as well as appreciating life and nature around us.</p>	<p>To include: Discussion with children before, during and after the visit. Photographs which you may take for post visit discussions, displays and activities.</p>
Pre Visit activities	Post Visit activities	
<p>Research Forest Bathing and the benefits that nature can have on our state of mind.</p> <p>Ask students to write down a worry or a stress on a piece of paper and store it in a worry jar. Explain how posting the worry in the jar will represent us letting go of the worry and moving on.</p> <p>Find some trees in and around your school, measure their age and height using the methods described by the Woodland Trust: https://naturedetectives.woodlandtrust.org.uk/naturedetectives/activities/2016/07/giant-trees/</p>	<p>Create a peace garden/area in your school or classroom for students to visit when they need some space and quiet.</p> <p>Ask students to think about the worry that they have put in the jar before the session – is that worry still bothering them or has it gone away? Students can tell their worries to each other (or to a safeguarding officer) if they'd like some help or advice.</p> <p>Students to write a story/poem or create a piece of art which represents how they felt about their trip to the woods.</p>	