

Activity: Find your Calm in Nature

Kit needed: a sheet or comfy blanket, notepad, pens, pencils

Group/ family size: 1+

Age Group: 3+

Location: this can be done in the garden, local park or woodland, anywhere with trees

Learning about natural sounds, smells, and sights, mindfulness

Instructions:

As a family go into the woods/ open space and each of you find your own area. Try not to prompt children to sit in certain areas and let them choose their own space but do introduce a boundary for safety. Once you have found your spot, lay your blanket and sit down on it. Encourage the children to listen and if they want to write down or draw what 'I can hear with my little ear'. Encourage everyone to be quiet to fully immerse themselves in nature. Adults you can 'find your tree'; have look around and go to whichever tree draws your attention the most and sit or stand facing it, close your eyes and listen to the sounds around you. Stay in your chosen spots for at least 10 minutes (reduce the time for younger children)

Remember, this is supposed to be a calming activity and if a child doesn't want to write or draw anything and is just content to be in their chosen spot then that is completely ok.

Additional comments:

When you're exploring avoid private property/ land unless you have the landowner's permission Be careful not to disturb wildlife or destroy habitats when exploring, and watch out for stinging insects, brambles and nettles.

Use additional resource guides to identify which birds you can hear singing.