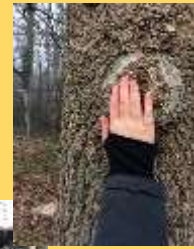


Outdoor Learning – 6th February

Children's Mental Health Awareness Week

What a fantastic week to be out in nature! It's a great way to calm down and appreciate all the life about to burst out around us. Here are some of the ways we tried to use nature to recentre and refocus:



Tree hugging – we used all our senses (except taste!) to explore and find something amazing about a tree. We saw many different colours on the bark and



insects living in the nooks and crannies. We felt the rough and smooth patches of bark and shapes left by damage to it. We smelt the damp lichen living on the trunk and we heard the birds singing in the branches. It is very calming to put your arms around a tree and hold it close.



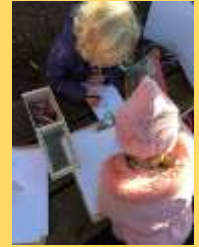
Why don't you give it a try?

Balancing act – if moving about is more your thing, try balancing 2 small objects like sticks or stones on the backs of your hands and walking round in a circle. It's trickier than you think and really makes you focus on your hands and where you are putting your feet, so your mind gets a break. Maybe it will help you next time you need a calming moment.



Bird and nature watching – what could be more calming? We are constantly inspired by the natural world around us. There is so much to see when you take the time to stop and look.





Art - our art takes many forms, from drawings, to shadow pictures, to natural collages, to poetry. Can you spot the massive spider?



Nature aid - the first flowers of spring are beginning to show their heads, so we've been trying to protect them so they don't get squashed before they get a chance to grow. Helping nature gives you the feel-good factor as well as being relaxing.



Here are some of this week's wonderful finds.

Can you identify the footprints?



[http://treetoolsforschools.org.uk/activities/pdfs/pdf animal tracks spotter sheet.pdf](http://treetoolsforschools.org.uk/activities/pdfs/pdf%20animal%20tracks%20spotter%20sheet.pdf)