

# Outdoor Learning Spring 5 2024

## Safe and Sound



For children's mental health awareness week, we have been practising skills that use nature to help us feel grounded. Getting up close and personal with a tree is a good way to relax and refocus.



Another technique we tried, was balancing stones on the backs of our hands and walking around our space. Try it if you need some calm!



It's good to have a safe space where you can feel calm, peaceful and serene. We built some dens to create safe spaces for some chill time.







Nature is a wonderful thing. If we take the time to stop and look and wonder we can discover a world of beauty around us. There is lots to see at this time of year as trees start to bud and flowers start to blossom. Keep your eyes open when you're out and about and see which signs of spring you can spot.

