

5 WAYS TO WELL-BEING

Holland Moor Primary School



THE ECO NATURE GROUP
OF FAIRHILL

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TAKE NOTICE

- Listen to and learn to identify different bird song. Use this RSPB bird song identifier to help work out which song goes with which bird.
- Cloud spotting - looking for shapes and animals.
- Patterns in nature.
- Listening to dawn chorus - or even just the birds at any time of day!
- Sit quietly outside and listen for sounds - how many can you hear?
- Grow something, watch it and appreciate it.
- Lie on the ground, be still and think about what you can feel.
- How many colours can you see?
- Spotting bird formations.
- Pay attention to an insect, watch its journey closely.
- Watch the flow of water and listen to the sound focus on the shapes that the water makes.
- How many different leaf shapes can you see?
- Bark rubbing - feel the bark and take a rubbing
- Woodland bathing - sit in a wooded area, be still and enjoy the sounds, colours and smells.

GET CREATIVE

- Natural art - using objects from nature (blossom, twigs, stones, leaves, sand, shells etc.) to create a design or pattern. Take pictures, to preserve this natural art work!
- Pressing flowers in the traditional way using books
- Research then design and create a garden/flower bed to attract wildlife.
- Sketch or paint outdoors to capture natural landscapes/flowers/birds.
- Listen to and compose music with a natural theme.
- Create bug hotels, hedgehog houses and bird feeding stations to attract wildlife.
- Create a miniature garden on a plate - with gravel, pine cones, succulents, twigs and leaves.
- Make a rainmaker by recycling an old plastic bottle and filling it with natural objects.

BE ACTIVE

There are so many things that we can do to be active in nature - many have already been mentioned in the other sections.

Here are a few more...

- Nature walk with list of specific things to find (a treasure or scavenger hunt) e.g. a stone that's not round, feathers of various colours and sizes, blossom, specific shape or colour leaf, something from each colour of the rainbow and/or school colours - record your treasure on digital camera/tablet.
- Challenge yourself to make up or adapt a game using natural materials.
- Litter picking/collecting - also a good way of connecting with others!
- Make a hopscotch grid using things from nature - twigs, pebbles etc. and play hopscotch together.

GIVE TO OTHERS

- Grow herbs (especially mint) in little pots and give as a small gift to family or community members.
- Be kind to nature (give to wildlife) build a bug hotel, squirrel or bird feeder.
- Litter pick for your community.
- Make daisy chains or weave willow bands to give to friends or family members.
- Share one of your favourite places with someone and explore it with your senses. Take a friend to your favourite place... hopefully somewhere they have never been!
- Choose one of the activities from the Get Creative section – make something to give to a friend or relative!

CONNECT WITH OTHERS

- Growing seeds/plants at school or with friends or family.
- Grow a fast growing plant e.g. cress in an egg shell. Have some fun by drawing a face on the egg and then cutting crazy cress hairstyles!
- Make picture/collage using natural materials
- Listening game with a partner – how many nature sounds can be heard?
- Birdwatching - or insect watching - with someone.
- Gardening for someone else or a school or community garden/allotment with a group/friend.
- Photograph some nature and make your pictures into a collage for a card send to friend/family.
- Plantlife Survey – take part in SCARF's Cowslip Survey and connect with hundreds of others who care about the environment across UK.
- Listen to stories and poems together about animals, minibeast and birds - children could suggest their favourite stories about nature to add to the connection.