



Nature Connections



For Teachers

Age: 4 - 7 year olds ⌚ **Minimum time needed:** 45 minutes

Curriculum links:

PSHE

- To recognise positive and negative feelings, develop a vocabulary to talk about their feelings, and master simple strategies for managing their feelings.
- What constitutes a healthy lifestyle, including the benefits of physical activity, rest, a healthy diet and dental health, and how to maintain it.
- To recognise what they like and dislike.

Science

- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.

Using senses to explore a forest and spend time connecting with nature.



Get Ready

No equipment is needed

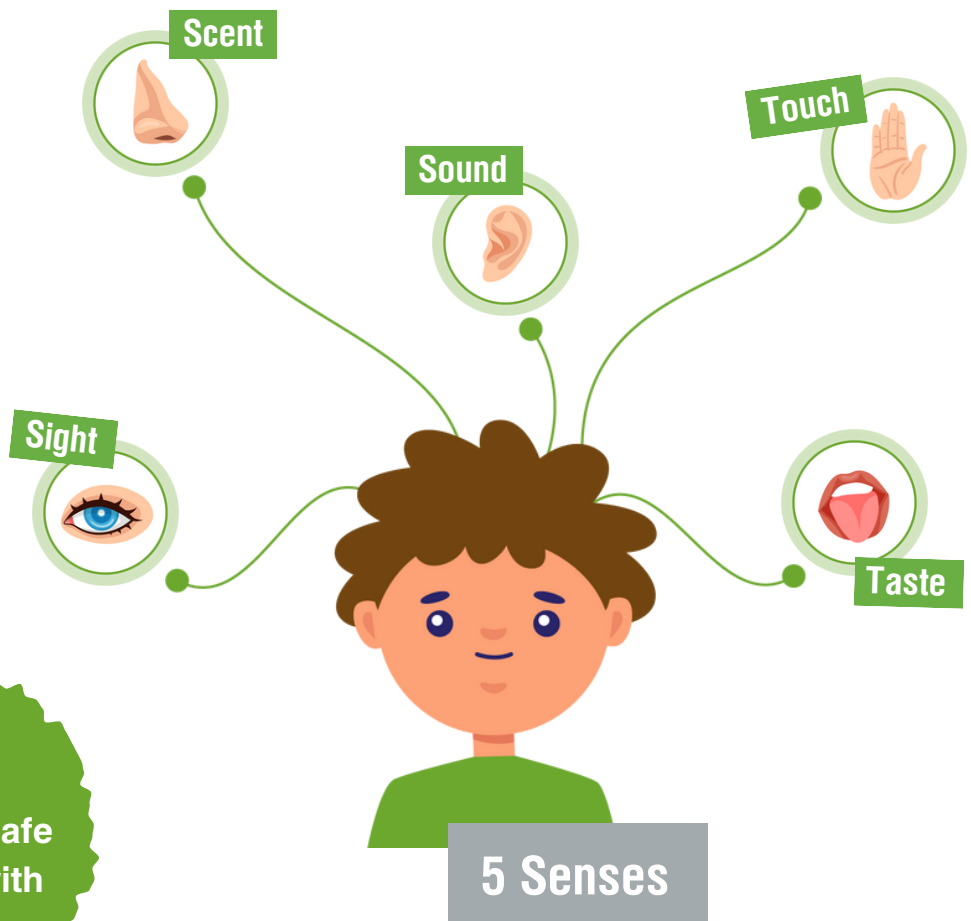


Get Set



Discuss:

- What are our five senses?
- What parts of our bodies do we use to explore each sense?



Is it always safe to explore with taste?



- Work in groups, explore for things in the forest that are alive, dead, and never been alive.
- Use prepared tables to record what is found.



Sight

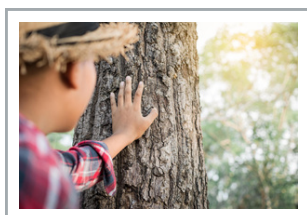
Sitting still and quiet, watch the leaves swaying.

Discuss: How does it make them feel? What does it mean to 'relax', do they feel relaxed watching the leaves?



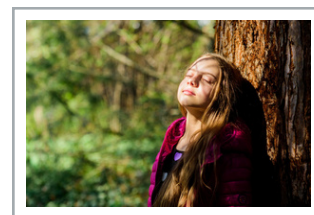
Taste

As a group discuss, can we taste anything in the forest? Can we taste the air? What might grow in the forest that we could safely eat?



Touch

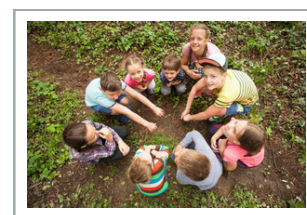
Feel different parts of a tree and ask if they can find words to describe how they feel?



Smell

Close your eyes and smell the air.

Discuss: What does the forest smell like? Would it smell different on different days? Do different areas of the forest smell the same?



Listen

Sit or stand in a circle. Close your eyes and listen carefully to the sounds of the forest.

Discuss: What is making the sounds they can hear? Are there any sounds they would not hear in school? How do they feel listening to the forest? Is it a positive feeling- does it make them feel good?



Discuss: Do they feel that spending time in nature can have a positive or negative impact upon their feelings?

Go Beyond

- Carry out the same sensory exploration back in the school grounds or in other green spaces. What differences do they discover? Talk about how it makes them feel when they explore with their senses and get to know an area better.
- Discuss what activities they may participate in to help them to manage their feelings and feel more positive.