



Wellbeing Sensory Sit Spot



For Teachers

Age: 7 - 14 year olds ⌚ Minimum time needed: 30 minutes

Curriculum links:

PSHE

- What positively and negatively affects their physical, mental and emotional health, how to make informed choices about them, and the basics of a 'balanced lifestyle'.
- Making informed choices about health and wellbeing.

Sitting beneath trees, practise a mindful activity to identify and reflect on what affects the way we feel, both positively and negatively, and when.



Get Ready

No equipment needed



Get Set



Discuss:

- What can positively and negatively affect how we feel?
- How can we make choices that positively help our mental health?
- What would they choose to do more of and what would they do less of?

 **Go**

Individually, explore the forest with your senses and consider each sense in turn.

**Discuss:**

What can they see, smell, touch, and hear?
How do these make them feel?
Is this a positive or negative effect?



- Choose a tree to sit under with their backs to the trunk.
- Sitting silently and still, encourage your group to slow their breathing down (try closing your eyes and counting to three on an in-breath and to six on an out-breath)
- When they feel calm, ask your group to open their eyes and spend time using their senses to observe the forest. If their mind wanders, suggest they close their eyes and start to count their breaths again.
- After 5-15 minutes, remaining calm and silent, come back together.

**Discuss:**

Would anyone like to share what they noticed whilst sitting by the tree and how it made them feel? Did the activity feel good for their wellbeing. Would they do it again another time?

 **Go Beyond**

Try other mindfulness activities outdoors. Can the group make up their own activities that they think would help them, and positively affect their mental wellbeing?