Forestry England

For teachers

A walk in the forest

Time to complete: 40 mins
Recommended for: KS2
National Curriculum links: PSHE, PE and English

You will need:

- Audio file
- Speakers

Forests can have a positive effect on people's physical and mental health.

The beautiful surroundings, smells and sounds help us to relax and unwind, and feel calm. You may not be able to visit a forest right now but here are some ways you can connect to nature and bring the forest into your classroom.

Click here to play the audio file

1. Warm up

Print and hand out the activity sheet over-leaf to your class.

Before starting the activity, ask the children to mark on the scale of 1–10 how they are feeling. Explain that 1 might be a little sad or upset and 10 could be really relaxed and happy.

2. Forest visualisation

Download the audio file and play to your class. Clear a space so your class can move around freely.

Invite your class to find a quiet and comfortable place and explain that over the next few minutes, they will be going on a journey into the forest.

3. How do you feel?

After listening to the sounds of the forest, ask the children to repeat the first exercise by marking on the scale of 1-10 how they are feeling.

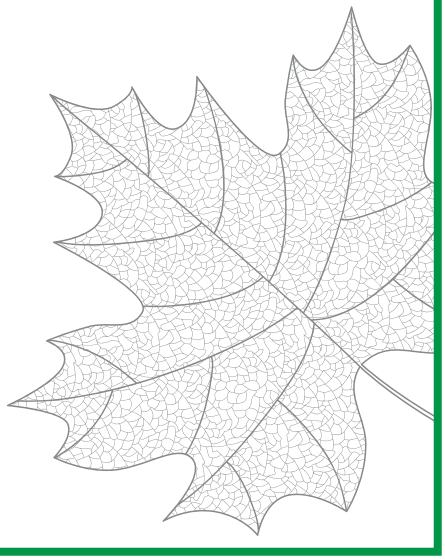
4. Discussion

Ask the children more about their journey into the forest.

If they feel more relaxed, what was the reason? Were there sounds they particularly liked? Can they think of any other places that they enjoy visiting which helps them to relax?

5. Describe it

Ask the children to describe or draw what they imagined and felt like as they listened to the forest sounds.



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For pupils

A walk in the forest

Warm up - how are you feeling?

On this scale of 1–10, mark how you are feeling before your journey into the forest. 1 might be a little sad or upset and 10 could be really relaxed and happy.

1										10

After your walk - how do you feel now?

On this scale of 1–10, mark how you are feeling after your journey into the forest. 1 might be a little sad or upset and 10 could be really relaxed and happy.

1										10

Describe it

Draw or describe how you felt as you listened to the forest sounds below: