



Wellbeing warriors

Forests are fabulous places for finding adventure, getting active and making memories. It is also really good for you to spend time connecting with nature through the five different pathways.

These are: **contact** - exploring nature through our senses. Taking time to appreciate the **beauty** of nature. Considering what it **means** to you, what **emotions** it sparks in you and **compassion** – what can you do for nature?

These activities are aimed at 7 to 11-year-olds but can be adapted to suit different ages.

Explore with your senses

When you visit a forest or local green space, choose a route to explore. Try our five sensory challenges along the way to discover more about the nature around you.

You will need:

- Camera
- Snack





Look



Pause for a moment and concentrate on looking at the trees.

- **What can you spot?**
- **Can you see any animals or nests high up in the trees?**
- **Look down at the ground, are there any flowers or unusual leaves growing?**

Deer ears

Cup a hand around the back of each ear and turn your head slowly to hear sounds coming from different directions.



Listen

Find a quiet spot and stand still for a few moments. Close your eyes and listen carefully to the sounds of nature.

- **Can you hear birds singing?**
- **How many different birds can you hear?**

Touch

As you continue your journey, look again at the trees and plants that you pass. Take time to pause and feel the leaves, bark and petals that you see.

- **Can you describe the textures you feel?**
- **Which do you like best?**



Forest care

Please don't damage any part of the forest and be careful of any prickles.

Smell



As you continue, breathe in deeply through your nose.

- **What can you smell?**
- **Does anything smell familiar?**
- **Would it be the same at different times of the year?**

Taste

If you have brought a snack with you, sit down and quietly take a break.

- **Can you see any animals eating their own snacks?**
- **What sort of things might they eat?**





Feel like a part of the forest

Find a good spot

Your garden, a park or forest is a great place to try out some simple yoga and stretches.

The tree pose

Be like the trees around you and try the 'Tree Pose'. Stretch up tall and straight and plant your roots (feet) firmly on the ground. If you can, close your eyes and imagine you are a tree, your branches may sway in the breeze - that's okay as trees sway too.

- How does your body feel as it moves?
- How does reaching tall make you feel?
- What would it feel like to be a tree?
- Would you be happy with your surroundings?



Notice the beauty

As you travel through the forest or park, look out for views you enjoy. It could be a big view across a clearing or a close-up of a tree or plant you like.

- Each time you notice something beautiful, pause and take a photo to help you remember it.



A place in our lives

Trees give us so much:

- Trees make food through photosynthesis and in doing so release oxygen for us to breathe in.
- Trees provide shade and shelter against the weather.
- Trees are a renewable resource and provide us with wood to make all sorts of objects.

Think about all that trees do for us. Have a look around you and imagine what each tree would be really good at. Here are some suggestions:

- **Is there a tree that would be a really cosy home for wildlife?**
- **Is there a tree that would make good timber?**
- **Is there a tree that makes you really happy?**

Caring for trees

- **Do you know what trees need in order to survive?**
- **Do you have any plants or trees in your garden that you could learn how to help take care of them?**
- **Maybe your school or local community has a gardening group you could join.**

Earn your stamp

To earn your stamp, fill in the worksheet, write a poem or create a photo collage to show your connection to trees. Email a copy of your work, along with your name, age and the place you visited, to us at learning.english@forestryengland.uk.



Worksheet

What did you find out?

Write or draw to help describe what you did on your adventure.

What did you see that you hadn't noticed before?

What different textures did you feel?

What sounds did you hear?

How did it feel to reach high like a tree?



Worksheet

Notice the beauty

Draw a picture or tell us about the favourite part of your journey, or your favourite view.



Can you name two things we can do for trees and two things trees can do for us?
