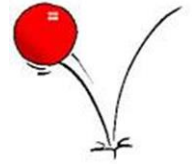


“Bounce Back to School Programme” Family Activities

Week 5, Monday – Celebrating Nature

This week is about helping your child to love nature again and to feel ok with the outdoors. Your child will be exploring a range of aspects to do with their environment and nature.

	Activity Focus
Monday	<p>Recognising and celebrating the importance of the natural world around us.</p> <ul style="list-style-type: none">• Today the children will have been thinking about the natural world they engage with every day and thinking about where their favourite places to be are and how these places make them feel.• On your way home from school or whilst out and about, notice the first 5 plants that you see (flowers, grasses, trees, weeds, garden plants or in tubs etc.). Discuss which was your favourite and why. The aim is to notice that everyday things around us are beautiful, but we often take them for granted or do not notice them.

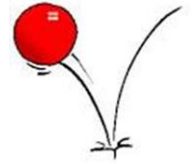


“Bounce Back to School Programme” Family Activities

Week 5, Tuesday – Celebrating Nature

This week is about helping your child to love nature again and to feel ok with the outdoors. Your child will be exploring a range of aspects to do with their environment and nature.

	Activity Focus
Tuesday	<p>Exploring the different environments around the world</p> <ul style="list-style-type: none">• Children will have looked at and discussed a range of different environments and landscapes and talked about how they felt about them – excited, scared, calm etc. the discussion also explored the sensible precautions we have to take in different environments in order to keep as safe as possible.• Discuss as a family either: what places you have been to and how they made you feel OR what sounds in nature you find most relaxing – e.g. rain falling on leaves, waves on a beach, birdsong, wind rustling in the trees.

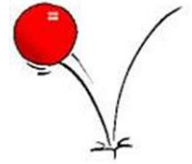


“Bounce Back to School Programme” Family Activities

Week 5, Wednesday – Celebrating Nature

This week is about helping your child to love nature again and to feel ok with the outdoors. Your child will be exploring a range of aspects to do with their environment and nature.

	Activity Focus
Wednesday	<p>Using our senses to notice things around us</p> <ul style="list-style-type: none">• Whilst outside today, your child will have noticed 5 things they could see, 4 things they could feel, 3 things they could hear, 2 things they could smell and 1 thing that made them feel positive about being in nature.• Try this same activity with them – see if you notice the same things in each category. Which was your favourite and why? Was there anything you did not like? How did these things make you feel? How did doing this activity itself make you feel? <p>See Resource: <i>5-4-3-2-1 Visual</i></p>

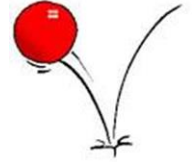


“Bounce Back to School Programme” Family Activities

Week 5, Thursday – Celebrating Nature

This week is about helping your child to love nature again and to feel ok with the outdoors. Your child will be exploring a range of aspects to do with their environment and nature.

	Activity Focus
Thursday	<p>Exploring the feelings and behaviours that different parts of the natural world (weather/environments/animals) can cause</p> <ul style="list-style-type: none">• Children have been asked to sort out different pictures of weather and animals according to how they make them feel. They may also have been asked to make-up/act out a story about a character who was scared/anxious but showed resilience in difficult weather• Try this same activity at home – discuss similarities and differences and how you show resilience when things are harder for you (like if you are scared of spiders and there is one under the sofa) <p>See Resource: <i>Feelings and Nature Sorting Activity</i></p>



“Bounce Back to School Programme” Family Activities

Week 5, Friday – Celebrating Nature

This week is about helping your child to love nature again and to feel ok with the outdoors. Your child will be exploring a range of aspects to do with their environment and nature.

	Activity Focus
Friday	<p>Being creative with nature and working together as a supportive team</p> <ul style="list-style-type: none">• Today, children will have made a miniature garden/environment, working as a pair or part of a small team.• Ask your child about this experience. What did they enjoy most? Did anything frustrate them or make them cross? If so, how did they cope with this? What was the best thing about working with another person?• Discuss what sort of flower they would be if they were a flower – you may need to do this first to provide a model for them (for example, ‘I think I would be a sunflower because I try to be positive and follow the sun and stand up straight and tall’. <p>See Resource: <i>Pictures of Flowers</i></p>