

A photograph of a child with blonde hair, wearing a blue patterned jacket and light blue trousers, sitting on the ground at the base of a tree. The tree has many thin, light-colored branches with some reddish-pink buds or leaves. The child is looking up at the tree. The background shows more greenery and a stone wall.

Topic based resource

Wellbeing

Lower Key Stage 2



Background information

Everyone knows that fresh air and being outdoors is good for our health, but we do not always consider all the different ways it is good for us. Spending time in nature releases natural hormones such as Serotonin which helps with mood, self-esteem, and motivation. It also helps prevent short sightedness in children, promotes a connection to nature, prevents vitamin D deficiency and increases physical activity which helps to prevent obesity and type 2 diabetes. Time in a natural environment also helps to develop a connection to nature and a feeling of 'cynefin'.



Climate perspective

Feeling connected to nature promotes healthy lifelong behaviours. If children have a connection to nature and all the positive benefits it brings, they will grow up with a desire to protect the planet. Spending a quiet moment alone in nature

will allow them to see and feel the Earth they need to protect. In other topics they will discover ways they can help to protect our world but first they need to love it, and a connection to nature is the first step.

A Special Space

Lower KS2

Wellbeing is very important, and we must be sure to give children the opportunity to think and reflect. This activity allows children the opportunity to stop still for a few minutes and spend time looking and listening to their surroundings. If you have natural spaces, then this is particularly effective but even if there are limited green spaces this activity can give children the opportunity to stop and think.

Materials needed:

- A clip board or surface to write on
- Paper
- Pencil
- Invite template (if desired)



Step 1

Ask the children to spend some time just looking round the space and thinking about what looks like an appealing place. This will become their special place. When they have found a place they like, they need to just sit or stand or lie down for 5 minutes observing everything around them. They should consider each of their senses, what can they see, smell, feel and hear? If the area allows, they could lie down and look at the sky. This



is particularly effective under trees as it gives a different perspective on the world or if they are in a grassy area, they can get down low and examine all the little plants that grow in amongst the grass.

Step 2



My Special Place

My special place is _____

I chose it because _____

My favourite thing about it is _____

After 5 minutes of just staying still and observing, they can start to think about what it is that drew them to this spot and what makes it special. They could write an invitation to a friend asking them to come and visit their special spot and explaining some of the things they will see. A template is provided below if you feel the children would benefit from having ideas to get them started.

Step 3

Ask the children to return to their special spot at various times throughout the year to observe the changes that happen in nature. They may discover something new growing or sometimes they discover that there has been some damage to their special place. This is an important step, as it develops a sense of ownership and a desire to care for the natural world.

Curriculum Links

Area of Learning and Experience - Health and Well-being

Statement of What matters:

Developing physical health and well-being has lifelong benefits.

How we process and respond to our experiences affects our mental health and emotional well-being.

Next steps and other ideas

- Creative writing about the experience. This could be in the form of a story that takes place at their special spot or poem about what they have observed.
- Compile a nature diary to show how their special spot changes through the season.



My Special Place

My special place is _____

I chose it because _____

My favourite thing about it is _____



cadwch keep
gymru'n wales
daclus tidy

33-35 Heol yr Eglwys Gadeiriol, Caerdydd, CF11 9HB | 33-35 Cathedral Rd, Cardiff, CF11 9HB
029 2025 6767 keepwalestidy.cymru info@keepwalestidy.cymru

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