

## 5-4-3-2-1

**Ages: 3-18****Time: 30 min**

**Purpose:** Pupils will connect to nature through a mindfulness activity. This is followed up with a reflection exercise to reinforce their experience. This exercise promotes mental wellbeing as well as developing a multisensory connection to nature

### Curricular links

EXA 0-02a, 1-4-03a, EXA 0-4-04a, EXA 0-4-05a, EXA 0-4-07a, HWB 0-4-01a, HWB 0-4-02a, HWB 0-4-04a, LIT 0-4-20a, LIT 0-4-21a, LIT 0-21b, LIT 1-4-22a, LIT 1-4-23a, LIT 1-4-24a, ENG 1-4-30a.

Also, LGL 0-3-12a, LGL 4-12b for reflections in Gaelic.

### Materials

Paper / other medium to write / draw on  
Writing / drawing materials  
Outside space

### Activity

1. Take pupils outside and ask them to spend some time sitting quietly, observing the animals and plants around them.
2. Next ask pupils to identify the following:
  - 5 things they can see
  - 4 things they can touch – encourage them to touch the items they identify if it is safe to do so
  - 3 things they can hear
  - 2 things they can smell
  - 1 thing they can taste – in their mouth already, or in the air, not actually putting anything in their mouths
3. Give pupils a few more minutes to sit quietly, taking in their surroundings.
4. Take pupils back into class and provide them with writing or drawing materials.
5. Ask pupils to reflect on what they sensed and thought whilst outside. They could divide their thoughts into different senses or draw their thoughts.
6. Invite pupils to share their reflections with each other in pairs or groups then as a class.

### Extension

This activity can be repeated weekly or even daily to encourage a deeper connection to nature. As the seasons change, ask pupils what changes they notice in their outside space.

