

My Nature Walk

WRITTEN

To help students connect with the environment, practice mindfulness, and appreciate the natural world around them.



Learning Intentions

I can observe and appreciate nature around me:

This encourages students to pay attention to the natural world and develop a sense of awe and appreciation for the environment.

I can practice mindfulness by being present in the moment:

This helps students practice mindfulness, focusing on their surroundings and the sensations they experience during the walk.

I can express my observations through writing and drawing:

This encourages students to reflect on and creatively express what they experience during their nature walk.



Success Criteria

Identifying Positive Aspects of Nature:

Students can identify things in nature that make them smile, focusing on positive, joyful aspects of their surroundings and fostering gratitude.

Describing Observations Creatively:

Students can describe these observations through writing or drawing, helping them communicate their thoughts and experiences creatively.

Reflecting on Emotional Impact of Nature:

Students can reflect on how spending time in nature makes them feel, encouraging emotional reflection and helping them connect with their feelings in the natural environment.



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Objective: To help students connect with the environment, practice mindfulness, and appreciate the natural world around them.

Players: Perfect for small groups, classrooms, or individual reflection.

Materials:

- Paper
- Crayons, markers, or pens

Setup: Provide each student with a piece of paper and access to crayons, markers, or pens. If possible, take the students outside for a nature walk, or ask them to observe their surroundings in a local park, garden, or outdoor space.

Activity:

1. **Take a Walk Outside:** Take your students for a walk outside and ask them to pay attention to the sights, sounds, and smells of nature. Ask them to observe anything that catches their attention and makes them feel happy or peaceful.
2. **Write or Draw About What You Saw:** After the walk, have students write or draw about the things they saw that made them smile. It could be flowers, trees, birds, cloud formations or even the sky. Encourage them to reflect on how these things made them feel.
3. **Reflect on the Experience:** Ask students to think about how spending time in nature makes them feel. How does it affect their mood? Do they feel more relaxed, happy, or calm? As students share their experiences, ask the rest of the class if they too felt the same way, this is a great way to connect students as they will learn they have things in common with others.

Reflection Prompt:

- What things in nature made you smile today?
- How does spending time in nature make you feel?
- Why is it important to take time to appreciate the world around us?

Winning the Game: There is no winner in this activity. The goal is to reflect on the beauty of nature and how it can bring us joy and peace.



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Additional Notes: My Nature Walk encourages students to slow down, observe their surroundings, and appreciate the natural world. This activity fosters mindfulness and emotional well-being by helping students connect with nature in a meaningful way. It promotes a sense of gratitude, calm, and joy, encouraging students to spend time outside and notice the beauty around them.