

A winter walk

Physically and emotionally healthy choices

Aim: Pupils senses are stimulated more strongly in cold weather.

Resources:

An outdoor space with natural elements.

Activity:

There are very good reasons to take walks outside in the cold, ice and snow. Plants are covered in frost, the air smells fresh and sharp and there is much to look at amongst winter twigs, seed heads, and colourful hips and berries on otherwise bare shrubs.



The contribution plants make to habitats and the food chain is more than a just a science or geography topic. As you walk outdoors and feel the cold winter air, encourage children to consider the role of humans in the world and our impact on the planet and the living plants that keep the planet alive and thriving. Think about our effect on the ecosystems that sustain us all in all seasons.

Use some of the *Pappus* Plant ID sheets to build up a picture of what plants look like over autumn and winter.

More springboards:

- Refer to the *Pappus* Plant ID sheets and seasonal photographs.

Success criteria:

- ✓ I can describe how going for a winter walk makes me feel physically and mentally refreshed and reinvigorated.
- ✓ I can describe what I saw and felt on the walk.



Cloud and tree watching

Discussions around death and bereavement

Aim: Use cloud and tree watching as a focus for discussion on beliefs around death and the experience of bereavement.

Resources:

Long sit mats, repurposed tarpaulins or coats to lie on outdoors.

Activity:

Pupils lie on their backs to look up at the sky, and/or the trees above them:

- On a still day, when clouds move slowly, ask children to imagine shapes and animals in the clouds; watch birds fly overhead; listen carefully to insects and other ambient sounds.
- On a windy day the clouds will scurry across the sky and the shapes will swiftly change. In spring or summer, children may see airborne seed dispersal in action.
- Take photographs of the changing cloud formations.
- Link this activity with development of descriptive language and poetry: read the Poem "Whosoever Plants A Tree" by Felix Dennis. There are also video and spoken word recordings online.
- Reflect on the transience of life and the continual cycle of life.

Key vocabulary:

Bereavement, immortality, eulogies.

Success criteria:

- ✓ I can lie still and silent to watch clouds passing by.
- ✓ I can describe images I 'see' in the clouds.
- ✓ I can describe how being still and silent makes me feel.

Whosoever plants a tree
Winks at immortality.

Woodland cherries, flowers ablaze,
Hold no hint of human praise;

Hazels in a hidden glade
Give no thought to stake or spade;

London planes in Georgian squares
Count no patrons in their prayers;

Seed and sapling seek no cause,
Bark and beetle shun applause;

Leaf and shoot know nought of debt,
Twig and root are dumb— and yet

Choirs of songbirds greet each day
With eulogies, as if to say:

'Whosoever plants a tree
Winks at immortality!'

