

## Warm up and relaxation

### An introductory activity for many of the Literacy Springboards

**Aim:** Pupils relax and connect with nature.

Take the pupils outside, ask them to look around and let their eyes search out a plant or a tree. If they take 'sit mats' with them they can choose a spot to sit quietly.

As they watch their plants talk to them about allowing their lungs to open and the fresh air to drop in. *"Slowly breathe out as you focus on the detail you see, whether petals, or thorns, branches, leaves, roots or buds...Keep the breathing going, letting the next breath drop in, filling your lungs as your eyes fill with the colour, movement, shape and all the detail of your plant. Close your eyes and recreate your plant in your mind's eye, breathing fully and gently as you see the details you noticed all over again, making a connection with it."*

Discuss making a connection with the plant 'order' to find a sense of wellbeing:

- Connecting – with the natural world and each other
- Being active, quietly – outdoors and giving back to natural spaces
- Noticing – the natural world in all its detail, each other and our own growth
- Learning – about the natural world and about each other

This is a good introductory activity to any of the activities in this Springboard.

#### Alternatives:

Find a brief guided meditation on YouTube that focuses on nature.

#### Resources:

Outside space with plants/trees.  
Sit Mats

#### Success criteria:

- ✓ I know how to be calm, settled and focused whilst closely observing nature
- ✓ I can describe what I hear, see and feel whilst sitting quietly and calmly outside



Guided meditation