



The School at the Heart of Wales

Ysgol Calon Cymru

Mental Health Awareness Week
Activities - NATURE

May 10th-16th



Hammered Flowers

What you will need:

- ✓ 'Soft flowers'
- ✓ Newspaper
- ✓ Small Hammer
- ✓ Kitchen Roll
- ✓ Elastic bands
- ✓ Hard surface
- ✓ Cotton material
- ✓ Masking tape



Method:

1. Select a piece of fabric and a flower
2. Lay the flower face down on the fabric and cover with masking tape
3. Place a thick layer of newspaper on a hard surface
4. Place the fabric face down on hard surface
5. Wrap a few pieces of kitchen roll around the head of a hammer and secure with a elastic band
6. Tap the fabric firmly and lift to see if the image is appearing
7. When you are happy lift the flower and masking tape off the cotton fabric. You can then use the print to decorate a card or can be framed as a gift.

Roast a marshmallow

What you will need:

- ✓ Marshmallow
- ✓ Metal stakes or kebab sticks
- ✓ Kitchen Roll
- ✓ Optional biscuit
- ✓ Gas cooker or BBQ



Method:

1. Build a fire or use the kitchen gas hob
 2. Metal stakes or kebab sticks. These can get too hot to touch, so choose ones that are extra-long or have a wooden handle
 3. Poke a marshmallow onto the stick.
 4. Roast your marshmallow over hot coals.
5. Turn gradually.
 6. Take care when holding marshmallows above a flame.
 7. Eat the marshmallow, Careful — the marshmallow will be very hot. Wait at least 30-60 seconds after pulling it out of the fire

Scavenger Hunt List

Spend a morning outside finding the following items. Send a picture of your collection to wellbeingB5@hwbcymru.net for a credit.



Something fuzzy

Something round

Something straight

Something smooth

Four different types of leaves

Something that makes a noise

Something hard

Nature Art

What you will need:

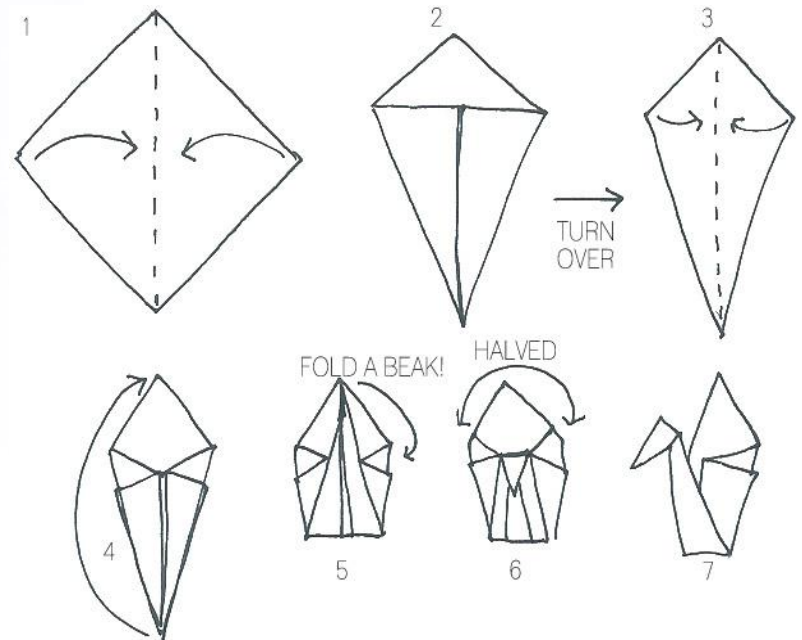
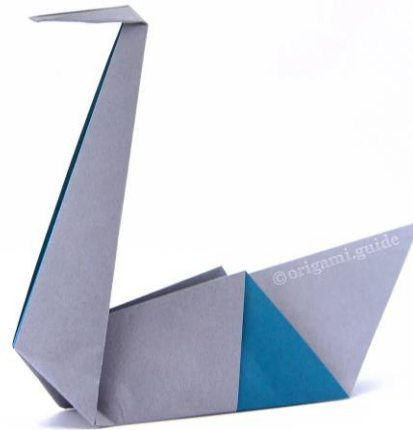
- ✓ Imagination
- ✓ Use the nature resources you find on a walk to create a pine cone bouquet, paint them and decorate to suit a theme.
- ✓ Use marbles to make an acorn necklace.



Swan Origami

What you will need:

- ✓ Paper



Nature Walk

Choose a colour that you would typically find outside (e.g. green). Using only items you find outside, try and find as many shades of natural items of that one colour as you can (e.g. lots of green shades). Order the items from lightest shade to the darkest shade.

Example below:



Send a picture of your colour spectrum to wellbeingB5@hwbcymru.net for a credit.

Baking

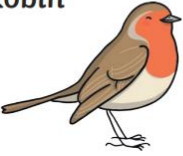














Follow the link to make your own caterpillar cake!

<https://www.tastemade.co.uk/videos/colin-the-caterpillar-cake/>

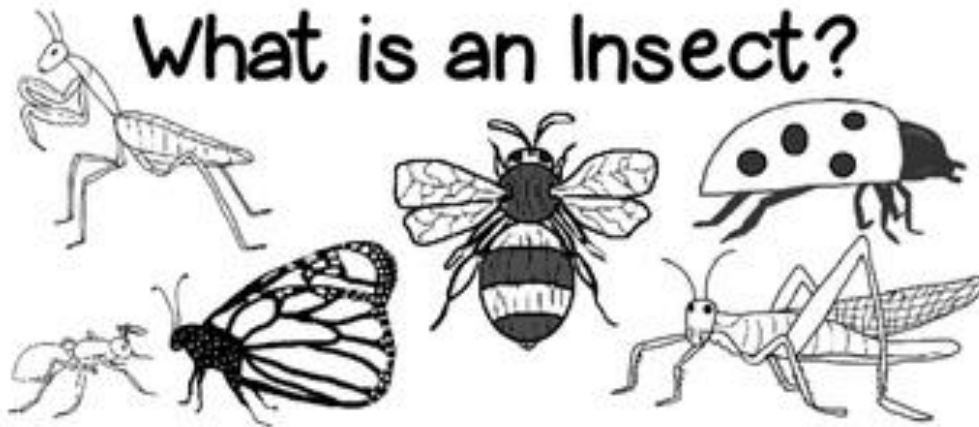


Bird Watching

Go outside and see what birds are in your local area! Complete the tally grid below.

Bird Tally	Bird Tally	Bird Tally	Bird Tally	Bird Tally	Bird Tally
Robin 		Blackbird 		Chaffinch 	
Magpie 		Blue tit 		Starling 	
Sparrow 		Crow 		Pigeon 	
				Jackdaw 	
				Wren 	
				Dove 	
					Jay 
					Nightingale 
					Great tit 

Insect Finding



What is an Insect?

Insects have three body parts: the head, the thorax and the abdomen. They have six, jointed legs that are attached to the thorax. Most insects also have wings. Insects have compound eyes and two antenna. Insects are invertebrates, or animals without a backbone. Instead they have a hard exoskeleton. They go through a metamorphosis during their life cycle.

While out on walk or daily exercise, look at your surroundings. Can you find any insects. Make a list of what you find or draw a picture.

Can you find some information about these insects, where they live and what environment they prefer.

Den Building

Do

- ✓ Build your den out of natural materials
- ✓ Make sure your den will not fall down and hurt someone
- ✓ Build your den on flat or gently sloping ground
- ✓ Avoid wet or boggy ground



Don't

- ✓ Build your den with sharp or dangerous material
- ✓ Cut down trees or bushes
- ✓ Leave litter
- ✓ Build your den near busy roads, deep water or in quarries

Elf Challenge

The Elves have had their homes ruined by a terrible rain storm. Your challenge is to create new homes for the woodland Elves.

The rules –

The Elves need their homes to be made from only natural materials

The elves do not like living more than two long branches away from each other

They must have:

- ✓ a bedroom (with beds and blankets)
- ✓ a kitchen (with pots and pans)
- ✓ a garden for the elf children (with swings and a slide)
- ✓ a garage (to keep their snail cars in)

Last but most importantly they need a surgery for treating sick woodland creatures

Ready, steady off you go!



Squirrel Challenge

Your challenge is to create a woodland assault course for a squirrel.

The rules –

The squirrel must travel between at least 5 different trees

The squirrel must never touch the ground

The squirrel must always be higher than a child's shoulders

The squirrel must ride on a squirrel swing at least once



Ready, steady off you go!