

Daily Outdoor Learning Sheet

Tuesday 19th May 2020

Fun Fact

The Japanese have known for many years about the health benefits of spending time in nature. In fact, a Japanese doctor might prescribe **Forest Bathing** as a treatment for anxiety.

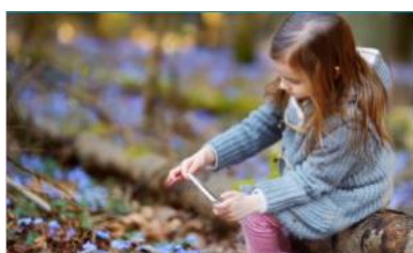


Video

The Japanese term for 'Forest Bathing' is Shinrin Yoku. Click [here](#) for a short visual of the forest. Click [here](#) to accompany two American film makers who travelled to Japan to find out more about shinrin-yoku.



Explore the Outdoors Online



Best Free Apps That Take Kids from "Screen" to "Green"

Find seven free apps that you can use to entice your young gamers to explore their surroundings, use observational skills and have an adventure right in their own neighborhood!

[Click to explore the apps](#)

Quote



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Outdoor Activities

You can do this in the garden or any other outdoor space:

Outdoor Learning

Guess the Leaf

Collect ten different leaves.

Work with a partner and take turns to cover your eyes and feel a leaf. Put the leaf back in the pile and see if you can guess the leaf you touched.



Mindfulness and Wellbeing Task

Find a peaceful space outside. Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.



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Daily Walk

If you are able to go on a daily walk, take some photos on your phone of anything 'natural' (trees, flowers, wildlife etc.). You can use Word or PowerPoint to put your photos together and make something to remember your day. Here is mine from my walk last Friday:

