

## Daily Outdoor Learning Sheet

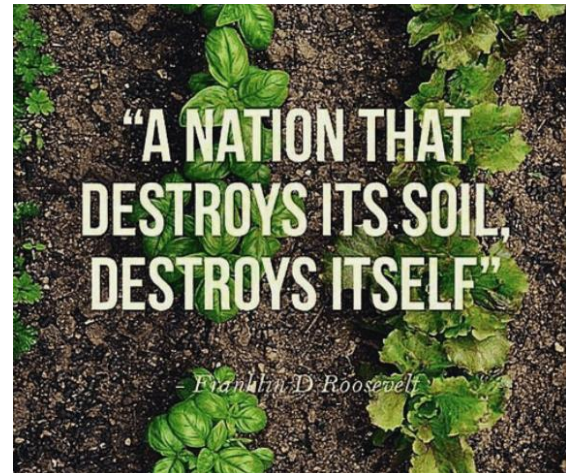
Wednesday 20<sup>th</sup> May

### Fun Fact

Did you know it takes between 200-400 years to make only 1cm of soil? Furthermore, in order to accumulate enough material for fertile soil takes about 3000 years!



### Quote



Soil is a precious and limited resource and needs to be taken care of.

### Online Resource

Everything you could ever want to know about British wildlife. Articles, pictures, videos...it's all here at the **Natural History Museum** website

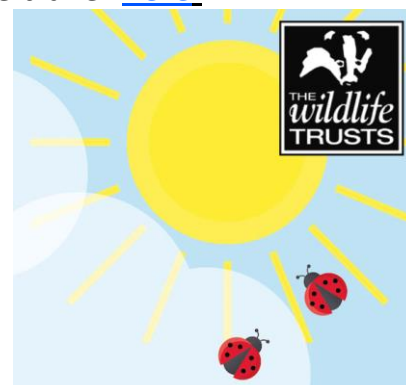
[Natural History Museum](https://www.nhm.uk/)



### Video

Is one week of outdoor learning not enough for you? This June, thousands of people will be doing something outdoors and wild every day of the month. Sign up for '30 Days Wild' and receive your free Wild Life Trusts pack with loads of ideas for things to do in the great outdoors.

Watch the trailer [here](#):



## Daily Outdoor Learning Sheet

### Outdoor Activities

Go to your Life Skills **Teams** page for a selection of Outdoor Activities.

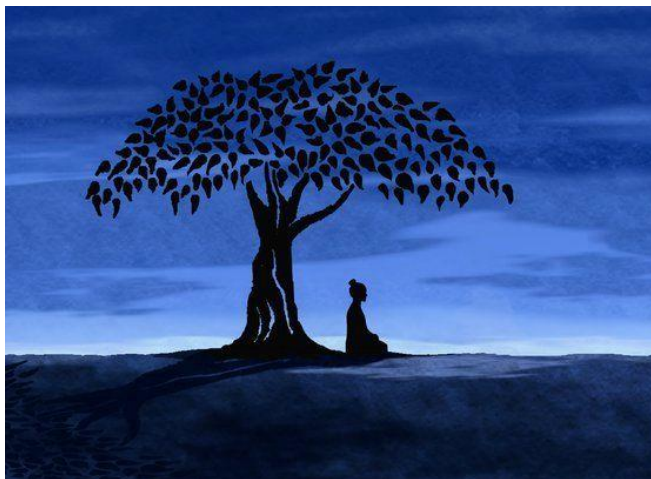
Today's main activity is the **One Planet Picnic**



If you can, send us pictures of your awesome picnics.

### Mindfulness and Wellbeing Task

Did you know the Buddha became enlightened while sitting under a bodhi (fig) tree?



Many people find sitting or meditating in nature very relaxing and healing. Try to find some time today to just sit and breathe peacefully in nature. If you prefer a guided meditation, you could try listening to this on headphones while you sit: [The Gratitude Tree](#)

## Daily Outdoor Learning Sheet

### Daily Walk

Did you know, the month of May is 'National Walking Month'? If you can, continue to get outside and enjoy a daily walk. However, if today you can't get outside for a walk, you can read all about National Walking Month [here](#). This is from the most recent issue of **First News**, the weekly newspaper for children. Go to **page 17** to read about National Walking Month.



Read more about the health benefits of 'National Walking Month' [here](#).