

THE HELPING HAND SCHOLAR GREEN NEWSLETTER



Welcome to the weekly well-being Newsletter!

Hi everyone! This week we have seen lots of rain, thunder and lightning. I do hope you have all managed to keep busy and still get to go outside in between the rain. The grass and flowers have certainly had a good drink! This week's newsletter has a nature theme. I do hope you enjoy it! Mrs Ashworth x

My I Spy Scavenger Hunt

Before this activity, you may wish to discuss with children the dangers of touching/eating berries and how to look for small creatures without disturbing/hurting them.

smooth leaf 	spiky leaf 	twigs on the ground 	rocks
soil 	smooth bark 	rough bark 	nuts or seeds
fruit or berries 	red flowers 	yellow flowers 	white flowers
flying insect 	ants 	caterpillar 	butterfly
spider 	web 	snail 	nest
feather 	bird flying 	footprints 	animal droppings

Tree Tally Chart

Use a tally chart to record how many leaves you see from each type of tree. Add the total and write it in the box.

Type of tree	How many do you see?	Total
Sycamore		
Oak		
Beech		
Ash		
Other		



There are lots of ideas, but I have chosen just a few:

- Playdoh nature prints
- Nature paintbrushes
- Bark rubbings
- Rock balancing
- Garden yoga



GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.

Why not take part in a butterfly count?

<https://www.bigbutterflycount.org/>

