THE HELPING HAND SCHOLAR GREEN NEWSLETTER

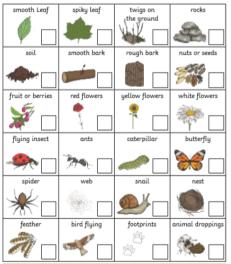


Welcome to the weekly well-being Newsletter!

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

Sefore 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.



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 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.





Why not take part in a butterfly count?

https://www.bigbutterflycount.org/











HOT BATHS FRIENDS MEMORIES