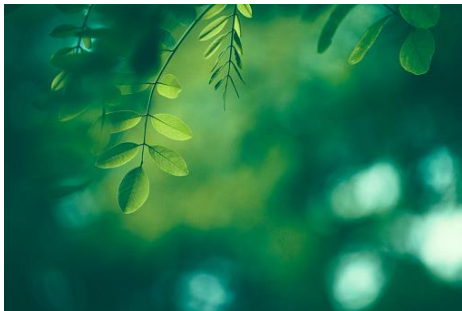




Just like when puzzle pieces connect together to make one picture, when we feel connected to the things and those we care about, it might make us feel more confident, improve our mood and change the way we think about things.

Ricky Martin, Place2Be Ambassador



Nature has been shown to support our emotional wellbeing with countless benefits to our wellbeing overall. This week get outside and take part in some activities.

Here are 5 great activities recommended by The Children's Trust School that can be done at home:

1. **Plant heads:** grow grass or cress seeds using old tights filled with soil. Decorate to make faces.
2. **Bubble socks:** cut a bottle in half, place a sock over and dip into bubble mix then blow through the bottle lid.
3. **Nature painting:** explore the outdoors looking for natural 'paintbrushes'. Either use these for paintings or dip into water and 'paint' outside.
4. **Nature perfumes:** using things you find outdoors with interesting smells, mix into water to make 'perfumes'.
5. **Ice/jelly/shaving foam finds:** hide natural objects in different materials and allow children to explore.



Another suggestion is to making a playlist of 'songs that make us feel good'

Claire Wood, Lead Music Therapist (Neurorehabilitation) at The Children's Trust, said: "Although we can self-report a boost from listening to feel-good music, there is also research backing up the fact that what we listen to can affect us.

There is recent research that background music can impact how positive or negative your thoughts are when daydreaming!"

Try it...