

# Blossom, bluebells and buds walk

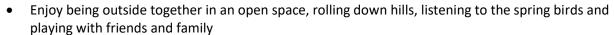
This blooming blossom, bluebells and buds walk activity will support children's well-being and encourage mindfulness - keeping their attention in the moment. Mindfulness involves learning to direct our attention to our experience as it unfolds moment by moment.

#### **Resources**

- Children and additional adults
- Parents to join you for a family walk
- Buckets or bags to collect natural items you may find
- Outing bag including emergency first aid equipment.

## **Activity Outline**

- Organise a trip to your local park or woodland, if this is not available you may have some roads nearby where trees are in blossom
- Go on a walk with the children to look at the blossom and other budding plants and flowers
- During the walk encourage the children to look at and collect any fallen blossom. If it is windy the blossom will fall like snow



• If you are unable go for a walk, ask staff and parents to bring budding flowers and plants into the setting for children to look at and touch and smell.

### **Working with babies**

Babies can enjoy walks in pushchairs. Take some rugs so you can lie the babies down under the blossom trees.

#### **Special considerations**

Have a rigorous policy and procedure in place for outings and ensure that you fulfil the Statutory framework for the Early Years Foundation Stage regarding outings.

