

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
- Enjoy being outside together in an open space, rolling down hills, listening to the spring birds and playing with friends and family
- If you are unable to 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.