

**Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.**

## Activity: Autumn emotions walk

**This activity not only helps children recognise and express their emotions but connect with nature. Being in nature reduces stress, increases calmness, and promotes emotional resilience.**

It helps children regulate their emotions and fosters a sense of peace and well-being.

### Learning aims

- To help preschool children identify and express different emotions, understand their feelings, and recognise emotions in others.

### Resources

- Basket or bag for collecting natural items
- Optional picture cards for different emotions.



### Activity outline

1. Take the children on a walk outdoors, encouraging them to collect autumn treasures like colourful leaves, acorns, or twigs. As they walk, talk about the changes in the season—cooler air, the colours of the leaves, and how it's starting to get dark earlier
2. Encourage the children to focus on the senses of the season such as feel the textures of leaves, listen to the crunch of leaves beneath their feet, or notice how the wind feels on their skin. Ask questions like, "How does this leaf feel in your hand? Rough or soft?" or "What sounds do you hear when you walk on the leaves?"
3. As they explore and collect items, ask questions like: "How do the falling leaves make you feel? Does the sound of the wind make you feel calm or excited? How do you feel when it gets dark?" Link the nature around them to their emotions, helping them express feelings they might have about the changes in their environment
4. While on the walk, introduce a simple mindful breathing exercise. For example, ask the children to take deep breaths while observing a tree swaying in the wind or while watching the leaves fall. Discuss how deep breathing can help them feel calm when they're overwhelmed by emotions
5. After the walk, gather back together and ask the children to show what they collected during the walk. Comment on the items and ask them how they make them feel, e.g. "This leaf makes me feel happy because it's bright yellow"

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6. Finish the activity by talking about how it's normal to feel different emotions when the world changes around us, like in autumn. Reassure children that feelings, like being a little scared of the dark or excited by the wind are okay, and it's good to share how we feel.

### Extension ideas:

- Create an 'Autumn Emotions' display where children can place their collected nature items along with an emotion card they feel matches the object, helping them further explore and express their feelings
- Enjoy an autumn story together and discuss how the characters might be feeling and why, providing an opportunity for them to connect the emotions in the story with their own experiences.

### NDNA products to support you with this activity:

- [Activity – emotions game](#)
- [Publication - Children's Well-being.](#)