## Forest School at Home Wednesday 21<sup>st</sup> October

I would like you to go outside in the garden, or on your driveway, encourage whoever is home with you to join you.

Find somewhere quiet and comfy, spend <u>at least</u> 5 minutes listening, looking at the sky/leaf canopy, feel the sun/wind/rain, what's changed recently? Relax and be still in nature.

Then embrace your inner explorer, go on a mini scavenger hunt, be creative, is there anything unusual you can find in your garden, how can you show us your results – pic collage, video, how about mini documentary? Enjoy yourself and get some fresh air.

