

Materials	Stick, embroidery thread or yarn or paint
Learning Outcome	Express how connecting to nature supports emotional well-being.

Description

Invite the child to go on a walk through a local green space, conservation area, or nature trail. Before they begin the walk, ask the child to be aware of their connections to the plants, trees, and animals as they walk. Encourage them to be aware of the air, the sky, and how all of these things can support their emotional well-being.

As you walk, ask the child to look for a stick they can use to decorate. Remind the child to be respectful of nature and not break a stick from a tree but instead ensure that the stick is found on the ground. Also ensure that the green space, conservation area, or nature trail will allow you to remove a stick and that you stay on required paths or within boundaries.

After arriving at home, encourage the child to use embroidery thread, yarn, or paint to tell the story of their walk. The child wraps the thread or wool around the stick or paints it the way they would like to tell their story. Some ideas for decorating their stick include:

- Yellow for the sun
- Blue for the sky
- Green for the leaves or grass
- Red for a bird
- Brown for the earth
- Black for a squirrel

When they have completed their story stick, ask the child to share their story with you. Ask the child how the nature walk supported their emotional well-being and discuss their answers.

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- *How did you feel connected to the plants, trees, animals, air, and sky on your walk?*
- *What could you do each day to feel connected to nature?*