

SESSION: THE ENCHANTED FOREST

Learning Outcomes

- **CL:** Children listen to instructions and follow them accurately
- **UtW:** Children know that the environment and living things are influenced by human activity
- **PSED:** Children are confident speaking to a class group.

Theme:

Children will go on an adventure to explore the forest, meeting different woodland animals and trying to find out who has been dropping litter in the forest. Children will learn that it is wrong to drop litter and how dropping litter can affect an animal's habitat.

There is no discussion point in this class.

Relaxation

Children should lay down on their back and close their eyes if they feel comfortable to do so.

If possible, turn off the lights to help with the ambience of the room.

Throughout this part, children should try to stay still and quiet and practice their breathing in through the nose and out through the mouth, this helps them to feel calm and relaxed. We will play relaxing music throughout the relaxation.

At first children may find it difficult to relax and stay still, but over the weeks you will notice the difference and the length of the relaxation will increase.

Children will listen to a lovely visualisation about an adventure with a little person.

