



Children's Mental Health Week 5 Outdoor Activities



Go outside and close your eyes.
What can you hear?

Monday

Tuesday

Stand in an outdoor space.
What is the weather doing?
What does it feel like?
How does it make you feel?



Can you spot any signs of spring?
How many can you find?

Wednesday

Thursday

Watch the clouds.
Look up at the sky in the morning, afternoon and early evening. How has it changed?



Have fun!
Go for a walk, play a game,
run, jump, skip or hop.

Friday