

Henrietta's Helpful Hints 3/7/20 No. 15

- Connect better with nature
- Get inspired by a nature themed book
- Plan a PATHS party
- Use colours from nature to complete your Golden Rule poster
- Mental Health and Wellbeing guidance



Thriving in education
@SEL_Norfolk_Sch



5 Ways to Improve Nature Connectedness

Research suggests there are ways to create a pathway to nature connectedness.

The overall principle is to design experiences that allow people to notice the good things in nature.

- Senses
- Emotion
- Beauty
- Meaning
- Compassion

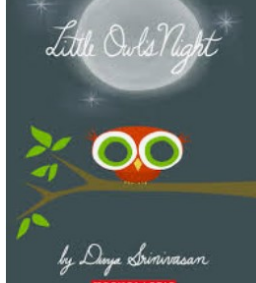
Click [here](#) to read more in a blog by Ilesha Small

The final SEL resources for remote learning from PATHS LLC focus on closing the year with a PATHS party. Click [here](#) to access the video and [here](#) for the resources to accompany it.

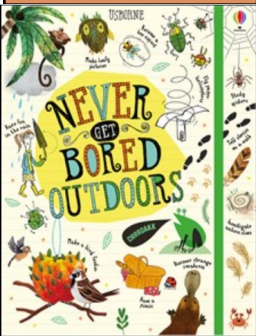
Henrietta had a fantastic time in June taking part in 30 Days Wild with the Wildlife Trusts. 30 Days Wild may be over but her wild month has inspired her to get outdoors as much as she can throughout the year. There's so much to see all year round, and a little bit of nature really does make her feel happier and healthier. If you would like to access the 30 Days Wild activities click [here](#) to download. She has also recommended some nature inspired books and activities below.



Click [here](#) to hear the book read aloud and [here](#) for stick related activities



Click [here](#) to hear the book read aloud and [here](#) for owl related activities



Click [here](#) to see the book and [here](#) for related websites including [making a grass trumpet](#) and [making a sundial](#).

