



# Woodland Wellbeing

## Programme outline

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### Special Schools



Many children with physical disabilities, sensory impairment, complex needs and associated learning difficulties rarely get the opportunity to experience a truly wild woodland habitat. A specially tailored session at Leigh Woods can give them the chance to make sense of the world around them using their senses and personal experiences to promote their learning and wellbeing.



Activities and experiences could include:

- Making a colourful leaf or bark rubbing
- Creating an art gallery from leaf or shadow pictures
- Listening to the sounds of the woods and making music with the things we find there
- Creating a 'touch box' with woodland finds
- Smelling the natural scents of the woods
- Creating and performing a sensory play
- Meeting a tree or
- Looking at the woods in an upside-down way!
- Cooking over the fire



This can be a full day (10am - 2.30pm) or half day (9.30am - 11.45am) programme.

## About us...

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Cathy Mayne and Anna Stevens have worked in environmental education for many years with the Forestry Commission, Avon Wildlife Trust and many other environmental organisations. At Leigh Woods our aim is to help others appreciate, connect with and learn about the importance of trees and to understand the role of woodland as a habitat, a place of well-being and a source of materials.

## Contact us...

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Web [www.mygreenworld.co.uk](http://www.mygreenworld.co.uk)

Email [info@mygreenworld.co.uk](mailto:info@mygreenworld.co.uk)

Tel 07780 964319 (Cathy) 07941 379660 (Anna)