

Outdoor Learning Lesson Plan by Nature Play QLD

Personal, Social and Community Health

- Plan and practise strategies to promote health, safety and wellbeing (ACPPS054)
- Explore how participation in outdoor activities supports personal and community health and wellbeing and creates connections to natural and built environments (ACPPS059)



Class:

Date:

Time:

Weather:

Resources:

- Clipboards and pencils
- Bowls and water
- Glue
- Card

Introduction: (5 mins)

Discuss with the children how they initially feel when they are outside.

Discuss the tradition and Aboriginal meaning of Dadirri.

"Dadirri is inner, deep listening and quiet, still awareness", Miriam-Rose Ungunmerr-Baumann, Aboriginal writer.

Main Activity: (40 mins)

Ask the children to find a space and try the following mindfulness techniques for 3 minutes each (mark the end of each 3 minutes with an agreed sound).

- Look at something interesting
- Listen to sounds in the environment
- Choose something natural to touch and feel
- Identify different smells in the environment

Once back together, ask the group how they found the different activities. Ask whether they had a favourite, what they found challenging and how they feel now.

Ask the children to choose their favourite activity from the following activities:

- Draw the interesting thing they observe
- Create a sound map representing all the sounds they hear and their locations
- Create a texture collage by using a variety of small loose objects they find
- Create a nature perfume using water and natural flora found

Discussion: (5 mins)

Encourage the children to share their activity outcomes and how they felt.

Discuss whether they would want to try to carry out a mindful activity regularly in the future and why.