

PSHE: Learning with nature!

As part of one of our PSHE sessions linking to mental health and well-being, we used the outdoor classroom to experience nature first-hand whilst also developing other curriculum skills.



After exploring our environment and finding out about what lives in our outdoor classroom we learnt about the life cycle of a sunflower.









We learnt about the essential needs a sunflower has in order to grow.







- We all made sure our sunflower seeds were buried under the soil in their own little plant pot. We then gave them water and positioned them in a sunny part of the outdoor classroom.

As part of our PSHE session we took time to enjoy how nature can influence our feelings and thoughts.



- "I love being outside with nature!"
- B.S

- "I feel happy when I am learning outside!"
- V.H





- "I really like hearing all of the birds!"
- C.S

- "Nature is amazing and I enjoy exploring!"
- G.E

