






Self-Regulation Wellbeing Walk

Upper primary

Learning objective:

Time with plants can help when our feelings are too big.

Feelings scale

	1	2	3	4	5
My feelings are:					
	Calm	OK for me	Worrying me	Upsetting me	Big and scary
Before the walk:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After the walk:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



1 Introduction

Happy, excited, confident, nervous, angry, scared - all our feelings are important. They help us know how to keep safe and they help us let other people know what we need.

Sometimes these feelings are OK and sometimes they feel too big for us. When feelings become overwhelming in this way we don't quite know what to do. That can be quite scary and we might say or do things we wish we didn't.

A lot of people find that being outside near plants helps them feel calmer when they have feelings that are too big.

Today we're going to go outside and be near plants and you can see if it makes you feel calmer.

Before we go: How are you feeling now?
Please show your feelings on the feelings scale.



2 Looking at plants and starting to relax

Let's go outside and see how being near plants makes you feel.

As we walk, look at the plants around you. What colours and shades of colours are the plants you can see?

The plants you see could be huge plants towering above you like oak trees, or small plants on the ground like dandelions or clover.

Take a few deep breaths as you look at the plants to help you relax. What can you smell?

3 Giving your brain a break: focusing in on plants

Let's stop near a tree and take some time to focus in.

Stretch up tall like the tree. Use your arms and hands as branches and your body and legs as a trunk.

Can you sway as if you're being moved gently by the wind?

Now look up at the tree.

What colours and shades of colours can you see?

Can you see its leaves, branches, trunk and bark?

Can you see light through the branches?

Is it moving in the wind?

Can you hear the leaves moving against the breeze?

Can you feel the temperature of the air on your face?

Notice how you feel inside. Now do this again, this time working with a partner and a different plant.



4 Thinking about if time with plants helps us feel calmer

How are you feeling now?

Please show how you feel on the feelings scale.

Has your score changed?

Do you think being near plants might make you feel calmer?

We don't have to be calm all the time but it is helpful to know ways to be calm when our feelings are too big.

Everyone finds things difficult sometimes.

Please tell your teacher if anything you think about on this walk makes you or a friend feel sad or worried.