

# Wellness and Wonderment!

This collection of activities focuses on our well-being, aiming to foster a sense of wonder and appreciation at what is around us in the natural world. This can help us feel so much better.



## 1. **Be still and breathe** – use your senses to be.

This activity is best on a warm, dry day! It can be done in your garden, the park or out in the woods

## 2. **Make a nature rainbow**

Perhaps you have already painted or drawn a rainbow for your window – a sign of thanks and hope but have you noticed all the different colours in nature at this time of year - coloured flowers in the hedgerows and gardens, the different shades of leaves, moss and lichens?

Enjoy nature's rainbow!

## 3. **Take the Miniature Treasure Hunt Challenge**

A fun way of focussing on the amazing, interesting but tiny things that you can find around you and wonder at the diversity. You might even get some surprises!

## 4. **Create a Beautiful Spring Scent**

Get your noses twitching to take in the variety of scents and smells around us in nature.

## 5. **Enjoy a Revitalising Smoothie**

Tingle those taste buds with a zingy refreshing smoothie full of fruity goodness that will reinvigorate you. 4 different ones for you to try!

## Be still and breathe

Choose an area of grass, mossy woodland floor, or among crunchy leaves - under a tree is very special, but the ground needs to be free from anything sharp or stingy and such things as litter and dog poo!

Lie on your back. (If you prefer you can sit with your back against a tree trunk)

Keep very still, close your eyes and take a few deep breaths!

1. Now focus on what can you feel – on your skin, through the parts of your body touching the ground/tree? Allow a few minutes to absorb these sensations.
2. What can you hear? Listen hard and notice what is the tiniest? Which sounds are loud or soft, which come and go?
3. What different things can you smell? Are they pleasant or not?
4. Open your eyes what can you see – what is the highest point of the sky you can see, how are the clouds moving, what shapes and patterns are they making?  
What other shapes and colours can you see, what else is moving above you?

Maybe you can try this in various places and find your own special place to be. A place to be calm and connect with nature.



# Make a nature rainbow

## You will need:

- A rainbow outline or ready coloured strip see below – preferably on card
- Glue or double-sided sticky tape
- A collecting bag (optional)

## What to do:

You can do this in 2 ways depending on what you are using.

**Remember only take what is no longer attached to a living thing – however if you are in your garden you can pick things.**

### Either:

1. Go outdoors with your collecting bag and gather lots of small parts of leaves, petals, feathers, different colours and shades.

Come back inside, cover your rainbow with glue and stick what you have found on the matching colour/in the right section. Can you find the colours that fit between?

### Or

2. Stick a strip of double-sided tape over all sections of your rainbow or along the strip below

Take it outside into your garden on a walk and collect items that match the colours of your rainbow. Press them on to the sticky tape. Try to find all the different tones.



# Take the Miniature Treasure Hunt Challenge!

## You will need:

a very small container – an empty match box is ideal but probably not very easy to get a hold of, a raisin box or any tiny container will do, the smaller it is, the greater the challenge! (You could even make a small box if you wish)

Decorate your container, if you wish, with crayons or pens.

## What to do:

1. Take your container outside with you into the garden or on a walk.
2. Fill it with as many different natural things as you can find – maybe a pebble, a leaf, a feather, a blade of grass, a twig etc. They will need to be tiny to fit in so you will need to look closely.

**(Remember not to pick anything that is still living – plant or creature! If you are in your garden you may be allowed to pick plants)**

3. When you have finished count out how many things you have found.
4. You can make this a competition if everyone taking part has the same size of container and a time limit of maybe 15 minutes is given! Or try it again in a different place.



# Create a Beautiful Spring Scent

## You will need:

an old container such as a yogurt pot  
some water

## What to do:

1. Take your pot outside into the woods with you or your garden.
2. Look for things on the woodland floor/ground (or plants if you are in your garden)  
**Be aware of fungi and do not touch.**
3. Crush them or break them between your fingers and smell. Try fallen petals, natural herbs, pretty leaves.
4. If you like the smell, add to your container to make a spring woodland scent. What gives the loveliest scent?
5. Use a short stick to mash them together, add a little water to blend your scents together.
6. Do you like the scent you have created? How would you describe it? How does it make you feel?



## Enjoy a Revitalising Smoothies

Smoothies are a great way of getting your 5-a-day and will boost your immune system.

Wash, peel and core the fruit if necessary, then chop before blending with the liquid.



Below are 4 different combinations for you to try that are favourites with Field to Fork visitors. Alternatively invent your own smoothie from whatever you have around and what is in season. (a great way to use up overripe bananas)

You could give them names too!

Apple juice

½ cup of raspberries (fresh or frozen)

2 pears

½ cup blueberries

1 mango

2 slices of pineapple (fresh, tinned or frozen)

250ml fresh orange juice

1 banana

150g fresh or frozen mixed Scottish summer berries

300ml semi-skimmed milk

1 teaspoon clear honey

100g rhubarb stewed and sweetened with 1 tablespoon raw  
cane sugar

100g natural yogurt

2 drops vanilla extract