

Key Steps for a Successful Session:

- **Come Prepared** - Review materials and gather necessary equipment, including printing worksheets.
- **Set the Tone** - Share about yourself to create a welcoming atmosphere for vulnerability.
- **Prioritise Safeguarding** - Follow your school's safeguarding policy and outline it for the group to set expectations.
- **Engage in Gardening** - Use gardening as a fun, practical resource to encourage open dialogue on deeper topics.
- **Manage Time** - Keep track of time to ensure you give space and time to explore the core theme of the session.
- **Utilise the Border** - Regularly engage with your school's border, allowing children and young people to enjoy and own the space.

Learning Objectives

- To help the children to explore the 5 senses
- To give the children time to explore the school border in new and engaging ways, through play and imagination
- To explore the concept of stillness and begin to help the children to be calm and at peace
- To help the children practice simple ways to focus and calm both the body and the mind

You will need:

Speaker for music
A3 Printed Story
Extras for Senses Activities
(see pg 2)
Printed Scavenger Hunt
Printed Recipe Card
Pruning Guide

OPENER

Begin with a game that will help the children to slow down, be quiet and focus on being still. You are going to play musical statues. Make sure you have plenty of space for this game. Choose some fun music to get everyone moving. When the music plays the children need to move around and dance but as soon as it stops they must freeze where they are and stay still as a statue. If they move they are out and the game continues until you have a winner.

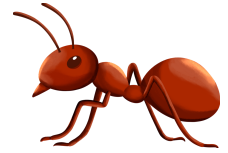


DIGGING DEEPER

Staying still as a statue was a really big challenge wasn't it?! Having to stop quickly and freeze is tricky. Put your hand up if you are bit of a fidget. Do you like to whiz around and run and jump and play races? If you are someone who is whizzy then sitting still is a big deal. Or put your hand up if your a little bit of a chatterbox! Maybe you are someone who like to talk a lot, who always has something to say and can't help but make noise. Then being silent is super challenging. Today we are going to learn about being still and pausing. Let's start by sitting still and quietly to listen to a story.

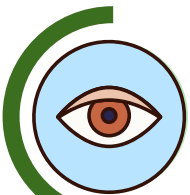
STORYTIME

Gather the children together to read the story 'Be Still' about Antony ant. This story teaches the importance of finding calm and stillness in our day. If you can read it sat next to the border that would be even better. Encourage the children to be still and quiet as they listen.

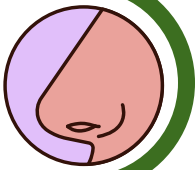


GET STUCK IN

You are going to use your border to help the children learn some helpful ways to be still and calm. Use the border as a focal point and guide the children through each activity which will give them a chance to use each of their senses as they learn to be still and pause. Help them to see that pausing doesn't mean just standing still and silent but that it is about slowing down and focusing our senses. Use the below activities to help bring calm and focus through play.



Print the accompanying scavenger hunt sheet. Help the children to use their sense of sight to look closely for items on the sheet. Help them to focus on the task and be still and quiet as they hunt.



Pick some of the fragrant herbs and flowers from the garden and set up a messy table with water, bowls and spoons. Let the children use their sense of smell and be peaceful as they play at making perfume.



Set a timer for 2 minutes. Encourage everyone to sit silently and still. Challenge them to use their sense of hearing. Ask them to listen carefully and remember what they hear. Gather back as a group and share what you heard.



Some of the plants in the border are edible. Have a go at making your own herby bread (sunny border) or cupcakes decorated with edible flowers (shady border)*. Use their sense of taste to try them.



Gather some of the soil, fallen leaves, discarded weeds and prune a few plants.** Put these materials together with some play kitchen equipment and let the children explore their sense of touch as they play.

*recipe for this can be printed separately and includes details of which plants to use from your border.

**use the accompanying Pruning Guide to see how to prune each plant. We recommend adults do this as it requires a bit of care and sharp tools.

REFLECTION ACTIVITY

One final way we can be still is to help our body to relax and unwind. We can do this through calming our breathing. As a group give the 5 fingers breathing activity a try.



Five-Finger Breathing

- Hold one hand up.
- Trace up a finger as you breathe in.
- Trace down as you breathe out.
- Keep going until you've traced all five fingers.



CLOSE

It is so important to take time to be still and calm. Taking a pause each day helps us to relax and calm our minds and bodies. It helps us to be peaceful and be present in the moment. Encourage the children to try and slow down and focus on their senses, particularly if they are feeling overwhelmed. Keep using your border in this way as a group to help reinforce this skill. Remind the children that they can use their senses and their border to be still in the coming weeks and months.



GARDEN
ON A ROLL