

# Self-Regulation Wellbeing Walk

## Lower primary

### Learning objective:

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

### Feelings scale



Before the walk:






After the walk:







## 1 Introduction

**Happy, excited, 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 too big 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.

Can you see any big plants high up above you like oak trees, or small plants on the ground like dandelions or clover?

What colours are the plants you can see?

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

**Look up at the tree.** What 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?

Can you feel warm or cool air on your face?

**Stretch up tall and be like the tree.**

Can your arms and hands be the branches and your body and legs be its trunk?

Can you make the sound of leaves gently moving in the wind?

**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.**

Do you think being near plants might help you manage your big feelings?

We don't have to be calm all the time but it is helpful to know what can help us 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.