



Bolton Outdoors and Patterdale Hall Daily Outdoor learning Challenge



Activity

Silence and Reflection

Date

21/4/20

Aim/Activity and Instructions.

Take a moment out of your day to spend some time outside just listening to what you can hear.

Lie down, close your eyes, open your ears. Breath deeply, smell.

Spend 10 minutes listening.

- What can you hear?
- Can you hear birds, or cars, or people, the wind, the trees rustleing?
- Clear you mind of other things, and just focus on listening.

After 10 minutes, perhaps spend another 10 minutes in the same position, whilst you are chilled, reflecting on the term ahead. Think about what you like, here are some ideas to get you started.

- What do you want to achieve?
- What will you work hard at?
- How will you cope with stresses?
- What are you worried about?
- What are you excited about?
- What will you promise yourself?
- How will you help someone else?

To finish, why not write down some of your thoughts in a journal or note pad, why not tell them to your adults, vocallising things can make it easier to follow through with them.

Remember, there is support around every corner, don't be afraid to share your thoughts.

Learning Outcomes:

Enjoying the sounds of nature

Learning to take time out

Learning to listen

Learning to reflect.

Goal setting.

Resources:

Mindfulness for kids - <https://www.youtube.com/watch?v=iEEJT9cYsm0>

Key Risk and Controls:

If going outside your home, take an adult with you.

Follow all normal Covid 19 practice and normal behaviours for being in public places. Stay safe.

How to share your learning:

Once you have completed this task, share the results to sjb@boltonschool.org or ask a family member to put it on Twitter and Tag us in

Share your results and videos to us on:

@BoltonOutdoor and @Patterdale_Hall our Twitter

@PatterdaleHall for our Facebook

@patterdale_hall for our Instagram

Thought for the Day:

“Our life is shaped by our
mind, for we become
what we think.”

Buddha

Disclaimer: Please undertake this activity under the direction of a competent adult agreed by your parents/carers. Be sensible and careful. Patterdale Hall and Bolton Outdoors cannot take responsibility for you on these activities, they are meant as a guide only.

Please get some fresh air, stay safe, have fun and share your learning and outcomes with others.