



Outdoor learning



Here are 3 videos set in the woods.

Try sitting in a cosy place and relax in a virtual woodland scene. The Japanese practice of shinrin yoku, or **Forest Bathing**, is good for both physical and mental wellbeing. It is proven to reduce stress hormone production, improve feelings of happiness and free up creativity, as well as lower heart rate and blood pressure, boost the immune system and accelerate recovery from illness

Choose one of the virtual forest links below.

Forestry England. Forest scenes on video:

<https://www.forestryengland.uk/blog/how-bring-the-wellbeing-benefits-forests-your-home>

Forest Bathing, Pause, listen, imagine. You tube video.

https://www.youtube.com/watch?time_continue=88&v=aGnrBYsqC2U&feature=emb_title

Immerse yourself in the woods

https://www.youtube.com/watch?v=CZV_-biQClo



How did it make you feel?

Try and listen to the birds in the woods. Have you noticed the birdsong when you go outside?

Listen to Freya from My Wild Child give some ideas on how to identify birds by their songs.

You may have seen this posted on our Facebook page before.

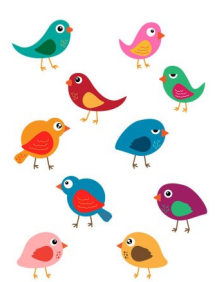
Freya listens to birds

<https://www.facebook.com/AvonWildlife/videos/3589675294440913/>

Here is the link to the details on how to make your own bird hide from Wildlife Watch.

<http://7474fab53f1b6ee92458-8f3ac932bad207a00c83e77eae8d15c.r12.cf1.rackcdn.com/BIRDHIDE.jpg>

Would you like to find out more about birds?



If you like to identify birds by their songs then there are some good websites to help you.

RSPB. <https://www.rspb.org.uk/>

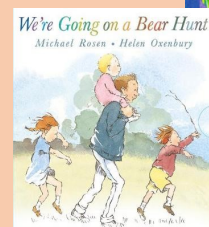
This link has examples of different birds.

<https://www.rspb.org.uk/birds-and-wildlife/bird-songs/what-bird-is-that/>

Would you like to listen to a story? We have chosen two favourite stories!

Walking through the Jungle

<https://www.youtube.com/watch?v=plvY0quSyJg&list=PL0maGUp7cdUkPjgFg9PL0CAqzSDsWo2UR&index=5>



We're going on a bear hunt. Read by the author Michael Rosen.

<https://www.youtube.com/watch?v=2O17fe766nk&t=94s>

Or a mum reading We're going on a bear hunt to a group of children

<https://youtu.be/OiNsZTakNWo>