Nature and our Dreams and Goals

Dream Birds

Today we are going to be thinking more about our dreams and goals!

We will be creating a bird that represents our hopes and dreams.

Mindfulness

- Watching nature and the world around us, we can breathe and feel calm, helping us be mindful.
- Let’s get ready for this PSHE lesson by watching this short video: https://www.bbc.co.uk/programmes/p095dwls/player
- What can you see? What can you hear? What do you feel?

Unwind in an ancient woodland

Taking Inspiration from Nature

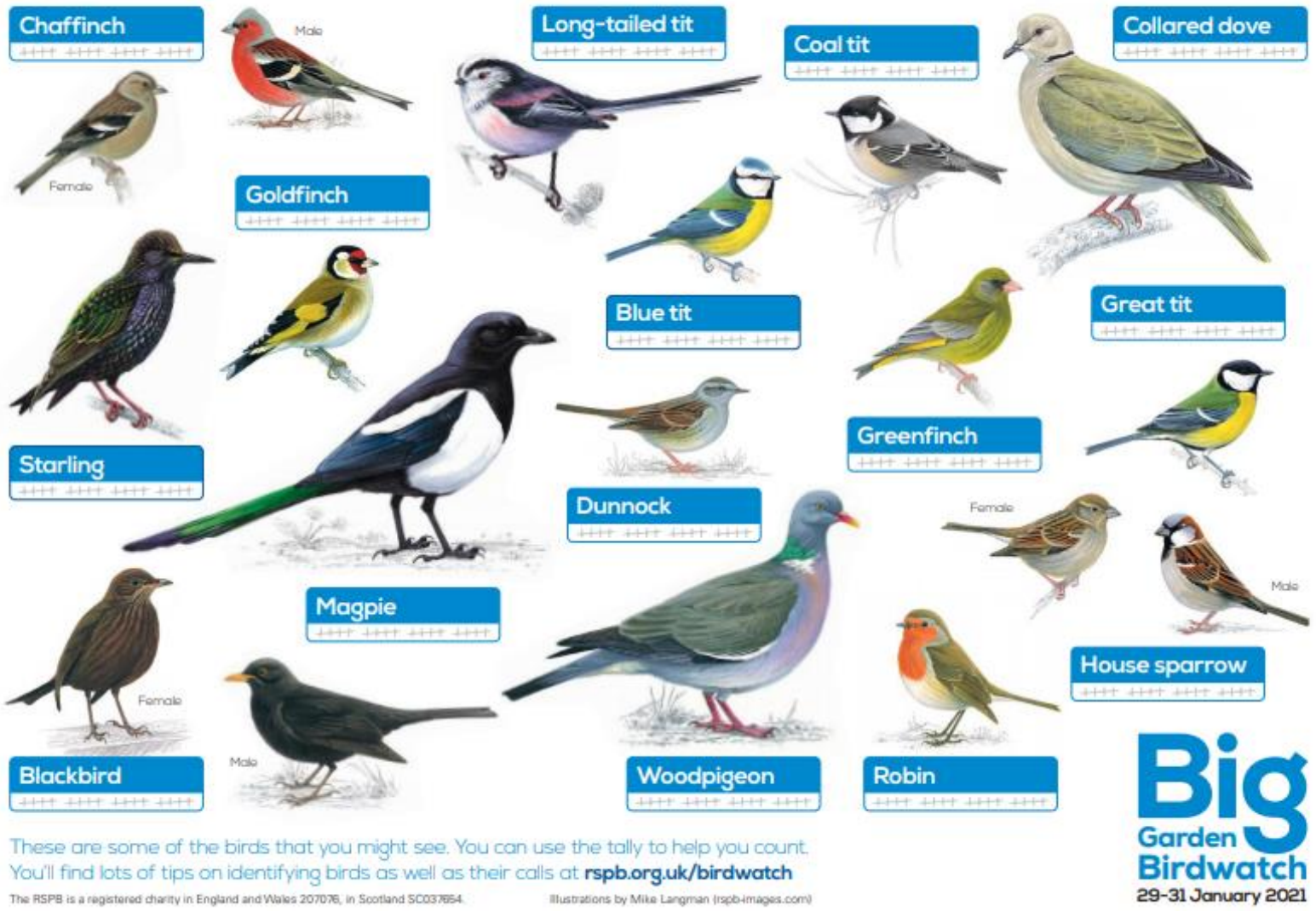
Last weekend was the ‘Big Garden Bird Watch’ where people all over the country become scientists for the day. They observe and count the birds they could see from their window.

Try spotting birds for 10 minutes today! This can be on a walk with your adult or from your window!

What do you notice about the birds?

If you can’t see any birds, this live video shows a bird feeder that is often very busy:
https://www.youtube.com/watch?v=z2YXRazll4Y

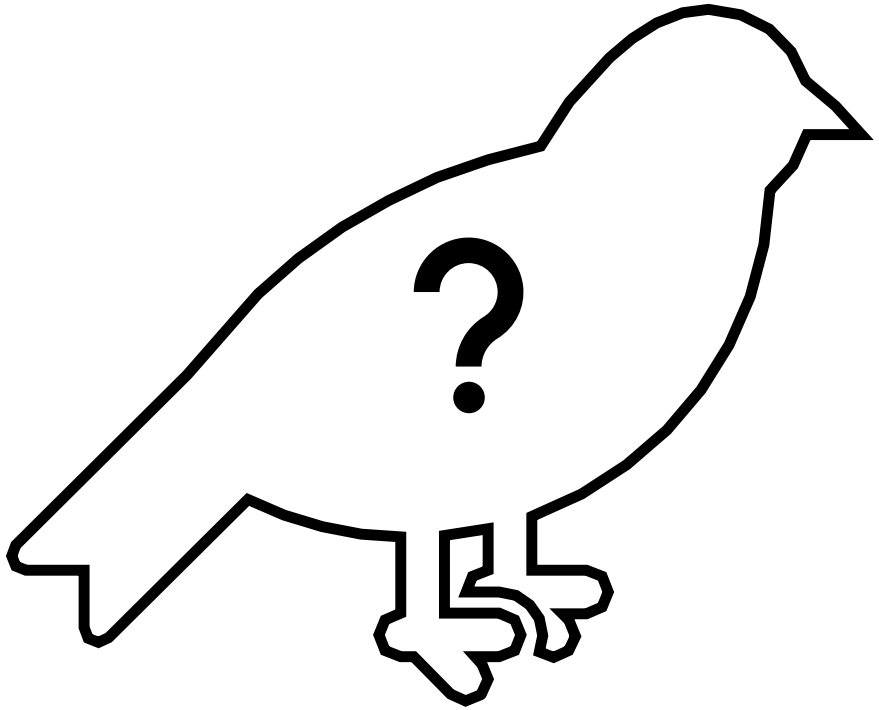
Did you see any of these?



Designing your dream bird

Taking inspiration from what you have seen in nature -**can you design a new 'Dream bird'?**

Your bird should have one thing about it that would help you reach your goals.

For example it could have:

- Colourful feathers to show how excited you are about reaching your goals
- Big eyes, like an owl, to help with reading lots and learning
- A loud song to make sure your ideas are heard
- A big beak so that it can talk to others and share ideas
- Large ears so that it can listen to advice,
- A neat and organised nest so that it has a good place to work.