



Voice of the Treetops Agenda

Date- 26/3/26

## 1. Five ways to well-being

Can you remember the five ways to well-being?

Give

Connect

Active

Notice

Learning

We are focussing on "Notice" today.

We are going outside so everyone needs to be quiet and respectful.

## 2. Sound hunt:

Lie on ground (if possible - would be good to find a space on the field, or on grass) Close eyes for 30 seconds and list all the sounds you can hear.

How does this help us with our well-being?

Encourages mindfulness. Helps us to "notice" things around us and feel calm.

## 3. Cloud spotting

Remain on your back, but look up at sky (if sun is out, do not look directly at it) Look up at the sky and see what different cloud shapes and sizes you can spot.

## 3. Spring Spotting

Look for signs of spring. Let's take notice of the things around us. What are the signs that spring is coming?

(Blooming flowers like daffodils, green buds on tree branches, warmer, longer days - could one group go to pond area and look for frogspawn?)

5. It was World Maths Day yesterday!

\_Play elevens. - What maths skills are we using? (Number bonds)

6. Prayer