

Morning Starters: Summer 2 - Nature and Mental Health

Word Challenge

List the homophones that appear in the 'Did You Know?' paragraph.

Help: A homophone is a word that sounds the same as another word but has a different meaning and spelling.

Example:

Flour – a powder used in baking.

Flower – a plant bloom

Grammar Challenge

Click text to edit 

Rewrite the sentence below, replacing each underlined adjective with an effective alternative.

The peaceful garden was filled with fragrant flowers, tranquil ponds, moss-covered benches, and the soothing sounds of birdsong.

Did You Know?

Spending time in nature is scientifically proven to improve mood and reduce stress. A walk through a forest or park eases anxiety, while the scent of soil and the sound of running water promote relaxation. These simple experiences create a sense of calm and well-being, helping your mental health thrive in the great outdoors.



Credit: BBC Two - Autumnwatch

Number Challenge

Fact: Nature's repeating patterns can help calm the body and mind.

The shape below is made from a jigsaw of triangles – all of which are the same size.



How many triangles are needed to make this shape?

Critical Thinking

Imagine you are creating a 'Relaxation Garden.'

Make a list of the things that you'd include to help people relax and feel happy in the garden.

Example: A water feature, a bird table, ...