

Morning Starters: Summer 2 - Nature and Mental Health

Word Challenge

Make a list of all the words that appear in the 'Did you know?' paragraph that have a doubled consonant.

Help: There are 21 consonants: B, C, D, F, G, H, J, K, L, M, N, P, Q, R, S, T, V, W, X, Y, Z

Example: Apple, buzz, ...

Grammar Challenge

Click text to edit ✎

Rewrite the sentence below, adding a parenthesis after the word 'orchard'.

The apple orchard stretched as far as the eye could see.

Example: The apple orchard (with its rows of ripe, ruby-red fruit) stretched as far as the eye could see.

Did You Know?

Schoolwork, exams, bullying and social pressures are common sources of stress and low mood for children. Spending time in nature can help by engaging the senses. Imagine walking through an English apple orchard – the sweet scent of blossoms, the sight of fluttering leaves, and the rhythmic buzz of bees instantly soothing your worries and lifting your spirits.



Credit: BBC Two - Springwatch

Number Challenge



The apples shown represent two eighths ($\frac{2}{8}$) of the total apples growing on the tree.

How many apples are on the tree in total?

Critical Thinking

What advice would you give to someone who is suffering from anxiety and stress?