

# Quiet Time

## *Enjoyment and Appetite for Learning*

*Enjoy being outdoors*

**Learn lots by doing nothing! Spend time in nature, relax and realise what is around you.**

Head to an outdoor space and seek out a quiet corner. Woods are ideal, off the main path, but any patch of green grass can work.

Spend time using a range of senses to realise what is around you. Promotes further understanding of the natural world, prompting an array of questions on how does that work? A great way to develop language to describe feelings and a positive effect on health and wellbeing.

### Activity:

1. Go and find your outdoor spot, leaving behind distractions such as phones.
2. As the young person, lead the walk through the outdoor space. Wander and explore as you see fit. If there are notable hazards make sure these are known to be out of bounds. Otherwise encourage imaginative exploration.
3. Select spots to stop and wait. Maybe studying up close particular trees, flowers or leaves.
4. Close your eyes, be silent and listen. What can you hear? What can you feel?
5. Let the young person have space to explore separately. Encourage them to discover new sounds, smells and textures.

Reflect on what was discovered. How did the space make you feel? How do you feel now you've quietly spent time, calmly discovering the outdoor area?

### Notes:

*Use the quiet time to combine with the 'Amongst the Clouds' activity sheet.*

<https://www.aretecentre.co.uk/wp-content/uploads/2020/05/amongst-the-clouds-compressed.pdf>

**Time:**  
30 min+

**Space:**  
Park, Woods

**Equipment:**  
None

