

The Beauty of Spring - Task 1 5 minutes, 5 things.

Preparation: To carry out this activity, you will need about **15 strips of torn plain paper**. It can be any colour, as long as you can write on it. A recycled envelope could be used! As a rough guide, they need to be about the width of a ruler, but they only need to be half as long (so about 15cm). You must tear them, don't cut them with scissors - the jagged edges will be important for the next activity.



You will also need a **pencil** (or pen) and a **timer** (e.g. a phone or a kitchen timer). You'll need a bit of help from **an adult**, too.

Task: If you are able, go outside into your garden or visit an open space with an adult, but remember to not go near other people. Try to choose a sunny time for this as it will be more enjoyable. Sit or stand in your chosen spot for five minutes, being still and quiet.



Now, set the timer for another five minutes. In that time, wander around your garden or open area. **LOOK** for any signs of spring. What will you notice? Yes, there may be daffodils, but can you spot anything more unusual? Look closely at the detail! A bee? A shoot pushing through the soil? A bud on an apple tree? Look up, look down, look near and look far! When the five minutes are up, write down five of the things you observed, one per torn strip. Try to use phrases rather than single words, like the examples above.

Next, reset the timer for 5 minutes and this time, stand still and notice the sounds. What can you **HEAR**? You must be really still for this to work. What can you hear nearby; what can you hear in the distance? When the five minutes are up, write down the five things you heard, one per torn paper strip.



Lastly, reset the timer for 5 minutes and this time, you are noticing things you can **FEEL** or **SMELL**. This is the hardest one but you may be surprised with what you notice. Think about the air around you - how does it feel and smell? You can also touch and smell leaves, bark, flowers etc., but make sure you are safe - check with an adult first. Don't put anything in your mouth - we're not including the sense of taste today! When the five minutes are up, write down the five things you heard, one per torn paper strip.

That's it for today. You should have 15 strips. Keep them safe as we'll use them tomorrow.

Now wash your hands well.