

Morning Starters: Summer 2 - Nature and Mental Health

Word Challenge

An antonym is a word that has the opposite meaning of another word. For example, the antonym of 'up' is 'down'.

Write the antonym of each word that is underlined in the 'Did you know?' paragraph.

Grammar Challenge

Click text to edit 

Copy and complete the sentence below.

Surrounded _____, I felt a deep sense of calm wash over me.

Example:

Surrounded by the chorus of birdsong and the scent of fresh pine, I felt a deep sense of calm wash over me.

Did You Know?

Focusing on your breath is a simple and effective way to feel calm. Try the following mindful breathing technique: Inhale slowly through your nose, hold for a moment and exhale gently through your mouth. Watching videos of a beautiful pond with ripples, lilies and dragonflies while practicing this breathing can help reduce stress. Breathing deeply is like giving your mind and body a much-needed hug!



Credit: BBC Two - Springwatch

Number Challenge

A resting child breathes 18 times per minute.

At this rate, how many breaths will the child take ...

- 1) in 5 minutes?
- 2) in 1 hour?
- 3) in 1 day?

Critical Thinking

Draw something that makes you feel calm.

(As you draw, breathe in slowly through your nose and out through your mouth.)