

# Morning Starters: Summer 2 - Nature and Mental Health

## Word Challenge

**Make a list of all the words in the 'Did you know?' paragraph that have 8 letters.**

## Grammar Challenge

Click text to edit 

**Rewrite the sentence below with the information chunks in a different order. Try not add or remove any words.**

The kingfisher, perched on a branch above the river, waited patiently for the perfect moment to dive.

## Did You Know?

Certain parts of your brain, like the amygdala, are linked to stress and low mood. Walking next to a peaceful stream or river helps calm these areas. The gentle flow of water and the sound of birdsong create a rhythm that soothes your mind. Spending time near water, especially when surrounded by green trees, can lift your spirits and refresh your mental energy.



Credit: BBC Two - Springwatch

## Number Challenge

A pair of adult kingfishers have 7 chicks to feed. Each chick eats between 12 and 18 fish per day.

**What is the minimum number of fish the parents must catch in a week to feed all their chicks?**

## Critical Thinking

Make a list of outdoor activities that help children connect with nature:

### Example:

- 1) Play Poohsticks in a stream
- 2) Make a den