

As part of the simplicity week of our Happiness Project, children from Year 1 to Year 5 attended wellbeing sessions on Hampstead Heath. The trips aimed to improve wellbeing, allow the children to connect with nature and take part in fun sensory activities. We know that spending time in nature improves our sense of wellbeing and happiness. Children in key stage 1 enjoyed meeting a tree, completing some eco-art (making woodland sprites) and making magic potions. Children in key stage 2 also met a tree, completed eco-art (making dream catchers) and they took part in some team challenges. November 2023

