

# Wellbeing Wednesday



with Mrs Clifford



## Week 5 - Seasons Tree Project



This activity is from Place2Be and is inspired by the changing seasons. We are all experiencing a lot of change in our normal routine. Using this creative activity gives us a chance to explore the theme of change in a fun and relaxing way. Remember everyone is an artist, you can develop your own tree using other materials or ideas that you have, the aim is to enjoy yourself with your carers or family members!

### For this project, you will need:

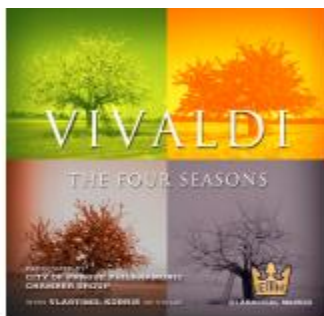
**Natural materials:** leaves, sticks, flowers, petals.

**Recycled materials:** magazines, newspaper, cardboard packaging, toilet roll tubes, paper.

**Optional materials:** paint, coloured pens or pencils, glue, scissors or sellotape.

*Try cotton wool for snow or use an old magazine and cut up images*

Music inspired by seasons can be calming to listen to when you try to create. Try Vivaldi's The Four Seasons below.



Vivaldi's 'Four Seasons' animation

[youtube.com/watch?v=3Csov5MShyA](https://www.youtube.com/watch?v=3Csov5MShyA)

