

NEW FOREST
**COMMONING
CHAMPION
BADGE**

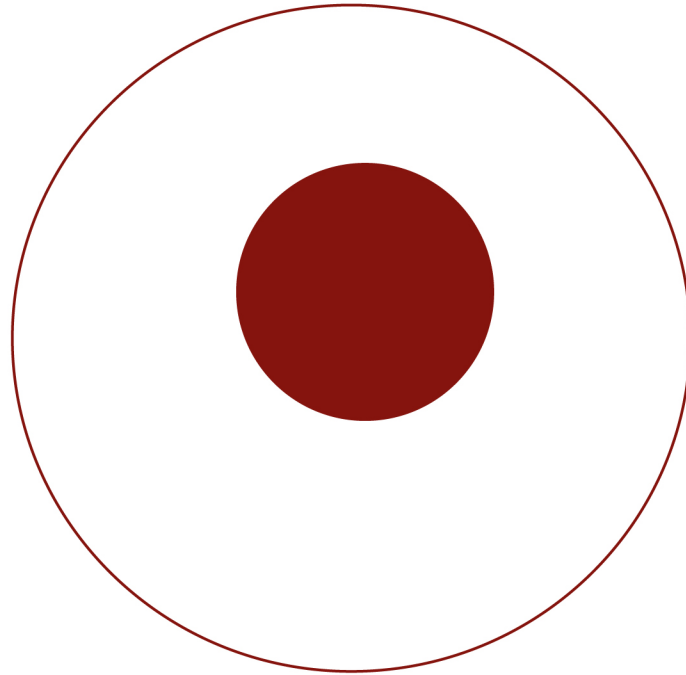
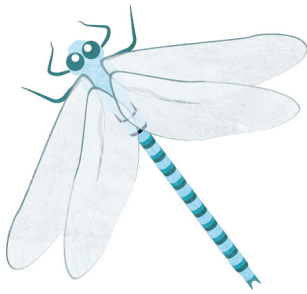


VIEW FINDERS ON TREE BARK

RESOURCES: CARD VIEWFINDERS AND PENCILS

Children to have a card viewfinder to focus on a small areas of a tree.
Children to write about what they see on outer edge of viewfinder.

Focus on imaginative, descriptive language or senses.



STICK CROSS WEAVING- GOD'S EYE

RESOURCES: WOOL

Children to join two sticks in a cross. Then weave the wool in a pattern by wrapping around each stick in turn. Change the colours as you go.
Repetitive actions such as weaving are very important for calming the mind and focussing attention. Encourage the children to talk whilst weaving.

