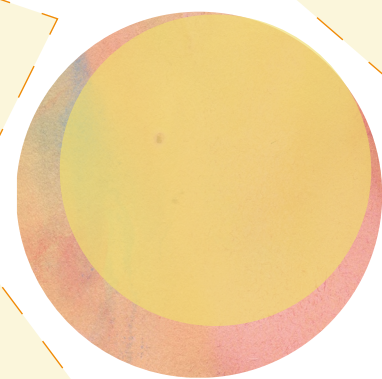


**GLOBAL  
GENERATION**



**THE  
STAY AT  
HOME  
GARDEN**



*Activities and recipes for  
the whole family to enjoy..*



*Issue no* **1**

# GLOBAL GENERATION

Hello everyone,

Welcome to our virtual garden! We know this doesn't replace the joy we find out in the world but this is our offering here at Global Generation to inspire you to connect to our world in new creative ways. We'll be inviting you to discover plants on your doorstep, offering recipes and creative activities to inspire you and your kids.

We would love to stay connected and see what activities you try or recipes you make.

Those who are into social media please use the **#stayathomegarden**

Or send through your creations to **emma@globalgeneration.org.uk** to be shared in the later versions of this!

Please do send in your recipes and creative activity ideas and we can co-create and share what we're all up to at home. Innovative home education games, ways to relax, family fun - all are welcome and we look forward to hearing from you and creating a way for us to stay connected, share our creativity and our love of the natural world.

Equally please let us know what you like loved doing and what didn't work.

Happy creating,  
The Global Generation Team



Lots of these activities are things our team are doing with their time at home!  
Look for the orange circles to find out who...

## Contents:

● <b>Grow your indoor garden:</b>	
- <i>Grow from scraps</i>	4
- <i>Let's sprout!</i>	6
● <b>Creative activities for all ages:</b>	
- <i>Make your own playdough</i>	8
- <i>Create some creepy crawlies</i>	10
- <i>Draw your own flower garden</i>	12
● <b>I challenge you!:</b>	
- <i>Can you identify?</i>	14
- <i>Write me a story</i>	18
● <b>Fun recipes to keep you healthy:</b>	
- <i>Pasta Bake</i>	20
- <i>Coconut and Lentil soup</i>	22
- <i>Vegan Banana Bread</i>	24
● <b>Stories from the natural world:</b>	
- <i>The Extraordinary Gardener by Sam Boughton</i>	26
- <i>Of a place where pomegranates grow</i>	28
● <b>Calming our bodies and minds:</b>	
- <i>Qi-gong</i>	30
- <i>Sleeping Seeds</i>	34
● <b>Inspiring Links:</b>	
- <i>Further resources to engage and inspire you</i>	36



# Grow your indoor **GARDEN**

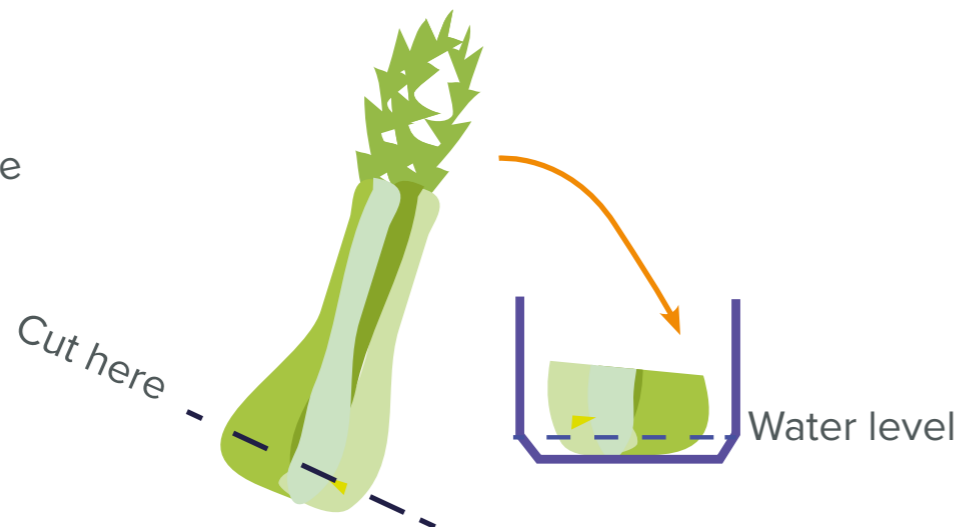
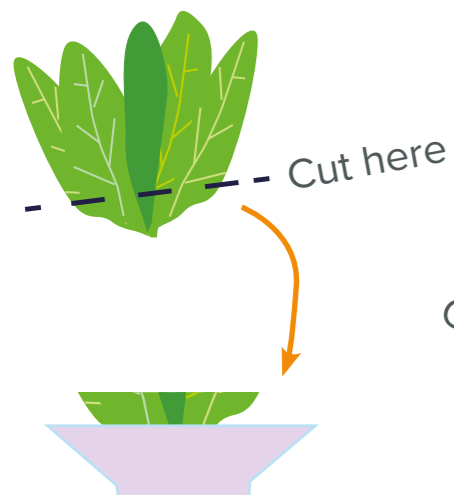


## Growing from scraps!

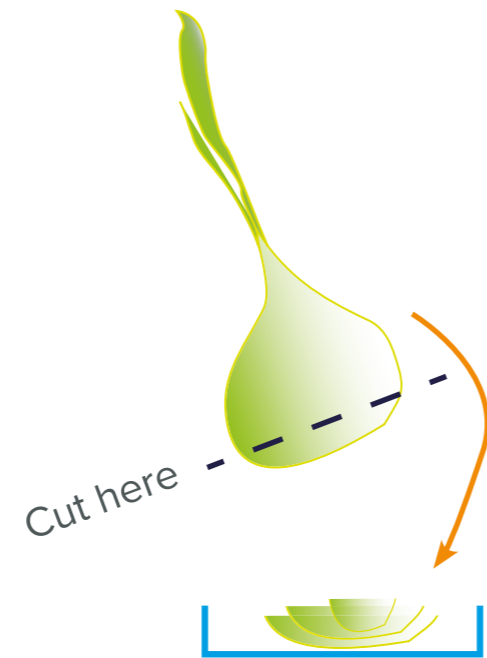
Just because you can't get outside doesn't mean you can't grow your own veg!  
You can use the scraps from your cooking to grow new shoots right in your kitchen.  
All you need is a sunny windowsill :)

### Lettuce, celery, fennel and onions:

For lettuce and greens, celery, fennel and onions place the base of the plant in a saucer topped up with water and new shoots will appear soon.



4

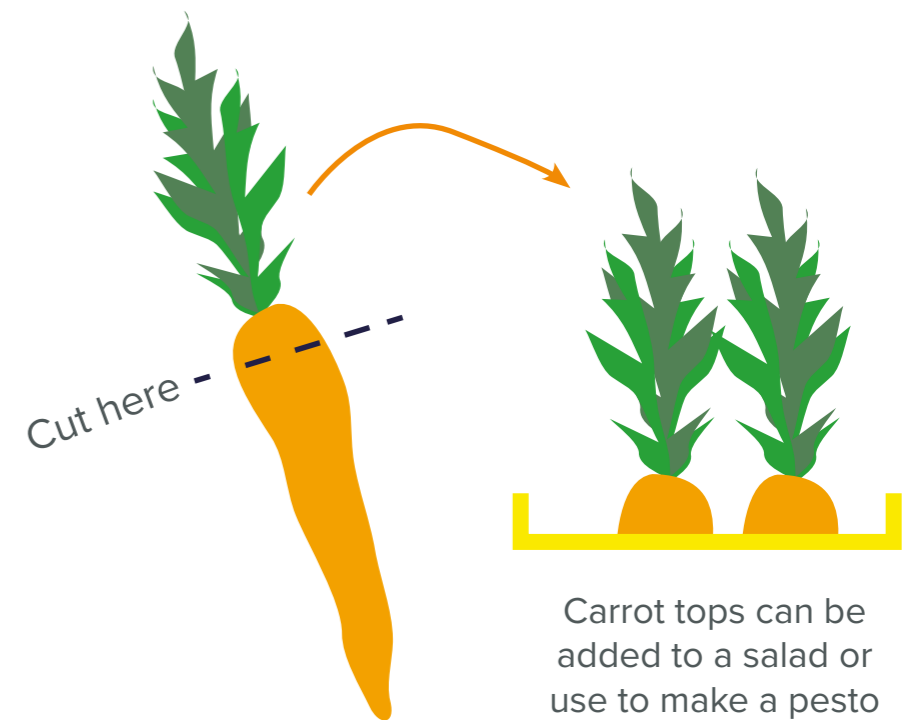


Celery and onion shoots are delicious. Add to salads or stir fries and use like baby veg.

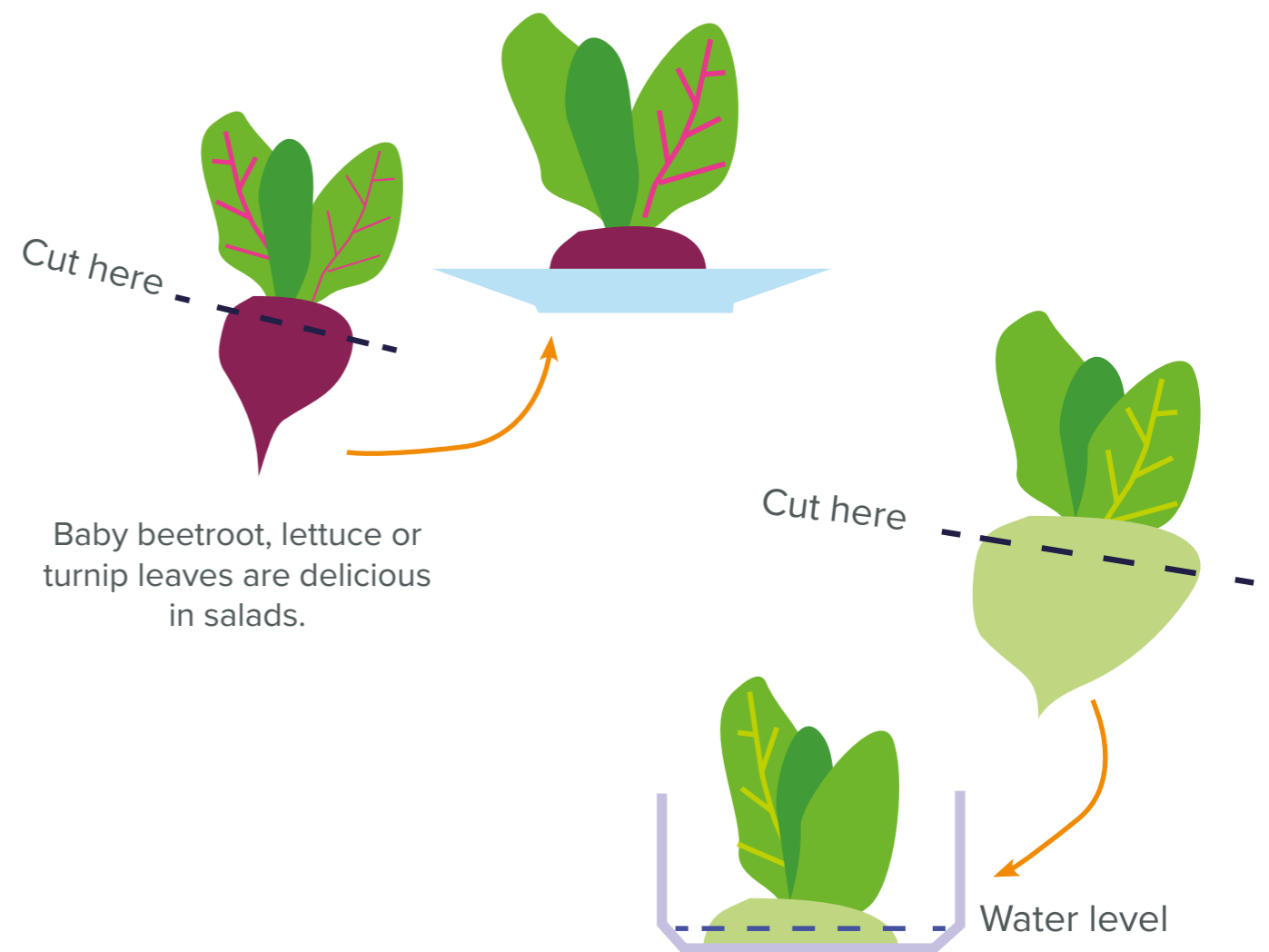
### Beetroot, carrots, swedes and turnips:

For beetroot, carrots, swedes, turnips, place a slice of the root with the shooting tops in a shallow bowl, saucer or plastic container and keep topped up with a little water.

Put all on a sunny windowsill and wait!



Carrot tops can be added to a salad or use to make a pesto



Baby beetroot, lettuce or turnip leaves are delicious in salads.

5



## Let's sprout!



Charlotte and  
Martina are  
making sprouts  
at home!

*Sprouts are super! They are seeds which have germinated and 'sprouted' and it's these delicious alive things you can eat. Each sprout, lentil, mung beans or sunflower seeds contain different nutrients but all of them are full of vitamins, minerals and protein which makes them a great food source.*

*They are eaten raw and can be sprinkled on top of food, put in sandwiches or just eaten by themselves as a snack.*

*Good thing to mention is - if things don't smell right or it looks a little off - don't eat it and try again!*

### 1

Place about 80-100g of dried mung beans, green or brown lentils or hulled sunflower seeds, in a glass jar or container, fill with water and leave to soak for about 12 hours.



### 2

After soaking, fix some muslin over the mouth of the jar with a rubber band and drain off the water. Rinse with fresh water and drain off the water immediately.

(If you don't have any muslin don't worry you don't need it, you can use a sieve to drain the seeds)



### 3

Leave the jar on its side, or propped up, to allow the water to keep draining and let air flow in the container.

Keep in a light place to green the sprouts.



### 4

Daily, fill the jar with fresh water and drain off immediately, do this a couple of times a day.



### 5

After a few days you will see the sprouts have sprouted a 'tail' and you'll have up to 220 g of sprouts. Rinse, eat and enjoy.





Creative

# ACTIVITIES

for all ages...



## Make your own playdough

*This activity has been written by Charlotte, our community gardener, who likes to make this natural playdough with her niece.*

*These examples are using dyes made from natural ingredients, but if you don't have these at home you can also use a couple of drops of food colouring.*

*It's very simple and using everyday ingredients from your cupboard to make a fun dough to play with, model with and build with... Don't forget to send us photos of your creations :)*

## Ingredients:

- 1/2 cup flour
- 1/2 cup water
- 1/4 cup salt
- 1/2 tbsp cream of tartare
- 1/2 tbsp cooking oil
- 1/2 teaspoon of turmeric for yellow

Charlotte likes to make this dough to make animals with her niece!

## Method:

Mix all the ingredients together over very low heat until a ball forms. While warm break into balls and knead.

## Variations:

### For pink/dark red:

Same as above but for the water:

Cut a few beetroot pieces (the more beetroot the darker the colour) and boil in a pan with 1 cup of water.

Boil for 10 minutes and let it cool down.

Use 1/2 cup of this water to mix in with the other dough ingredients

(eat the beetroot after and save the rest of the beetroot water for more dying activities)





# ACTIVITIES

## Create some Creepy Crawlies



Over the weeks collect materials like:

- Egg boxes
- Cardboard boxes
- Sticks
- Tea bag boxes
- Magazines
- Cardboard tubes
- Elastic bands
- String and cotton



Making insects from recycled materials:

Using the materials you have around you create a creature that helps our earth work. Think about the pea-bugs and worms that make our soil. The stick insects that camouflage or the ladybirds that are bright red, black, and orange.

Using tape, or string, or slotting card together, you can construct your creature. We like looking for different textures - rip up your cardboard to reveal rough surfaces, scrunch up paper, layer ripped up magazines to create colour texture.

Take pictures of your insects and send them to us!



Here are some examples of insects that children have made in our workshops as the paper garden with Emma and Martin



# ACTIVITIES

Draw your own  
flower garden...

[Watch this beautiful flower animation video :](https://www.youtube.com/watch?v=vDpFyHmt0AE)

<https://www.youtube.com/watch?v=vDpFyHmt0AE>



Taking inspiration from this video would you like to draw a plant or flower that has particularly stuck out for you. Go into as much detail as you like. If you're doing this as a group you can cut out your plants or flowers and stick them onto one sheet of paper making your own collage of a living landscape.

Give it a go and send us your photos of your plant habitat!

We often use  
this beautiful  
animation in our  
sessions at both  
the Story Garden  
and the Paper  
Garden!





# CHALLENGE you....

## Can you identify?



*Can you identify some of our most loved medicinal plants?! They are often given the title of weeds, so can you identify some of our most loved weeds. Lucky for us they aren't fussy and like to grow in-between places so you'll find them on the pavements, in between cracks, in peoples gardens and just about everywhere they can grow. This is the perfect time of the year to be out on weed walks with all this time check out who is growing close to home!*



## 1 Cleavers

Also known as goose-grass and sticky willy. It's Latin name is Gallium aparine.

Clue 1: It's quite unlike any other plant growing at the moment. It likes to creep and grow and will quickly cover a wall and is densely matted.

Clue 2: The biggest clue is it is sticky - not sticky as such but is covered in small hairs that act as hooks that stick to clothing or animals or other plants.

Clue 3: The leaves on the stem grow in whorls - each leaf growing around the stem in a circular pattern.

Clue 4: The stem is square.

This wonderful plant is well known as a spring tonic and a delicious spring drink.

To make a spring drink\*: Pick a large handful of cleavers making sure to pick from a spot that isn't a likely spot for a dog to wee and away from the main road. Take them home and wash them and place in a big jar of water for a few hours. After a few hours you can drink the water.

Can you feel a difference between tap water and cleaver water?!

I can taste waterfalls and freshness, and the awakening of spring. Have a go and say some words that pop into your head as you take a drink! What does it remind you of, what does it taste like?!

\*Disclaimer

If you are pregnant, on heavy medication or have long term underlying health concerns please consult with your healthcare advisor.





# CHALLENGE



## 2 Dandelion

Aah the famous dandelion - will you be a dandelion hunter with me?

Latin name: *Taraxacum officinale*

Dandelion is a famous weed but for all the wrong reasons! Did you know that Dandelion gets its name from the shape of its leaf as the tooth of the lion....

Can you find a lion's tooth shaped leaf?

Dandelion is unmistakable this time of the year with its proud golden flower but watch out as in midsummer when dandelion is gone another plant that looks very similar makes an appearance.

Experiment: Pick a few heads of dandelion flowers picking them right down at the base of the stem. Be careful not to crush the stem in your picking.... Bring them home and put them in water in a place that gets sunlight.

What happens during the day when the sun is out and what happens if there's no sun? How does the flower respond to the light or lack of it?

Keep the flowers at home and watch how long they take to turn from a flower to a seed head.

Keep the jar or glass full of water for at least a week.

Question: is this plant still alive even though you have picked it?



## 3 Nettles

Often known as stinging nettle.

Its latin name: *Urtica dioica*

This is one of our most magical and prized plants. Did you know you can eat it (once cooked), make clothes and rope with it, use it for natural dyeing and it hosts many medicinal properties.

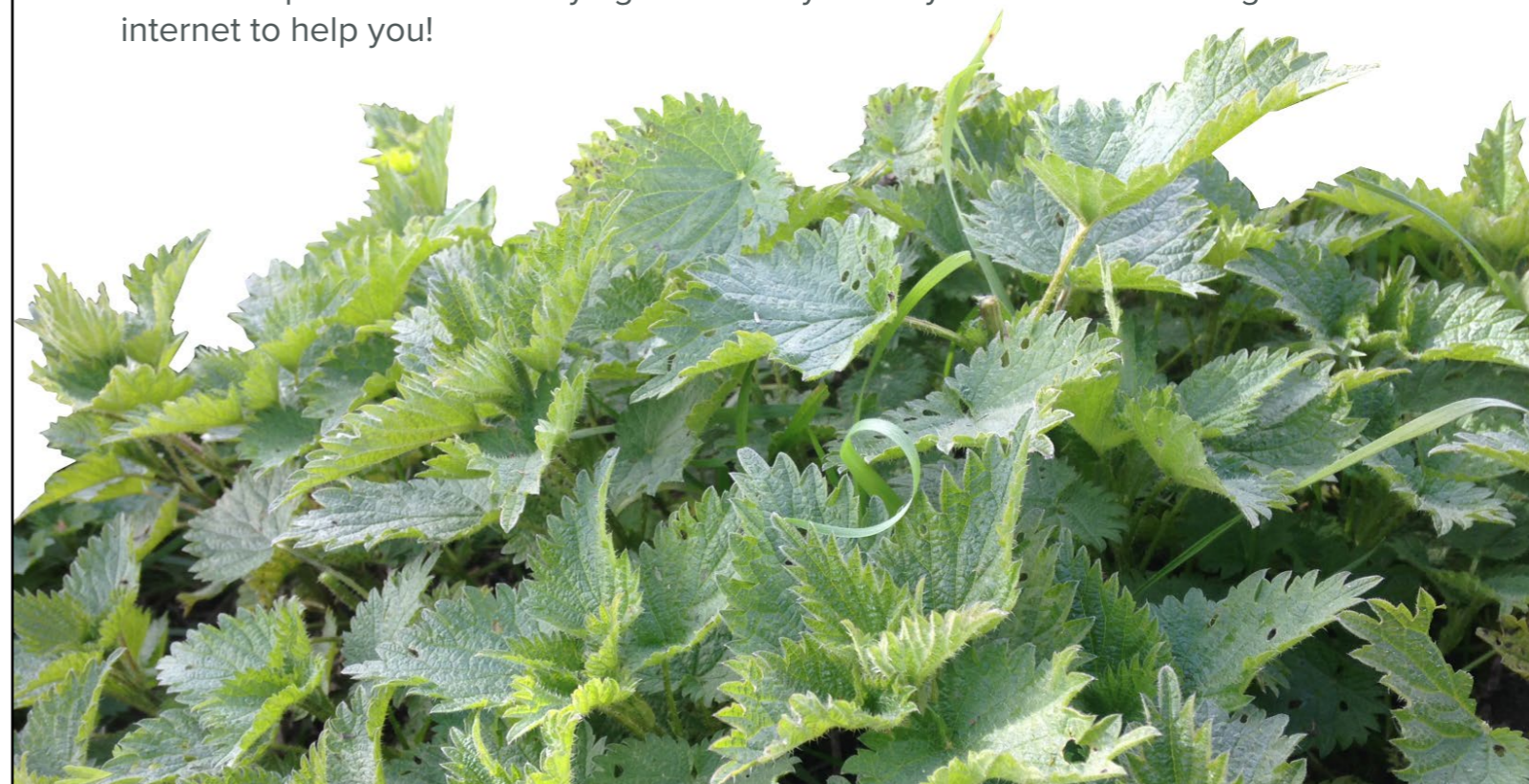
Clue 1: Can you spot nettles without touching them? Can you see them from far away, do they grow by themselves or as a group like cleavers?

Clue 2: If you look very closely at Nettle you will see tiny hairs all over the plant, at the base of these hairs are a bubble - these bubbles contain the sting and the hairs act as a needle so when you brush past them they sting BUT if you pinch a leaf between your two fingers with force it crushes the sting and you don't get stung.

I don't recommend going round stinging yourself but it's a cool fact to know!

Clue 3: Nettles don't have any flowers at this time of the year - when they flower later in the year the flowers are so tiny you may miss them. If you see a nettle with a pink, yellow or white flower then that is a Dead Nettle or Archangel nettle which doesn't contain a sting.

Happy Plant hunting and remember take some photos of the plant if your not sure and then spend some time trying to correctly identify them at home using the internet to help you!





# CHALLENGE



## Write me a story...



*Each edition of this pack we will be setting you a challenge to write us a short story.*

*The best stories sent to us will then be included in the next edition - don't forget to include your name and age when you send it in!*

***For inspiration for short stories check out our stories section from page 26***

*The next pack will be themed around the sky and the universe so this week we are asking you to think about the stars.*

*You have a title and an opening sentence below to start you off, after that its up to you...*

### **The journey to find the stars**

The dog and the elephant were old friends, one day as they sat looking at the night sky they asked each other what all those shiny lights were up above them, they didn't know, so they decided to go on a journey to find out.

The next day they got up extra early and set off...





# Fun RECIPES

to keep you healthy...

## Pasta Bake



*This pasta bake is always a favourite with kids and provides a nice filling, satisfying meal.*

*You can add or substitute different vegetables depending on what you have in, chopping the vegetables up small to make a delicious tomato sauce that's full of goodness!*

*This recipe can easily be made vegan by substituting the milk and cheese in the bechamel for dairy-free alternatives.*

*This recipe serves 6-8 people and freezes well if needed to keep the extra for later.*

## Ingredients:

- 1 onions, peeled and chopped
- 2 garlic cloves, peeled and minced
- 1 carrot, peeled and diced or/and other vegetables diced
- Fresh or dried herbs
- 1x400ml tomatoes can
- Seasoning
- 500ml vegetable stock
- 500gr dried pasta, (you can use any variety) cooked for 4 minutes
- Bunch of greens, washed

## Ingredients: Creamy Bechamel sauce

- 2 tbsp butter or vegan spread
- 2 tbsp plain flour
- 200 ml milk or dairy-free alternative
- 3 tbsp Cheddar Cheese or dairy-free alternative
- Salt, pepper and smoked paprika to taste

## Method:



- 1** Pre-heat oven to 190\*
- 2** Heat the olive oil in a pan and cook the onion, garlic and carrot on a medium heat for about 5 minutes, until softened. Add the chopped tomatoes, stock and herbs and greens. Bring to a boil then reduce to a simmer and cook for 15-20 minutes.
- 3** Meanwhile, cook the pasta in salted boiling water for 4 minutes.
- 4** To make the Bechamel sauce, melt the butter in a medium saucepan. Once melted, stir in the flour until the mixture thickens and looks like dough. Increase to a medium-high heat and slowly add in the milk a bit at a time, whisking to ensure there are no lumps. Once thick and smooth, remove from the heat and stir in the cheese, salt and pepper.
- 5** To assemble the pasta bake, mix the cooked pasta in with the sauce and transfer to a 20 x 30cm dish and then top with the Bechamel sauce.
- 6** Cook in the oven for 15-20 minutes until the top is nicely golden.
- 7** Serve and enjoy!

This recipe is  
a tasty favourite  
from our community  
chef Giorgia!

# RECIPES



## Coconut and Lentil Soup

*This coconut and lentil soup is packed full of vitamins and nutrients but is also very quick to make and absolutely delicious!*

Serves: 4

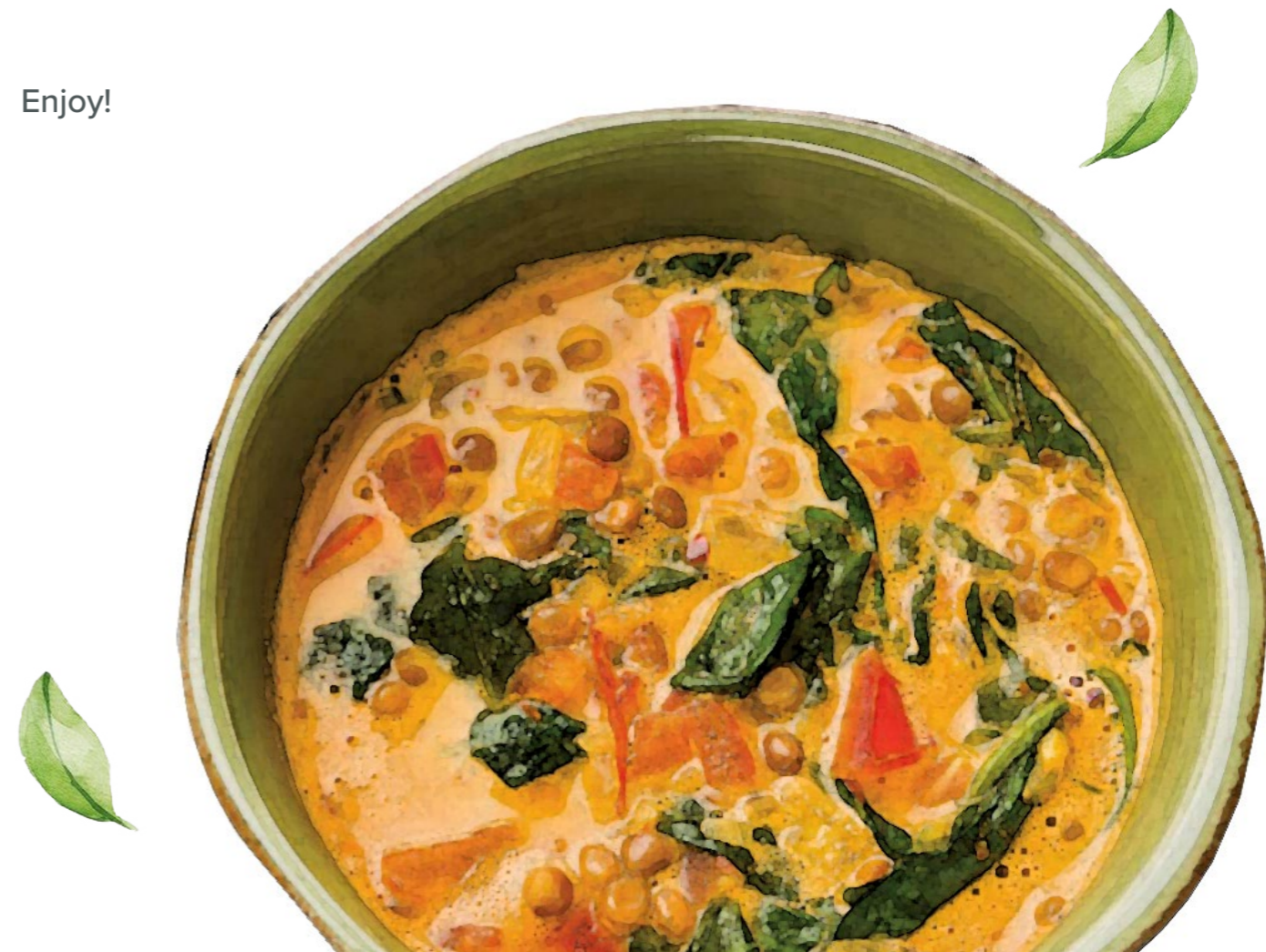
### Ingredients:

- 1 onion, peeled and chopped
- 3 garlic cloves, peeled and chopped
- Thumb of ginger, peeled and chopped
- 2 tbsp spices of choice
- 1 can coconut milk
- 1 can of tomatoes
- 1 cup lentils
- Bunch of greens, washed and chopped

### Method:

- 1** Heat oil in a pan.
- 2** Add onions, garlic and ginger. Cook on a low heat until the onion is translucent, around 10 minutes.
- 3** Add in the spices of choice, coconut milk, tomatoes, lentils and enough water to cover everything.
- 4** Season to taste and cook until lentils are soft, around 25 minutes.
- 5** Stir in the greens. Cook until wilted.

Enjoy!





# RECIPES



## Vegan Banana Bread

*This is my go to easy loaf cake recipe, you can mess around with sweeteners, the quantity of bananas, sugar, maple syrup and if you don't have self-raising flour and the shops don't have any or you don't want to leave the house there's an easy alternative to the self raising flour. It's mainly bananas and flour and with no dairy it's hard to go wrong! You can also play around with flavour including ginger or chocolate powder, that combination is great!*

*My favourite way to enjoy this is the Aussie way; toasted with cinnamon butter! This loaf never lasts very long. A good time is to make 2, slice it once it's cool and put in the freezer.*

### Ingredients:

- 3 ripe bananas
- 225g self raising flour (or plain flour with 1tsp of bicarbonate of soda)
- 2 tsp baking powder
- 75g dates or dried fruit or chocolate!
- 2 - 3 tsp cinnamon
- 75g oil (any is good)
- 75g maple syrup or any kind of sugar or honey or a dash of vanilla essence
- Splash of milk or non dairy milk or water

### Method:

- 1 Pre-heat oven to 180\*
- 2 Measure all the dry ingredients and mix them in a bowl.
- 3 Mash the bananas (fork and plate and little hands are good at this)
- 4 Add the wet ingredients into the dry
- 5 If the ingredients feels too dry add a splash of milk/non dairy milk or water. The cake mix is reasonably dry but you should be able to mix everything well and evenly.
- 6 Chop up the dates or chocolate or neither! And add to the mixture if using.
- 7 Everything should be combined now.
- 8 Grease your loaf tin (you can use butter or oil)
- 9 Pour everything in and bake 180\* for 1 hour.

Check after 45mins - you can put a clean knife into the loaf - the knife should come out clean or reasonably clean - that's how you know it's cooked all the way through.

And enjoy :)





# STORIES

from the natural world... 

## The extraordinary Gardener

By Sam Boughton

Nicole loves to read this amazing story with her son!

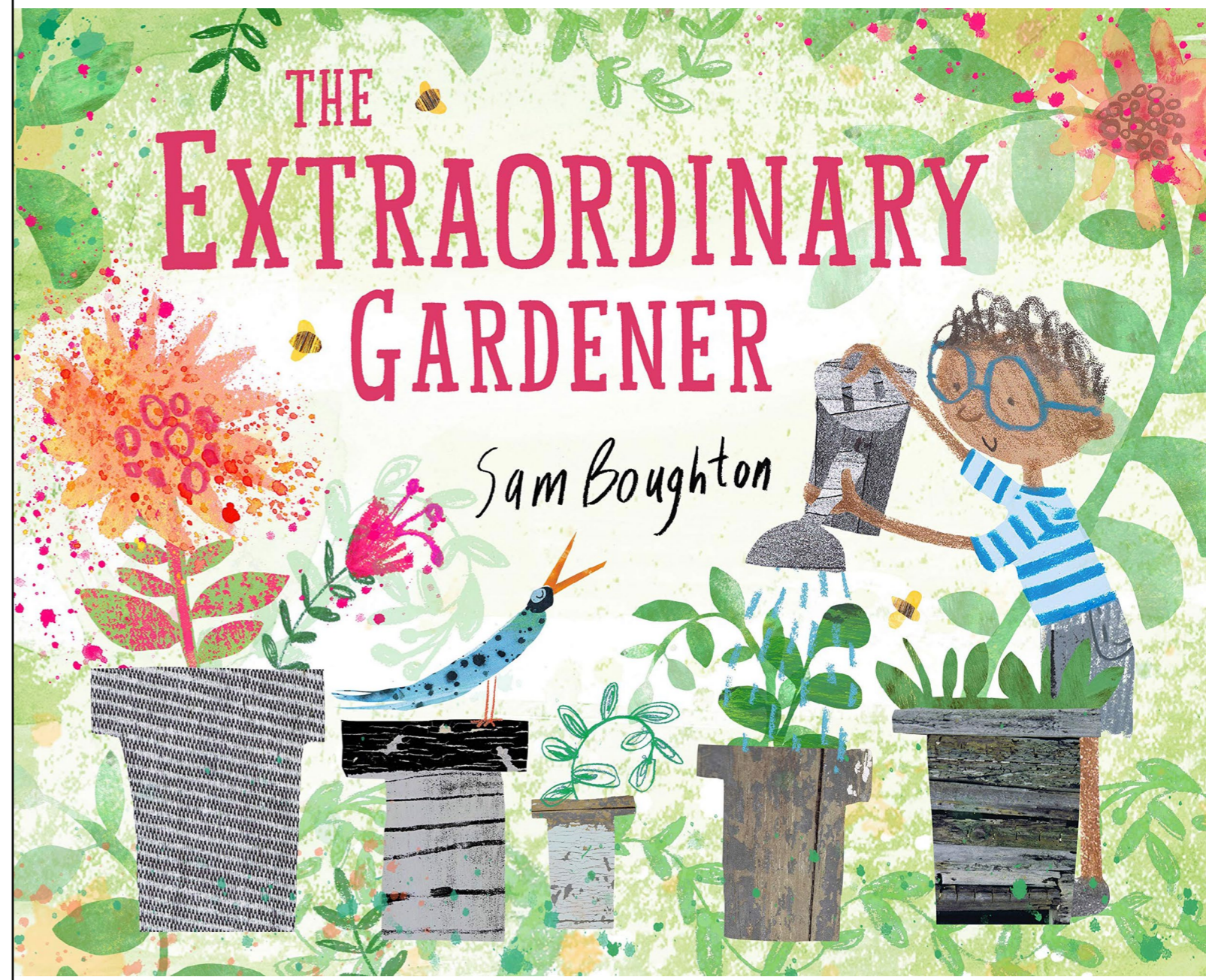
*This is a beautiful story told in a fantastic way, and a personal favourite of Nicole's.*

*Click on the link below to see a video of the story:*

[THE EXTRAORDINARY GARDENER](#)

*If you have any favourite stories from the natural world you would like to share with us don't forget to let us know!*

*This could be links to stories you know and love, or stories that you have written yourself, like the one on the next page written by Emma!*





# STORIES

## Of a place where pomegranates grow... By Emma



Once upon a time a single pomegranate tree stood still on a hill side surrounded by trees and animals for miles around.

Every year the tree produced a single fruit.

Inside were the hundreds of gems... droplets of truth, love, knowledge, peace, and purity. These were the pomegranates delicious, precious, red seeds.

Every year the tree watched the creatures of the land bicker over who had the right to the fruit. First, the birds would sing and the bees would dance to state their claim... "We are the pollinators, who travel far and wide to connect the few pomegranate trees that live all across the world. Without us there would be no fruit on the tree. The pomegranates jewels of knowledge are rightfully ours." Then, the worms would shout, "But birds and bees without us worms the pomegranate tree would bear no fruit

at all. Every year we break down the matter of the forest to keep the soil rich and nutritious We deserve to eat the jewels and give them back to the tree for next year's fruit."

Upon hearing the commotion, the other creatures of the forest would join in, all desperate to eat the pomegranate. The monkeys would screech, "We have lived in the tree. We have protected the tree from harm. We deserve to eat its fruit."

The snakes would hiss, "We have lived in this forest the longest, for thousands of years we have known the tree and those before it. We are sure that if the tree could speak it would gift it's fruit to us."

The creatures and plants of the forest even began to hear rumours that the people who lived on the edge of the forest had heard about the single yearly fruit and wanted to pick it, take it to the markets, and sell it for gold.

Tens of years passed, and with everyone that went by, despite the creatures disagreements, the pomegranate tree refused to lose hope. The tree would wonder at the potential its only fruit had, the dream of the spreading of its beauty, for every member of the forest to relish.

Then, early one morning, just as the trees only fruit was due to fall, a young man was wondering through the forest.

The tree was exhausted from producing this year's beauty, but as the young man's footsteps vibrated through the earth and the trees roots began to flow with energy.

"This young man is just who I have been waiting for through all these years. Hear is someone who's spirit can help my fruits potential thrive, of that I am certain."

The man, feeling tired, was drawn to the shade the tree provided and slumped down, leaning his back against the trunk. The tree, knowing this to be its chance, dropped the fruit from its branches straight into the man's lap.

"What a curious red fruit." He had known pomegranates when he was a boy but had not seen one in all of his travels through this forest.

The young man cracked open its chest, revealing the jewels to the forest. The creatures near by eyed the man. Before they could sing, dance, screech, and hiss their desires to eat the fruit the young man exclaimed aloud... "Each one of the jewels is a droplet to truth and knowledge. This gift has been

bestowed upon me by a magnificent tree, and I shall share it with the whole of the forest!"

A commotion erupted among the creatures... "There is only one fruit, and thousands of animals... This venture the man speaks of is not possible!" "Ah, but you do not see," the man enlightened, "Every seed inside this fruit has the potential to grow into a new tree, and every new tree can teach us something new about our forest and how we can live together in peace. And I am so curious about the knowledge the seeds can show us."

And so, the young man travelled to across the land, and with help from all the animals, they planted the pomegranates seeds. It was a long task, the creatures waited many years to reap the profits of their efforts, but eventually the forest was abundant with pomegranate trees. The man even took the seeds back to cities, showing his fellows the beauty in the natural world. The scholars who dwelled in the cities wrote of the pomegranates uses, and in this way, more of the fruits knowledge was shared across the earth.

Every year all those who helped the forest survive feasted on the fruits, and those in the cities plucked them from the tree's limbs. The most important thing they conducted, however, was to always make sure they left some seeds to grow into new trees. In this way, the wisdom of the seeds and the trees spread through the land, and inner peace settled in the hearts of all creatures and plants alike.





# CALMING

our bodies and minds...

## Qi-gong:



Sue and Rod are Qi-gong practitioners and we will be bringing you more variations! But this week lets master the basics...

Qi-gong (pronounced chee-gong) is an ancient Chinese exercise and healing technique that involves meditation, controlled breathing and movement exercises. It is a complete program for individual health and wellness and is great for staying fit and focused.

You can do these exercises alone or as a family.

These initial basic techniques and illustrations are from:  
<https://www.wikihow.com/Practice-Qigong>

## Part 1: Mastering Breathing and Concentration

### 1 Focus on rhythmic breathing.

As you prepare for Qi-gong, settle into a full, relaxed rhythm of breath before you begin your practice.

- Your goal is a state where the breath rolls in and out smoothly, like calm waves.
- No rushed exhales, no gasped inhales.
- However, do not force it or you will only generate a new form of tension and distract yourself from the practice



### 2 Stretch your breath.

It is beneficial to stretch the breath before you begin your practice, but forget about it while you practice.

- To start with a simple inhale for a slow count of six, hold for three, exhale for six, hold for two, repeat.
- As this becomes easier expand the breath to a count of eight, ten, etc.
- Do this for 10 minutes then relax back to a natural rhythm again.



### 3 Settle the mind.

Settling your mind is one of the most important things before you practice Qi-gong. If our focus is scattered, our energy will be scattered, too.

- Don't try to force the mind to be silent. Look for silence underneath the noise of random daily thoughts.
- Focus on watching your breath.
- As thoughts come up, notice you are thinking them, and then turn back to the breath. You can do this whilst stretching the breath.



### 4 Relax the body.

After mental relaxation, you need to relax your body. Bodily relaxation is key to Qi-gong and key to promoting good overall health. Make sure to:

- Scan very slowly through the body, head to toe, releasing tension as you go.
- Repeat three times.
- Every part of your body should feel at ease and heavy--don't stay rigid and tensed up. Your body should feel as if you are sinking toward the ground.





# CALMING



## Qi-gong: continued...

Now that you have practiced concentrating on your breathing you can start to add movement!

Qi-gong is movement and breath in unison.

In general, you should maintain deep, relaxed, even breaths. Because the breath and movements are linked, the moves should be slow, and maintain that deeply rooted relaxation.

### Part 2: Completing Qi-gong sets

#### 1 Practice sitting posture.

The sitting posture is one of the most common and one you can practice extremely often depending on your situation and environment.

- Sit upright in a chair with your feet on the ground.
- Your legs should be separated.
- Your torso will be a right angle to your thigh.
- Rest your eyes and mouth by closing them, with your mouth taking a natural shape.



#### 2 Try the standing posture.

- Stand upright
- Your feet should be parallel and shoulder width apart.
- Allow your knees to bend slightly.
- Raise your arms so that your hands are just slightly lower than your shoulders.
- Your hands should be about a foot length apart and your palms as if holding a ball
- Your eyes and mouth should be closed.



#### 3 Work on the walking posture.

When working on your walking posture, make sure to:

- Always lift your feet up heel first.
- Move forward with your left foot first
- Your body and hands should sway rightward as you move.
- Only move forward with your right foot as your left is completely on the ground.
- Practice for thirty minutes or longer.



#### 4 Try other postures.

There are a wide variety of other postures you can learn and work on when practicing Qi-gong. In all of them focus on the breathing techniques and mental relaxation technique. Consider:

- The supine posture. Lie on your back and put your legs straight out and your arms straight by your sides. This posture is intended to relax you.
- The cross-legged posture. Sit upright and cross your legs. Rest your hands in front of your stomach. This will help stretch your legs and relax you.





# CALMING

## Sleeping Seed visualisation:

This calming  
visualisation  
was written by  
Charlotte

*Before we begin, create a really comfy place to sit or lie down. Preparing a nice comfy place everyone feels relaxed in is all part of the practise. You may like to turn the lights down or completely off, you may like to put fluffy socks on and turn off phones or alarms in the house. This could also be a good bedtime story option for tired little people.*

*Once everyone is settled you can begin reading, take your time and enjoy it!*

### Sleeping Seeds:

Closing our eyes or softening our gaze to look at our knees or the end of our noses notice yourself breathing.

Listen to the sound your breath makes coming in and out.

Listen to yourself breathe in and breathe out.

Imagine you are a seed planted in the earth. The earth is deep, dark and warm and you are curled up, a sleeping seed in the belly of mumma earth. You stay in this deep dark place taking in your surroundings, what does this place feel like?

As you rest asleep in the dark warm soil you feel a tingle in your toes and roots begin to grow. Roots tangle out of your feet and grow and grow reaching far down into the earth. They grow longer and come to the centre of the earth where they meet a big ball of fire right at the centre of mumma earth. This fire doesn't burn you but warms your roots all the way up to your toes, as you breath in breath in the warmth of the earth all the way up into your tummy.

Breathe in. Breathe out.

Now imagine yourself in your seed form stretching your first leaf out of the soil. It uncurls gently and you are greeted by bright blue sky and drifting clouds, the clouds can be any colour you choose. As the clouds go by you start growing tall and a few more leaves appear on your stem. Your stem is long and strong. As you grow you are greeted by a cool breeze blowing over your face and a sprinkle of water in your leafy hair. The air smells fresh and clean.

You are now both above the earth and below.

The sun shines and you are warmed by the heat of father sun and warmth from the earth.

Stay here a while basking in the glowing warmth of the sun and the bright blue sky watching the clouds pass by. As the clouds pass by you watch them move across the sky gently like waves on the ocean.

(Pause for a few breathes)

Wiggling your toes you can still feel the warmth from the earth in your belly and the heat from the sun on your face. Can you feel your breath in your tummy?

Breathing in. Breathing out.

You can stay here if you like or if you're ready you can wiggle your toes and squeeze your fingers and open your eyes.

Look around the room you are in and gently come back home!





# INSPIRING links...

Click for more...

To help you find more inspiring resources we've put together some useful links:

## Activities to do on your daily walks:

<https://wildtimelearning.com/>

<https://rethinkingchildhood.com/2020/03/18/children-play-in-the-time-of-coronavirus-playwork>

## More stories to watch and listen to:

<https://stories.audible.com/start-listen>

<https://www.youtube.com/watch?v=F5IJnbB4woQ>

## Online Activities:

<https://www.coronaquilt.org/>

<http://www.treetoolsforschools.org.uk/categorymenu/?cat=activities>



Don't forget to message to let us know what you've enjoyed, what you'd like to see next and to share your stories and creations!



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