

Look at the flowers through the different mirrors.

What happens to their reflections?

Which do you like best?

Which makes you feel most happy?

*People can look at the same thing in different ways.
Sometimes something feels sad at the time,
but feels better afterwards.*

How many different places are there to sit in the garden?

Which one feels safest?

Why?

*It's good to have a place where you can feel safe
What makes you feel safe?*

Listen to your footsteps on the different paths

Where are they loudest?

Where are they softest?

Which path is easiest to walk on?

*Life is like a journey, with lots of different paths.
The path we choose can make life harder or easier.*

**Sit on the rainbow seat and look around.
Look into each part of the garden.**

Which part is lightest?

Which part is busiest?

Which part is windiest?

Which part is most colourful?

*Life has many parts.
They are different in many ways
but they are all part of the whole..*

Sit still and listen.

How many sounds can you hear in the garden?

Which ones are soft?

Which ones are loud?

It is good to be still sometimes.

That way it is easier to spot the good things in life.

Lots of bugs live in the garden.

Look around and see what bugs you can find.

How many different types of bug can you see?

Where do they live?

Which is the biggest?

Which is the smallest?

*People are all different but they can live together happily
in the same community.*

Some plants feel, look or sound like other things.

Find a plant which feels like a soft bunny.

Can you find something that sounds like a snake?

Can you find a plant that looks like a firework?

*Things can remind us of good times in the past.
They can bring back happy memories.*

What things remind you of happy times?

Leaves come in lots of different shapes.

Try to find leaves that are these shapes:

a circle  a triangle  an oval 

Do they look different in any other ways?

Leaves look very different from each other, but they're all leaves.

It is like that with people too.