

# Wild

## Wellbeing Day

### Pricing:

Up to 12: £600+VAT | 13+: £55pp+VAT

To book, email:

[wildmybusiness@suffolkwildlifetrust.org](mailto:wildmybusiness@suffolkwildlifetrust.org)

**Prescribing a dose of Vitamin "N"** – Let's spend a day unwinding and being immersed in the natural world, taking a good dose of nature to promote our wellbeing

### Activity Breakdown:

**9.30 – 10am** – Arrival: Welcome and plan for the day before walking to the woods.

**10am – 11.30am** – Activity: Practical tasks in the woods – clearing undergrowth and scrub to help open up the space for children's activities over the summer.

**11.30am – 1pm** – Activity: Green crafts around the fire; learn to make a variety of items, such as nettle cordage, from the morning's cleared materials while enjoying a cuppa and a chat by the campfire.

**1pm – 2pm** – Lunch break: Campfire stew served, with the option to make your own "Outback Bread" over the fire.

**2pm – 3pm** – Activity: Guided wildlife walk around the reserve with binoculars.

**3pm – 3.30pm** – Activity: Reflection on the day with tea, coffee and sweet treats

Timings & Location: 9.30am – 3.30pm

Times of year available: All Year

Min and Max number of people: 1-12

Please wear suitable clothing and footwear for the activity and weather and something for the lunch pot



**Suffolk**  
Wildlife Trust

Available at Carlton Marshes, Foxburrow Farm & Lackford Lakes

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**Nature Art Day** – Let's spend a day learning how to work with the sun to create artistic images using natural forms while strolling through serene landscape.

### Activity Breakdown:

**9.30am – 10am** - Arrival: Welcome, Health and Safety and plan for the day.

**10am – 11.30am** - Discovering the reserve: an inspiration walk exploring the reserve followed by a guided walk to gather nature treasures for our artwork.

**11.45am – 1.15pm** – Tea and biscuits break and Nature Art Activity – sketching natural forms from the treasures collected.

**1.15pm – 2.15pm** - Lunch break: eat your packed lunch on the reserve.

**2.15pm – 3.30pm** – Continue with the Nature Art Activity.

**3.30pm – 4pm** – Actions for nature – learn how, where and why to make a bee log to take home.

**4pm – 4.30pm** – Tidy up, hot drinks and sweet treats - reflection of the day and how to introduce nature into your everyday life to improve your wellbeing.

Timings & Location: 9.30am – 4.30pm

Times of year available: All Year

Min and Max number of people: 8 - 12

Please wear suitable clothing and footwear for the activity and bring a packed lunch.



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**Watery wildlife day** – Take time for yourself in nature to recharge and benefit from nature connectivity in a wonderful watery landscape.

### Activity Breakdown:

**9.30am – 10am** - Arrival: Welcome and Health and Safety. Short informative walk discovering the reserve, it's history, and species.

**10.00am – 11.45am** - Guided walk up to the lakes: explore the hides and learn how to use binoculars, followed by tea and biscuits.

**11.45am – 12.30pm** – Aquatic invertebrate survey: discover what lives in the water and conduct an aquatic invertebrates ID.

**12.30pm – 1.30pm** - Lunch break: bring a pack lunch or purchase from our shop.

**1.30pm – 2.30pm** – Actions for nature: discuss how, where and why you can build a mini pond to help nature.

**2.30pm – 3pm** – Creative activity: Dragonfly willow weaving.

**3pm – 3.30pm** – Tidy up, hot drinks and sweet treats – reflection of the day and how to introduce nature into your everyday life to improve your wellbeing.

Timings & Location: 9.30am – 3.30pm

Times of year available: Apr – Sep

Min and Max number of people: 8-12

Please wear suitable clothing and footwear for the activity and bring a packed lunch.



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**Forest bathing wellbeing day** – Take time for yourself in nature to recharge and benefit from nature connectivity.

### Activity Breakdown:

**9.30am – 10am** - Arrival: Welcome and Health and Safety.

**10.00am – 10.30am** Short informative walk discovering the reserve, its history, and species.

**10.30am – 12.30pm** - Activity: Forest bathing in the woods. Take part in a sensory woodland walk and guided sensory meditation. Take time to wander, notice and sit in nature, followed by reflection time.

**12.30pm – 2pm** - Lunch break: Making a fire, prepare and cook lunch.

**2pm – 3pm** - Activity: Use charcoal (made on the fire), make paint and brushes and use to them to create a woodland painting.

**3pm – 3.30pm** - Activity: Hot drinks and sweet treats - reflection of the day and how to introduce time for wellbeing in nature into your everyday life.

Timings & Location: 9.30am – 3.30pm

Times of year available: All Year

Min and Max number of people: 1 – 12

Please wear suitable clothing and footwear for the activity and bring something for the lunch pot.



Available at Bradfield Woods

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