

Interactive Wellbeing Trail



Objective

To introduce children to a series of techniques and strategies to help them to become more calm, relaxed and positive, and to cope better with anxious or negative thoughts and emotions.



Equipment

- Enrich Interactive Control Markers 1 - 6
- Enrich School Orienteering Map (optional)
- Devices that can access QR technology e.g. ipads, smart phones etc.



Preparation

- Identify a suitable area for the activity to take place in i.e. an appropriate outdoor open space.
- Prepare the Enrich Interactive Orienteering Map by inserting the locations at which the six interactive orienteering markers will be placed.
- This activity uses **Interactive Control Markers 1 - 6**. The QR code on each marker links to 'Wellbeing Trail' and then to a video clip. Marker 1 is an introduction to the overall activity and each of the other 5 markers link to a video that introduces and demonstrates a different wellbeing strategy / technique.
- Explain to children how to activate the QR code on the markers to open the individual wellbeing trail videos, using e.g. a smartphone or tablet.
- Children should take part in this activity in small groups. The markers can be visited in any order. Each group should be given a different marker to start from, so that no two groups arrive at the same marker together.
- Provide each group with a copy of the orienteering map and point out the locations of the six interactive markers on the map.
- NB Children will spend a few minutes at each marker, carrying out the activity.



Instructions

- Children use their orienteering map to locate each marker.
- At the marker, they use a smartphone or tablet to activate the QR code, open the link to the 'Wellbeing Trail' and then open the video clip.
- The group watch the video clip together and carry out the activity as instructed.
- When all the group have completed the activity, they walk to the next marker and activate the next wellbeing activity clip.
- They continue until they have completed each of the activities.



Other information

- It may be helpful to watch the wellbeing video clips as a class, prior to children doing this activity.
- It is important to emphasise to children that this activity is not a race – it's an opportunity to try out some techniques to help them to be calm and relaxed. Encourage them to walk between the markers and to reflect and discuss the activities with the other children in their groups as they walk.
- Children could repeat the wellbeing trail over a number of weeks. They could discuss the activities that they find most helpful and ways that they could build these and other wellbeing techniques into their daily lives.

